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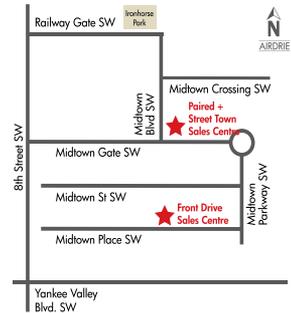


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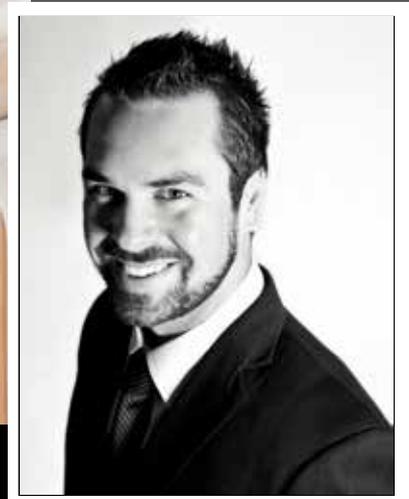


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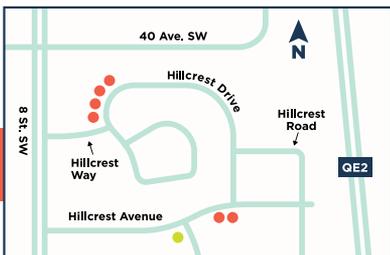
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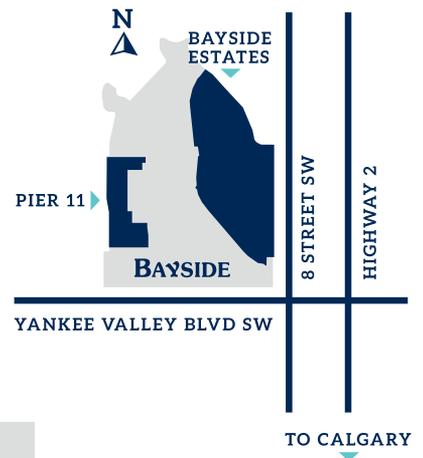


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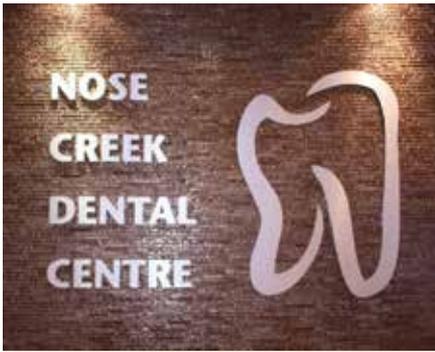
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Contributors



Britton Ledingham

When I had the chance to photograph Aaron Dell in his full goalie gear and San Jose Sharks uniform, I wanted to incorporate some colour. I had played with Enola Gaye smoke grenades on a couple of other photo shoots, and knew I wanted to try orange and green smoke grenades to complement his gear and team colours. I used two lights off to either side behind the net to backlight the smoke and make it pop, and one light in front to the right to give a dramatic look for Dell as the subject. We nailed some good shots from a few different angles, including me on my belly to get the corner save image. I do not suggest using the smoke grenades in an indoor setting though. The smoke hung around a little while despite staff opening a big overhead door, and the next booking had to use the other ice in the two-rink facility. Sorry, City of Airdrie. Luckily it was May and the arenas weren't fully booked. I had to try it once, but I'll be sticking outside with smoke grenades in the future.



Jolene Rudisuela

Volunteering plays such an integral role in Airdrie and often, volunteers don't get the recognition they deserve. I loved having the opportunity to write about some local people and organizations that continue to dedicate their time to bettering the community. Whether it be raising awareness for mental health, or giving other people the chance to try volunteering, their commitment and selflessness is truly inspiring.



Wyatt Tremblay

The SLAM on AIR competition is one of those unique Airdrie happenings that serve to showcase the abundance of artistry in this community, and representing this magazine as both a judge for the event and interviewer of the winning band, Stricken One, was a true privilege. Every act that performed that night, no matter how diverse, reinforced my belief in the dynamic and creative heart of Airdrie.



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fall & Winter COLOUR TRENDS



Leslie Davies

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publisher's note

This winter issue was a struggle for me. I just wasn't "feeling the joy" of publishing in the months and weeks leading up to our press date (way back on Oct. 30 to you reading now). And then I met 11 remarkable young people. On a sunny fall afternoon, one by one, they stepped shyly in front of the camera to pose for their photo and I got to learn a little more about each of them and see why their glowing letters of recommendation were so true.

The results helped reawaken my joy. Starting on page 80 we introduce you to our first-ever Awesome Airdrie Kids Award recipients. They were each nominated by teachers, parents, family and friends for a variety of reasons; leadership, spirit, grit, creativity, you name it, but they all had something even more important ... compassion.

We adults who are jaded and inundated with negativity and general unruliness (just take a peek on social media) could do with a healthy dose of the attitudes of these youngsters. I find them overwhelmingly refreshing in their outlooks on life. They believe in kindness. They believe in sharing. Too often those things we learn in kindergarten are lost on us as we rush about to make a living, raise a family and just tread water in the busy ocean of life.

I hope this winter you can take a moment out to just "float" with the current and that this current takes you to a comfy chair for a little 'you' time. Where you sit with your favourite mug of java or glass of wine and read about these kids and so many other inspirational people featured in this issue. From the humble Aaron Dell and the driven Thomas Hulsman each pursuing their dream, to the unsung heroes of refereeing, I invite you to get to know a bit more about your neighbours here on the page and then get out and make new friends (not Facebook friends!) in your neighbourhood. And when you are out shovelling your own sidewalk, tackle the one next door – it builds muscles *and* compassion.

Sherry Shaw-Froggatt
Editor and Publisher

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Reebok

On the Cover

Hometown hockey hero
Aaron Dell

PHOTO BY BRITTON LEDINGHAM



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He said a large portion of the population suffers from dental anxiety creating a huge barrier to care for them. Not pursuing regular treatment allows small dental problems or conditions to grow and often results in tooth loss, pain or infection.

"We see patients after five, 10 or 20 years of no dental visits, and often disease has progressed and they are spending thousands of dollars to correct problems that could have been prevented with regular visits," said Dr. Bhullar.

There is no judgement from West Airdrie Dental staff, but he emphasises regular exams are the best practice.

"It's cheaper, minimizes the need for major work and reduces the risk of tooth loss," said Dr. Bhullar.

West Airdrie Dental offers free consultations, where staff listen to you, respect your concerns, educate you on your options and let you make the final decision.

Dr. Bhullar said IV sedation is West Airdrie Dental's main focus.

"IV is a quicker onset, quicker recovery and there's no memory of the experience," he said.

IV sedation dosages are tailored specifically to each patient, drop by drop. Bhullar noted not all patients are candidates for the IV method of sedation, depending on their age and health history, but the vast majority are.

Nitrous Oxide, or laughing gas, is mainly used for children and youth under 16 years of age. It is administered by a nosepiece that you wear through your appointment. It will "take the edge off" to let you relax. You might feel a little lightheaded, but it won't put you to sleep.

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SLICE OF LIFE

WHAT TO SEE, DO, EAT, LISTEN TO AND MORE



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PAINTING WITH LIGHT



See a close-up of Kellar's setup of scrap metal, page 21

“There’s no digital manipulation, no computer enhancement. All of this colour has been realized with light.”

STORY BY WYATT TREMBLAY | PHOTOS BY KRISTY REIMER



Walk into Kevin Kellar’s home and two things become obvious: it’s a gallery for his art, and a showcase for a life-long fascination with light.

What Kellar does as an artist involves photography, but the camera is simply a medium.

“Photography comes from the Greek, drawing with light – *phōtos graphé*,” says Kellar, who lives in Airdrie, and works as a driver for Propak.

“When a painter paints,” he explains, “he can put colour on canvas, but how do you paint with light? Light rays go everywhere.”

Kellar’s subjects are uniquely shaped scraps of metal once destined for the recycling bin. He lays them out like a cubist painter, and then photographs them on his Pentax 67, an older medium format camera he’s owned since the 1980s. He has the film developed, digitally scanned, and made into large prints.

“There’s no digital manipulation, no computer enhancement,” he says. “All of this colour has been realized with light.”

That palette of light is what immediately catches the eye. The photographs are rich with texture and depth as if painted by an artist’s brush. Each unique image is of posed geometric shapes, frozen by the shutter’s brief blink that captured light, colour and shadow in that fraction of a moment. Knowing they are photographs only increases the wonder.

How he does it is as much a part of the art as the images themselves.

“It’s about control of the light,” he says, noting that this is how he turns photography into art.

Kellar converted a room in his basement into a studio, a description he is quick to downplay.

“The whole setup, it’s so primitive, what I do.”

The room is stark; a square of white cloth on the floor cradles a few scraps of metal. Table lamps surround this, a tripod overlooking it

all. There are no coloured filters, no expensive flashes, no umbrellas and no reflectors.

“That’s coloured tissue paper from Walmart,” he says, pointing to a wisp of crumpled red paper.

He forms the tissue over a lamp and turns it on. The metal objects on the platform immediately transform as hidden colours are coaxed from them.

“See? It’s all about the angle of the reflectance.” He teases out the colours through simple means.

Most scraps are flat and colourless, so Kellar grinds patterns into them, or heats them on his stove to change their hue, or both.

His camera produces 56 mm x 70 mm negatives, which, as far as grain and resolution goes, he explains, is better than digital.

Kellar’s interest in art began in grade school, where he was intrigued by the “interaction of line, shape and colour.”

He learned to use a camera on a trip to Europe, and after attending photography classes in art school he realized he had found his medium.

But it wasn’t until he worked for a business that specialized in sheet-metal fabrication that he found his muse.

“There were all these geometric (scraps), and it reminded me of art history classes and the work of (Wassily) Kandinsky.”

Kellar says the Russian painter and other cubists influence him.

He took the scraps of stainless steel home and laid them out to photograph, but wasn’t satisfied.

“I thought, ‘how do I get this be more painterly, because I want this to be art.’”

Since then, Kellar’s skill at “painting with light” has evolved into a unique art form that he occasionally sells.

“I’ve never seen anything like this ... but people need bread before they need art.”

Interestingly, he approaches his woodworking with the same intent – manipulating light.

But that’s another story. *life*

SLAM winners' rockin' family

STORY BY WYATT TREMBLAY
PHOTOS BY CAM BELSETH

This year's 2017 SLAM on AIR songwriting competition finale on Sept. 16 saw Calgary's indie rock band Stricken One take top spot. From the first power chord it was obvious they were different.

It wasn't just their friends and family in the audience waving signs, or their children yelling, 'Go, Dad.' It was the way the four-man band connected on stage.

"We're very good friends," explains guitarist Danny Pannett. "We're passionate about what we're into, and we also love each other."

Lead vocalist Sean Abell, whose powerful wrangling of their songs was flawless, agrees with his longtime friend.

"We have our music, but it's our friendship that holds that music together."

The four go camping together, their families are friends, and, as bassist Dan Lauber explains, "We just fit together, even outside of the band."

Their drummer, Tim Power, who was unable to attend the interview, would agree, Lauber says.



(L to R) Stricken One members Danny Pannett, Sean Abell, Dan Lauber and Tim Power

Skip the mall (and the crowds)

"We're very good friends.
We're passionate about what we're
into, and we also love each other."



They all have day jobs: Pannett, the only member who doesn't live in Calgary (he lives in Swalwell, near Linden), installs irrigation systems; Abell works for a communications company; Lauber installs IT systems; and Power is a house painter.

Stricken One started as a cover band, but they eventually began writing original music with Abell penning the lyrics.

"I've always been a lover of music," Abell says, "but writing with these guys, I find it really easy to bring that part of me forward ... and they bring what they have to it."

With the exception of Power, who joined two years ago, they've been playing for several years, headlining or fronting various Calgary bands. They've also released an EP.

Winning the SLAM on AIR competition, though, is a big deal for Stricken One, says Lauber.

"It's the biggest contest we've ever been in."

Abell laughs in agreement: "And we've entered a lot of contests."

It was Abell's wife who saw the ad for the competition in a newspaper.

"She said, 'You guys should really do it. It looks really, really good.'"

They submitted one of their songs, *Despite*, which was chosen for the competition.

"We got the nomination," Lauber says, "and we said, 'Wow. We really didn't expect that.'"

The prize package came with \$1,000 the band is going to put toward recording an EP of new material.

"We're putting it right back where it belongs," agrees Pannett.

"Now that we've got a feel for having our name out there," Abell says, "we want more." life



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What's on this winter

NOV. 25**AUTHOR VISIT****Airdrie Public Library**

Enjoy a visit from author Eugene Stickland, plus a musical performance by Jennifer Perez.

NOV. 25**ARTS CHRISTMAS MARKET****Airdrie Koinonia Christian School**

View a variety of works by Airdrie Regional Arts Society members and find that unique and original gift of art for someone on your list, or for your own collection. Also enjoy live art entertainment and art silent auction. 10 a.m.-4 p.m.

NOV. 25-26**AIRDRIE FESTIVAL OF TREES AND HOLIDAY MARKET****Boys & Girls Club of Airdrie**

An annual fundraiser in support of Airdrie Food Bank and the Boys & Girls Club of Airdrie. Featuring everything from homemade items to delicious treats. Entry is free with a donation to Airdrie Food Bank. Mrs. Claus will have her Gift Shop open for all youth and children 14 and under to enter. Pictures available with Santa 12-2 p.m. both days for a suggested donation of \$5 per child. Don't forget to buy a \$5 raffle ticket for one of the incredible donated Christmas trees (including everything on and under it)! 10 a.m.-4 p.m.

NOV. 25-26**RANCHO VIGNOLA HARVEST SALE****Town and Country Centre**

Enjoy new-crop (2017) dried fruit and nuts. See and taste samples before you buy. Pack sizes of 455 g (1 lb), 910 g (2 lb) and 2.275 kg (5 lb). Enjoy a great selection of gourmet gifts and tasty Christmas gift-giving ideas. Saturday 9 a.m.-7 p.m., Sunday 9 a.m.-5 p.m.

DEC. 1**TREE OF HOPE LIGHTING CEREMONY****Nose Creek Park**

At the Festival of Lights Event Tent. Airdrie and District Hospice Society. 5:30 p.m.

DEC. 1-31**AIRDRIE FESTIVAL OF LIGHTS****Nose Creek Park**

Western Canada's largest outdoor walk-thru light show, the Airdrie Festival of Lights has been dazzling visitors for 22 years. Enjoy train rides, hot chocolate, Santa's gift shop, and some good old-fashioned family fun and holiday cheer 6 to 9 p.m. every night in December, including Christmas Eve and Christmas Day. Admission is by cash donation; parking is free. Enjoy a performance Dec. 4 at 7 p.m. by Airdrie Community Choir.

DEC. 2**SINGFEST****Bert Church Theatre**

Hosted by Airdrie Community Choir. A charitable Christmas concert with multiple performers. Proceeds go to the Airdrie Lioness Christmas hamper program. 2 p.m.

DEC. 2**INTER-DENOMINATIONAL CHOIR AND ORCHESTRA CHRISTMAS PERFORMANCE****Airdrie Alliance Church**

Performances at 2:30 and 6 p.m.

DEC. 2**SANTA CLAUS PARADE****Main Street**

Welcome Santa and a parade of floats as they light up downtown! Presented by Davis Chevrolet GMC Buick. A fun, festive way to get ready for the holidays. Parade starts at 5 p.m. at Fletcher Park and proceeds southbound on Main Street. This year's theme is the "good ol' hockey game." Visit airdrieparades.com

DEC. 7**CP HOLIDAY TRAIN****Nose Creek Park**

Bring a donation for Airdrie Food Bank and enjoy live performances by Colin James and Emma-Lee. The Festival of Lights will open early – the train arrives at 5:30 p.m.

DEC. 7-9**CHRISTMAS SHOW****Airdrie Victory Church**

Presented by Torchlight Theatre, a not-for-profit emerging theatre company run by the generous donation of talented actors and technicians. Details online.

DEC. 16-17**ROGERS HOMETOWN HOCKEY****Genesis Place (north and west parking lots)**

Don't miss the live broadcast of the Calgary Flames vs. the Vancouver Canucks on Sunday, Dec. 17 at 7 p.m., where the game will be broadcast outside of Genesis Place. During this time, Airdrie will be featured on Sportsnet and Sportsnet NOW. Live on location from the Sportsnet Mobile Studio is where Ron MacLean and Tara Slone will host a pre-game, intermission and post-game show that will highlight Airdrie's culture, hockey history and unique stories. Rogers Hometown Hockey travels the country to connect with communities, families and hockey fans each and every week. The activities in Airdrie will include live entertainment, NHL alumni visits, and more! This fun-filled free event is open to all Airdrie residents. Updates on the event can be found at airdrie.ca/hometownhockey Saturday 12-6 p.m., Sunday 12-10 p.m.



DEC. 31

FAMILY FRIENDLY NEW YEAR'S EVE PARTY

Nose Creek Park

Enjoy a DJ, carnival games, prizes and a whole lot of family fun inside a heated tent. All in addition to the Festival of Lights' miniature train rides, hot chocolate, fire pits and lovely light display! Please note: does not include fireworks, which take place offsite at Ed Eggerer Park (still visible from Nose Creek Park) at 6:30 p.m.

DEC. 31

NEW YEAR'S EVE FIREWORKS

Ed Eggerer Athletic Park

Behind Genesis Place. Ring in the new year with some community spirit and enjoy the child-friendly fireworks display. Show is about 15 minutes long. Approximate start time 6:30 p.m. Note: please walk or carpool. Limited parking onsite (Scouts Hall and Ron Ebbesen Arena).

DEC. 31

AIRDRIE P.O.W.E.R. MASQUERADE BALL

Town & Country Centre

Come out for a night of dinner, dancing, entertainment and silent auctions! Stay close to home and ring in the new year by supporting a great cause – building an emergency womens shelter in Airdrie. \$60 per person. Doors open at 7 p.m., dinner at 8. Contact airdriepower@gmail.com for details.

Coming in 2018

JAN. 27

TD AIRDRIE MAYOR'S NIGHT OF THE ARTS

Bert Church Theatre

Join Airdrie's arts and culture community at this stunning evening chock-full of live entertainment as awards are presented to the arts community and its patrons.

FEB. 10

BEHIND THE MASQUE

Apple Creek Golf Course

A fundraising masquerade gala to raise funds and awareness for Community Links as well as Soap for Hope YYC. For details and tickets, contact btmaidrie@gmail.com

Relax Dad!



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ALSO SEE BERT CHURCH THEATRE
EVENTS ON PAGE 35

We've Got Talent

1



2



THE FINALISTS ARE: DAVIS CHEVROLET PATRON OF THE ARTS: Airdrie Victory Church, Ayesha and Derrick Cresswell-Clough (6) and Woodside Golf Course
 VITREOUS GLASS CHAMPION OF THE ARTS: Kim Cheel, Steve Jevne and Jay Stoudt (4, left)
 MCKEE HOMES PROFESSIONAL ARTIST AWARD: Lia Golemba (1), Anne Mulders and Cheslea Restall
 ACAD EMERGING ARTISTS: Valerie Holmes, Paul Hurst (4, right) and Chris Reid (5)
 QUALICO YOUTH ARTIST AWARD: Jillian Frederick, Rex Mulder and Bethany Taylor (3)
 JORO MANUFACTURING ARTS EDUCATOR AWARD: Anthony Burbidge (2), Vern Gray and Jordan Harris

2018 TD Airdrie MAYOR'S NIGHT OF THE ARTS

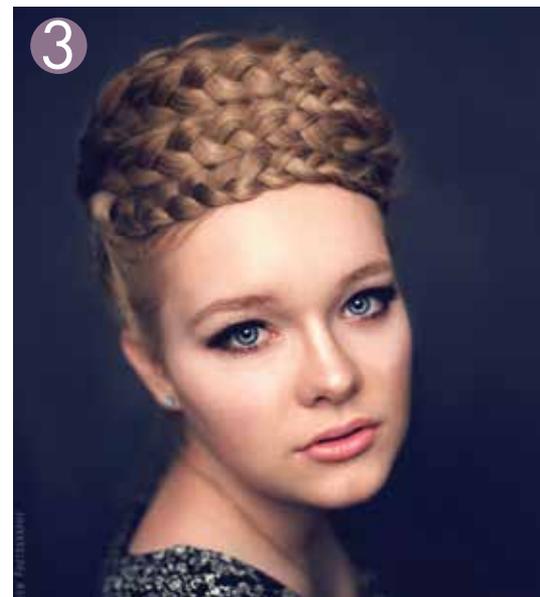
Finalists Announced

On Jan. 27, 2018, Airdrie celebrates the arts and culture community with a gala bash at the Bert Church Theatre honouring 21 finalists and presenting awards for Patron and Champion of the Arts, Youth, Emerging and Professional Artist and Arts Educator.

The finalists represent a variety of disciplines from dance, theatre, film, music and visual arts.

The program features live performances with special guests from the region between award presentations preceded by a party in the lobby with appetizers, bubbly and even a dessert bar afterward. Tickets for the popular event are on sale through the Bert Church Theatre ticketpro site.

3



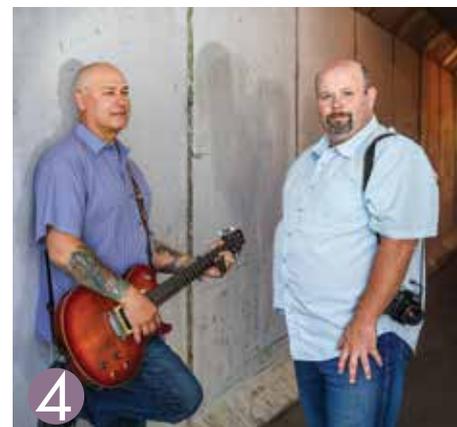
6



5



4



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12 Days of Giving!

We've got the best gifts from The Store Upstairs and we are giving one away every day. Dec. 1-12!!

WINTER TICKETS!

We've got the best seats in the house for all the upcoming Bert Church LIVE Theatre shows including BIG laughs with Brett Butt, Colin Mochrie and many more!



FOODIES!

Win all winter long with our great TASTEairdie promotions with Abe's, Good Earth, First & Vine, Fitzsimmons Brewing Co., Hayloft, Ilforno, On Tap, The Woods and Thumbprint Craft Beer Market.

AND Watch for Chocolate Fest in February!



PLUS GIFT CARDS from Meals Made Easy, Mane Image, Oranj Fitness and Breathe Yoga
Get full contest details online at airdriehlife.com

First Baby of the Year Contest!

\$1000

in special gifts for your new bundle of joy!



Images by Joanne

We're celebrating Airdrie babies! Our first baby of the year will WIN:
A gorgeous Newborn Photo Session valued at \$495 with Images by Joanne AND a keepsake "cover" of airdriehlife PLUS
A \$250 gift basket from Pharmasave on Centre
A \$250 gift card from The Pink Wand Cleaning Services
A one month unlimited membership with childcare at Oranj Fitness!

PHARMASAVE
ON CENTRE

The Pink Wand
CLEANING SERVICES

This contest is open to any expecting mother living in Airdrie, AB (T4A T4B). Full contest details online

We sell happy.



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Kristin's Turn



Jewelry shown is stylist's own
and photographer's own

STORY BY LESLIE DAVIES
PHOTOS BY KRISTY REIMER

Sparkling. Effervescent. Contagiously fun.

All words I would use to describe our most recent makeover winner, Kristin Picken.

But what happens when your outside doesn't feel like it matches your inside? And you feel like you look frazzled, tired and run ragged? If you're Kristin, you submit your name for the *airdrielfe* makeover!

Kristin is a lifetime resident of Airdrie. She grew up here. Her entire immediate family resides here. Her roots are here. Kristin is the mom of three children all under the age of 11. She drives a school bus and totally loves her job. And although she's happily married, her husband drives long-haul truck and is working much of the time – so, she runs the “ship” almost solo.

Like most parents, her life is focused around her kids. And her job. With little time for much else.

Recently, Kristin decided to focus more time and effort on herself, starting with her physical fitness. She's started running again – and just finished a five-kilometre run for breast cancer. She's also started going to the gym as part of her new routine.

Winning this makeover seems like the perfect reward for her efforts!

We began Kristin's makeover experience with a quick consultation, where she revealed that her secret fantasy is to look “city.” Sleek, feminine and “*Devil Wears Prada*” are how she

Huge thanks to the local businesses and people who have contributed to making Kristin's makeover a success: The Store Upstairs for providing the fabulous fashions, footwear and accessories, plus a \$500 gift certificate to Kristin; Wendy from The Hair Lounge for haircut, colour and style services; Sarika from The Hair Lounge for makeup application; Kristy Reimer from Kristy Reimer Photography; and Leslie Davies, Wardrobe & Style Consultant from The Stylish Insider.

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Uncle
Brother
Daughter
Dad
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Teacher
Son
Niece
Neighbour
Nephew
Boss
Aunt
Best Friend
Grandpa
Grandma
Co-worker
Grandkid**



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TD presents



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described it. Ohhhh the fun we'll have at The Store Upstairs strutting her city-chic style!

Since Kristin lives in either comfy yoga pants or jeans (plus, her fluorescent safety vest!) most of the time, I chose outfits that were a more put-together, stylish take on her easy go-to staples.

Choosing totally on-trend pieces is easy at The Store Upstairs. What's challenging is limiting it to only a couple of outfits!

Here's what made the cut:

City Sleek – This fitted, cold shoulder sweater dress highlights Kristin's fabulous figure in the hottest colour of the season: crimson. The supporting cast tones down the traffic-stopping sexy vibe; a winter floral-print coat with oversized shawl collar and perfectly finished with a lady-like handbag and cranberry velvet, pearl-embellished block heels lend a playful vintage vibe.

Up-levelled Athleisure –

Camo print is *everywhere* this fall/winter season including these saucy leggings. To make them a little less yoga studio and a little more street savvy, I've layered a gauzy, lightweight rosy-toned sweater under an oversized cowl-neck sweatshirt and finished the look with a comfy, cool pair of grey suede booties.

Quirky Casual – Embellished step-hem jeans are "the thing" this season – the embroidery jacks up the femininity and uniqueness to an otherwise standard wardrobe basic. To add a little edginess to Kristin's look, I've chosen an olive cropped jacket, playful wool cap (which is a super-quick, stylish fix for in-a-hurry hair days), a kicky western-vibe mule, and her own bold-framed eyeglasses.

A great transformation is NEVER complete without a new hairstyle and makeup!

To complement Kristin's pretty features, Wendy from The Hair Lounge softened her sun-bleached blonde with a balayage colour treatment (hand-painted highlights) and cut her hair into a sexy, inverted long bob. Making it easy for her to still pull it up in a ponytail!

Makeup artist Sarika kept our makeover winner's look subtle and natural with soft mauves and understated, frosty lips. Her bold, on-trend brows are the focal point pulling attention to Kristin's pretty peepers. *life*



Bert Church **LIVE Theatre** **PRESENTS**

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- GEORGE CANYON CHRISTMAS
- SONS OF MAXWELL CELEBRATE THE CHRISTMAS SEASON
- A CHARLIE BROWN CHRISTMAS

Visit thebertchurchtheatre.com for a complete list of performances

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- LISA LOEB
- SILVER SCREEN SCOUNDRELS
- THE PURPLE PIRATE'S MAGIC PIRATE SHIP
- CINDERELLA
- AND MORE!

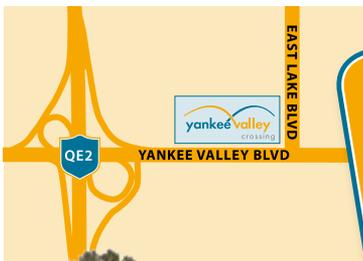
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FOOD & FLAVOUR

- Shawarma Palace
- Ricky's All Day Grill
- Airdrie Liquor Store
- Pour Beer | Wine | Food
- Pizza 73
- Quiznos
- Starlight Chinese Restaurant
- Foggy Gorilla Vaping Company

HEALTH, MEDICAL & DENTAL

- Kings Medical Centre
- Quest Orthodontics
- Airdrie Family Wellness

SERVICES

- Yankee Valley Drycleaning & Alterations
- Freedom Mobile

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Bri-mor | 25
DEVELOPMENTS YEARS



54-40



George Canyon



Jeffery Straker

Bert Church LIVE Theatre: something for everyone

Join Bert Church LIVE Theatre for Christmas! Get into the spirit of the holidays with special performances such as:

NOV. 25

Best Little Newfoundland Christmas Pageant Ever

Creating the best little Newfoundland Christmas pageant ever is seemingly a dull task for Mrs. O'Brien, who is put in charge when the original leader, Mrs. Armstrong, hits a moose with her car. But what has the potential to be the worst pageant ever turns out to be the best, as everyone discovers the true meaning of Christmas. Admission \$30, seniors (65+) and children (12 and under) \$25. 7:30 p.m.

DEC. 1

George Canyon Christmas Show

Canada's country superstar George Canyon brings his sensational vocals and charming humour to the stage with songs and personal stories of his favourite holiday season, Christmas. Admission \$48. 7:30 p.m.

DEC. 17

Sons of Maxwell Celebrate the Christmas Season

Sons of Maxwell present a collection of songs new and old from their instant Christmas CD, *S.O.M Favourites*, and their newest Christmas CD, *Christmas Super Deluxe*. Admission \$35. 1 p.m.

DEC. 21-23

A Charlie Brown Christmas, presented by StoryBook Theatre

This two-act musical features highlights from the Tony Award-Winning musical *You're A Good Man Charlie Brown* as well as bringing the classic animated television special *A Charlie Brown Christmas* to life. Admission \$15. Dec. 21-22 at 6:30 p.m.; Dec. 23 at 2 p.m. and 6:30 p.m.

Ring in the New Year with new presentations from renowned artists such as:

JAN. 15

Lisa Loeb

With a career that spans two decades, Grammy®-nominated pop icon Lisa Loeb topped the charts in the mid '90s with a run of Billboard hits, such as *Stay (I Missed You)*, from the film *Reality Bites*. \$35. 7:30 p.m.

JAN. 25

Jeffery Straker

On his new album, *Dirt Road Confessional*, Jeffery Straker continues to push the boundaries of what it means to be a piano balladeer. The album launched at No. 5 on the iTunes charts in May 2017. Admission \$23. 7:30 p.m.

FEB. 5

Silver Screen Scoundrels

Brandon Isaak and Keith Picot have both individually won a Maple Blues award and together they are the Silver Screen Scoundrels! The pair puts on an entertaining multimedia show that combines music, silent films and comedy. Admission \$25. 7:30 p.m.

FEB. 14

54-40 Unplugged: Songs & Stories

An intimate reimagining of 54-40's greatest hits performed as you've never heard them before. In between songs the band engages with the audience, sharing stories from their 30+ years together. Admission \$55. 7:30 p.m.

For parents looking for something fun to do, spend the afternoon with your littles and introduce them to the magical world of live theatre:

JAN. 28

The Purple Pirate

Take the kids on a sailing adventure with storytelling, magic and lots of audience interaction. Using lighting, sound and special effects, the Purple Pirate transports the audience onto his magical pirate ship where extraordinary things occur. Ages 3-8. Admission \$16. 2 p.m. (Create your own pirate hat before the show - 12:30 p.m.)

FEB. 25

Cinderella, presented by the DuffleBag Theatre

Since 1992, the DuffleBag Theatre has been celebrated at festivals and schools. Actors retell the original adaptations of select fairy tales and Shakespearean classics with humour and twists. Admission \$16. 2 p.m.

Visit thebertchurchtheatre.com for a complete list of 2018 performances



Lisa Loeb

Making bra shopping fun



Kiera – Goddess

Kiera is a four-part cut and sewn cup in stunning plum or basics of nude and black! This bra is perfect for the larger-breasted woman going up to N cup. The seaming pulls breast tissue in and up, giving the illusion of a smaller waist and narrower bust. Lose 10 pounds without going on a diet!

It is our mission that we make every woman that enters our boutique feel beautiful, confident and comfortable. We are not happy until you are and we believe every woman deserves a bra that makes her feel and look her very best.

Cream Body and Bath opened its doors in 2005 and has been treating the Airdrie and area ladies to beautiful lingerie, carrying an amazing 30 different lines of bras ranging in size from A – L.

Owner Lynn Kehoe shares her tips and recommendations for any body type!

Rebecca Lace – Fantasie

This bra is a particular favourite for us to sell. It is made with breathable, soft, yet durable spacer foam and they have created a unique double band. The rigid band is overlaid with a higher lace side to combat that underarm bulge we all dislike! This bra is well sized to a GG cup and is best suited to women who have lost volume on the upper part of the breast. Spacer foam is perfect for giving a natural, uplifted shape without the gapping that can happen with firm foam cups.



Iricia – Elomi

This bra is the perfect twist on your everyday essential black bra. This three-part cut and sewn cup is sized to JJ and gives a good uplift with forward projection. Its curved seams give a nice rounded look. This bra is perfect for women who have lost volume in the breast tissue or have more side breast tissue. The stretch lace across the top of the cup makes it an easy fit for most women.

Only You – Prima Donna

Perfect balcony T-shirt bra up to a G cup. The beautiful tonal stripes look beautiful on most skin tones. This balcony shape is perfect for a woman that is fuller busted on top, has a larger rib cage or wider-set breasts.

Tom – Marie Jo

This beautiful multi-position-strap bra in this season's "it" colour, deep green, has a stunning gold bubble detail on the cup and is sized to DD. This bra is great for the petite woman band size 32-38 and gives a slight push-up effect to the breast.



Every woman has her own unique shape. We would love to help you find the bra that enhances your own natural, beautiful self!

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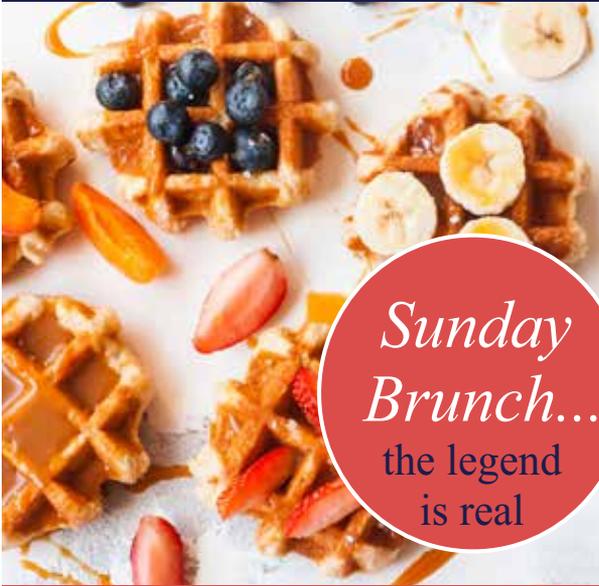
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TASTE

a  r  d  r  i  e

Sip & Savour Winter Flavours!

The weather may be getting miserable, but take heart, Airdrie; we've got a lot of good excuses to get out of the house and into some of Airdrie's best foodie experiences.

TASTEairdrie has rounded up some of the goodness you can be nibbling and imbibing during the darkest months of the year and we've added some pretty fun ways to brighten your days with contests and promotions. Cheers, Airdrie!

Airdrie's first microbrewery **Fitzsimmons Brewing Co.** opens Nov. 25 with free guided tours and local food samplings. Expect big things from this team – they will have two mainstay beers: Big Hill Blonde (a light citrus forward blonde ale) and East Lake Amber (a rye-based amber with hints of caramel and malt).

Only available in the tasting room will be an exclusive seasonal ale starting off with "Rye off the Hop IPA," which is a rye-based cashmere and citra-based hops IPA.

Speaking of beer, **Thumbprint Craft Beer Market** will expand your taste buds and your knowledge of craft beer as you can sip and shop with lots of great in-store specials including beer advent calendars and 12 days of Xmas gift packs. Thumbprint celebrates one year in January so watch for lots of extra promotions and as always you can fill your growlers at the growler bar where a rotating lineup of beers is available.

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NOW OPEN





Warm winter eats from Hayloft

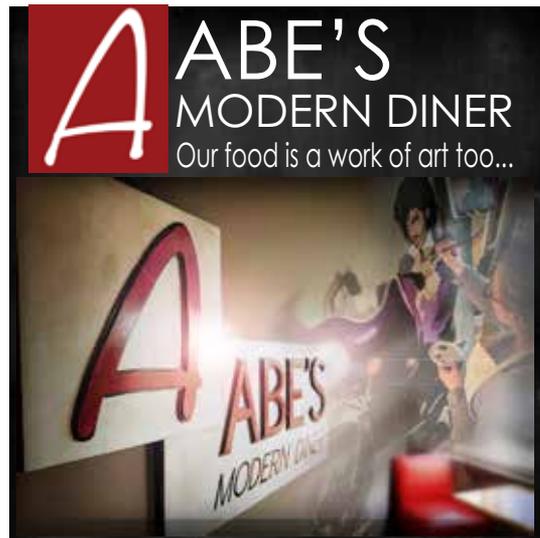
Warm up this winter with some **Good Earth** holiday classics at Creekside Crossing! Their candy cane mocha has swirls of dark chocolate and peppermint, topped with whipped cream and a sprinkle of candy canes. Are you an eggnog lover? Good Earth crafts their spiced eggnog latte with real eggnog, butter rum flavour and a dash of nutmeg. The gingerbread latte is a creamy spiced latte with gingerbread syrup and a dash of cinnamon.

Abe's calls itself a "Modern Diner" and we love this place for its fresh take on diner food as well as its hip vibe. Check out the new local artwork on the walls. The menu is always adapting to the season; this winter watch for more exotic meats on the menu. Check out the elk burger, wild boar chili and ostrich stew as well as fun twists on traditional dishes, like bacon-wrapped mozzarella sticks and a Naan tuna melt. And good news – Abe's now delivers!

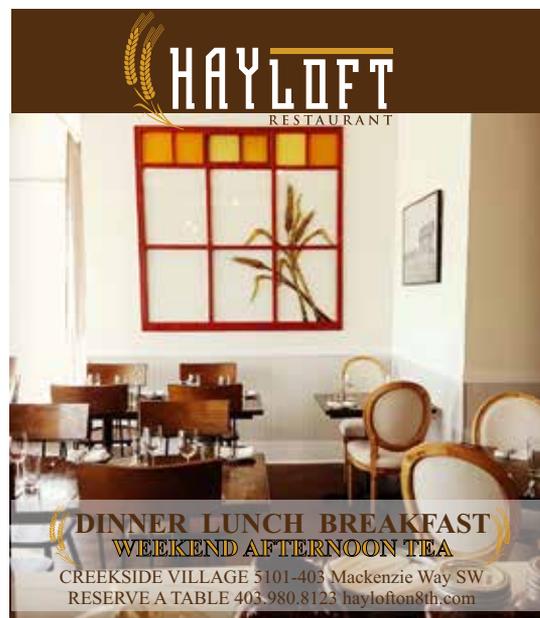
First & Vine Chef Michael Frayne is still glowing from his recent wedding AND announcement the restaurant made No. 2 on *OpenTable's* Best Overall Restaurants in the Calgary area! Frayne is whipping up winter wonders on his new brunch menu with \$5 Caesars and mimosas on Sundays, and the lunch/dinner winter menu is loaded with temptations like braised beef short ribs with smoked blue cheese perogies. Always expect the unexpected flavours on Frayne's flatbreads and sharing plates.

Need a new gift idea or want to perk up your kitchen pantry? **On Tap Oil & Vinegar** is the perfect solution. The world's highest-standard olive oils are sourced from both northern and southern hemispheres and their authentic balsamic vinegars, aged up to 18 years, come from Modena, Italy. Our winter fave flaves? Cinnamon Pear Balsamic Vinegar and Cayenne Chili Olive Oil. But the best part of this shopping experience is in the sampling – all of the oils and vinegars are available for tasting – an afternoon of fun in itself!

Hayloft is enjoying the buzz from their recent nomination for *enRoute* magazine's Best New Restaurants in Canada. Winter menu items include braised rabbit agnolotti with



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 Ristorante
 Pasta Veal Seafood Steak

RESERVATIONS RECOMMENDED 403.945.4444
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brown butter carrot puree, a slow-roasted apple insalata with housemade ricotta and a great sharing dish – the Butcher, Baker and Preserve Maker – a collection of salami, preserves and condiments (made in-house and by friends), gnocci fritto and grilled flatbread. Lunch deals (Tuesday-Friday) now include half-price bottles of wine, and a gourmet burger and beer deal. In the evening try the snack menu at the bar with a glass of wine. In January look for traditional Sunday dinners served family style.

Sorso Espresso & Wine Bar is always upping their game with new noshing like “The Guacamole Project” – make your own guacamole in a pestle and mortar bowl with avocado, cilantro, lime half and Pico De Gallo. Hearty winter fare includes a Rueben sandwich and oven-baked all-beef meatballs in marinara sauce and melted cheese; spinach-stuffed mushrooms baked in the oven with melted cheese; and beef, ricotta and spinach marinara lasagna. Breakfast items evolve too – look for an eggnog latte and avocado toast for a morning pick me up.

Ilforno Ristorante has joined the TASTEairdrie family and are we happy! This is hands down Airdrie’s most authentic Italian restaurant right down to the “hidden away” location in Kings Heights. Anna Marie Monna brings her Naples traditions to life on your plate. Our must have? Her secret recipe fresh ground pork salsiccia swirling in her homemade tomato sauce. Expect traditional pastas, seafood, veal and steak, but you can also make special requests in advance when you make a reservation. Considered the most romantic spot for dinner in town – there is even live accordion music on the weekends. That’s amore!

The golf season is over, but the dining season is heating up at **The Woods**. Airdrie’s top spot for Christmas parties, it’s also peak Sunday brunch time. The legendary brunch features omelette and waffle stations, prime rib, eggs benney, smoked salmon and chilled prawns and just about every possible brunch item you could pile onto your plate. Watch plenty of fun evening events over the winter – date nights, New Year’s Eve Dinner Theatre, romantic Valentine’s dinners and the return of all you can eat Wing Night (note to guys - this is NOT to be confused with a romantic dinner!) [life](#)

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Let's get cooking!

Pie Making 101

Come for a relaxed introduction to pastry and pie making. Participants will take home one sweet and one savoury pie to freeze and enjoy at their convenience.

Freezer Meals & Crock Pot Classes

Let's roll up our sleeves together to stock up on popular family dishes! Participants will prepare a selection of dishes to take away.

Seasonal Favourites

Join us to explore fun and easy recipes featuring seasonal produce. Participants will take home what they make!

Classes are updated and scheduled on an ongoing basis, check out our website! airdriefoodbank.com/kitchen



All programs take place in the Airdrie Rotary Community Kitchen
20 East Lake Way NE, Airdrie



In the Kitchen with MEGHAN WEST

Airdrie Food Bank Community Kitchen

PHOTOS BY KRISTY REIMER

Recipes that can adapt to changing seasons or special occasions are something I love! Using your pantry to keep stocked up for basic recipes that you can adapt and play with can be both a space and money saver. I use 100 per cent baker's chocolate for this recipe to make the smoothest, creamiest fudge!

WHITE CHOCOLATE FUDGE, TWO WAYS!

510 g or 3 cups white chocolate
300 ml sweetened condensed milk

Add for peppermint:

1 tsp peppermint extract
Candy canes for garnish (after fudge has cooled)

Add for strawberry:

1 tsp strawberry extract or strawberry baker's emulsion
3-5 drops pink or red food colouring

OR

For a mild pink colour and natural flavour, reduce sweetened condensed milk to 250 ml and add 1/4 cup strawberry jam.



INSTRUCTIONS

Chop white chocolate into small pieces.

Combine sweetened condensed milk, chocolate and flavouring in heavy-bottomed pot.

If using food colouring, add now.

Heat mixture on low-medium heat. Stir often to prevent burning.

Once all the chocolate pieces have melted and mixture is uniform, pour into parchment-lined 8-by-8-inch pan.

Allow to set in fridge at least two hours before serving.

If making peppermint, add candy cane garnish prior to serving. Do not add candy canes earlier or else the colour will bleed into the fudge.

Makes approximately 24 pieces

Let inspiration be your guide

Don't let long or complicated ingredient lists keep you from making a dish that inspires you! Here are five ways to incorporate flexibility into your pantry and recipes.

Keep veggie stock on hand

For soups, casseroles and dishes that call for stock I am always open to using vegetable stock, regardless of what kind of stock it calls for. Vegetable stock isn't overpowering and the flavours will blend well even into a meat dish.

Spice it up

One of my go-to trades in the kitchen is substituting half cinnamon and half nutmeg when I run out of allspice. If you are trying a new recipe that calls for allspice, use cinnamon and nutmeg instead to save yourself a few dollars and a trip to the grocery store. When it comes to poultry-style spices like thyme, oregano and rosemary, if you are short on one, feel free to supplement with a mix of the others you have on hand.

Embrace root veggies

Parsnips, carrots, turnips, beets, pumpkin, squash and other root vegetables are delicious when roasted or used in baked dishes. If you have an excess of one and are short on the other, don't fret! The key is to chop them into the same-size pieces so they bake at an even rate.

Swap out beans

Beans are often used to bulk up dishes and add fibre. Don't be shy about substituting whatever beans you have on hand for the beans called for in the recipe. This being said, make sure that you're exchanging plain beans for other plain beans and not using beans in sauce. Adding beans in sauce in place of regular beans can throw off the liquid ratio in your recipe.

Give your pasta a twist

To mix up a regular stovetop pasta dish or to use up leftovers, try baked pasta! Cook pasta according to regular directions, add in some steamed veggies then mix well with sauce. Top with cheese if desired and bake until heated through, approximately 20 minutes at 300 F. One of my favourite combinations is steamed cauliflower with mac and cheese. [life](#)



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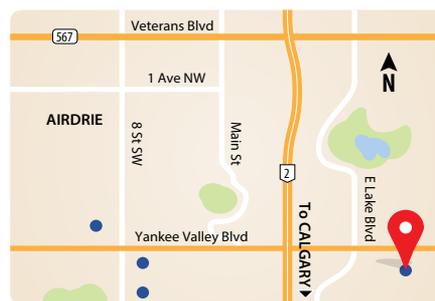


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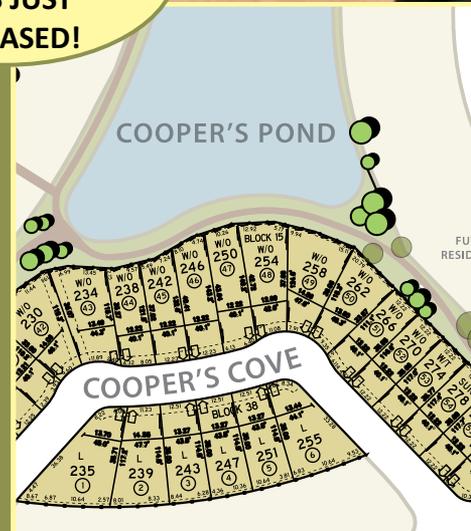


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parentlife
WITH CLAUDIA SASSE

Finding the fine balance

All of us have a schedule that needs to be followed. In some cases it can be a slow-paced agenda; in others it can be a very busy one. Whatever the situation, we cannot forget that kids also have their own schedules at school, and co-ordinating the family's events with the children's school and after-school activities can be quite complicated.

We have to be careful that we don't overwhelm our children with too many extracurricular activities and leave them without the energy and time to complete their schoolwork and also enjoy some well-deserved free time with their family and friends.

I remember when my daughter told us she wanted to play competitive soccer.... I thought we wouldn't be able to juggle our personal commitments with her schoolwork plus add an extra activity to her (our) schedules.

It involved long discussions and hours of planning, but in the end we found a way to make it work for our family.

School is a very important part of children's lives and as a teacher myself, I can attest to that firsthand. We should plan enough time for school activities and homework as well, even if sometimes the tasks do not seem as appealing or amusing as we would like. Education is a fundamental piece to support our children's growth, as individuals and as citizens in our community.

As parents we should take adequate time to support our children every day when they are completing their schoolwork and projects. That does not mean we will do the work for them; it means that we'll make sure they have all the necessary

materials well in advance and that we will be present to answer any questions they might have.

Homework and school projects have always been a topic that brings some (or a lot of) controversy, especially with new studies that have indicated that the amount of assignments should be minimal from kindergarten to Grade 6, and that activities should be enjoyable for students. According to Dr. Harris Cooper, a homework expert and professor of psychology and neuroscience, "homework should reinforce what a child has already learned, be presented in a clear, manageable way and be engaging."

Ultimately it is up to parents how they will approach their children's homework and school projects and how they will manage their schedules, but we always have to keep in mind the well-being of the child. Parents should have a free channel of communication with their children's teachers in order to make sure that the amount and type of work that is being sent home is adequate for their children's needs. [life](#)

Claudia Sasse is a mom and teacher, with a master's degree in elementary education. Born in Brazil, Sasse has lived in Airdrie with her husband and daughter since 2009.

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Wines to celebrate with

vinelife

WITH KATHRYN ZONDAG

WHILE IT MAY BE BRISK OUTSIDE, winter is a season of warmth. Often, we find our days filled with festive parties, food and, of course, wine! Whether you are throwing a gathering for 50, or having a quiet Christmas dinner for four, there is a time and place to enjoy wines for the season on any budget.

The holidays are the perfect time to serve wines that are exceptionally food friendly. Often meals at parties can present a bit of a wine-pairing challenge. This is simply due to the overwhelming variety of food being served. Whether you are hosting a New Year's party with an endless array of appetizers, or having a roast or turkey dinner complete with 10 of Grandma's secret-recipe side dishes, it is important to pick wines that will not throw 'off' a wide variety of foods, and are general crowd pleasers. Choosing wines that are too tannic, tart or even complex in their flavours can make for some less-than-tasty interactions.

For reds, stick with smooth, low-tannin, juicy and fruit-forward options. Some of my top choices are Gamay, ripe Pinot Noir from California or Central Otago in New Zealand, Northern Italian Barbera, and Chilean Carménère. All will be easy drinking, and offer big, clean fruit flavours, allowing them to be versatile with a wide variety of foods.

For white wines, I always recommend options that are dry with refreshing acidity, and have relatively neutral tree- and stone-fruit flavours. Look for Riesling, Pinot Blanc or Pinot Gris from either Alsace, Oregon or the Okanagan Valley. For something different, try a Muscadet from the Loire in France. These wines not only taste great with everything, but usually please a wide variety of palates.

When it comes to serving festive bubbles, it can be hard to go wrong. Everything feels special with a glass of sparkling wine in hand! Champagne from Champagne, France, is a beautiful option, but be prepared to pay a premium as the wine has spent extended time aging before release to the public. This extra time creates a variety of complex and savoury flavours, but comes at the cost of paying 'rent' for the period of time for which it had to be stored. But, like everything else in life ... with champagne, good things come to those who wait! For those with a champagne taste on a budget, I recommend Cremant de Bourgogne, or Cava from Spain.

However you are celebrating this season, I hope you get to enjoy it not only with those you love, but with a great glass in hand!

Cheers! *life*

Kathryn Zondag is a certified sommelier, and holder of the advanced certificate in wine and spirits from the Wine & Spirit Education Trust (WSET) in London, England



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healthyLife
WITH BRYAN AND MELISSA THOME

The importance of sunglasses year round

MANY PEOPLE KNOW THE SUN'S RAYS CAN BE HARMFUL TO YOUR SKIN, but did you know they are also potentially harmful to your eyes? Sunglasses are a great fashion accessory, and often improve your visual comfort and performance; but their most important job is to protect your eyes from UV (ultraviolet) radiation.

Increased exposure to UV radiation can play a role in several conditions including macular degeneration, cataracts and pterygium. Macular degeneration is an age-related condition wherein the central portion of the visual field deteriorates over time. It is the leading cause of vision loss in Canada according to the Canadian National Institute for the Blind (CNIB). A cataract is a clouding of the eye's natural lens causing a reduction in the quality of vision. Pterygium is a growth of tissue onto the cornea originating from the white part of the eye (conjunctiva). This can alter the curvature of the cornea, resulting in astigmatism which also negatively affects vision.

Now that colder weather is upon us, I guess it's time to put away the sunglasses until next spring, right? WRONG! Protecting your eyes from harmful UV rays is important year round. Even after temperatures have dropped, we Albertans still get plenty of UV exposure. Did you know that Calgary receives more hours of sunlight per year than any other major Canadian city? Coupling that with increased glare off snow-covered surfaces makes year-round sun protection especially important.

When purchasing sunglasses, ensure they are designed to block 100 per cent of both UVA and UVB radiation so that you know you are receiving the proper protection. If you have any questions about protecting your eyes from the sun, please visit an eye care professional. *life*

Bryan and Melissa Thome are optometrists with Airdrie Eye Care

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Photo of Allison Lynch by David Cooper and Trudie Lee, Director Dennis Garnhum,
Set & Costume Designer Patrick Clark, Lighting Designer Kevin Lamotte.

Happy mouth, happy pet



petlife
WITH DR. JEREMY MOUNT

Has your veterinarian recommended a “COHAT” for your furry friend? Have you pondered what that is? Are they truly necessary and does the procedure really need to be done under a general anesthetic?

COHAT stands for Comprehensive Oral Health Assessment and Treatment. This includes the teeth as well as the hard and soft tissues associated with the oral cavity. Dogs have up to 42 teeth while cats have up to 30. That’s a lot of potential for problems including bad breath, infections and fractures. A COHAT entails removal of gross calculus (hard plaque substance you can see on the teeth), removal of subgingival calculus (one of the major reasons non-anesthetic dentals are counter-productive) and polishing. Radiographs are recommended to assess problems below the gingiva where 60 per cent of the tooth resides. Extra or non-erupted teeth, fractured tooth roots, abscesses and resorptive lesions can be found. Each tooth is explored individually for concerns and a treatment plan is designed. It sounds like a lot of work because it is. Each mouth is unique and comes with its own challenges.

Animals require regular dental care to prevent disease both in the mouth and throughout the body, just like humans. Arguably there is no better part of our body we take care of than our teeth; brushing twice a day since childhood and seeing a dentist regularly. Regular COHATs prevent serious problems by decreasing the amount of chronic inflammation and bacteria in the mouth that can otherwise lead to a sick pet.

A large amount of time is put into each COHAT. Patients are maintained using general anesthetic to allow a thorough evaluation of the mouth, subsequently enabling us to treat problems on the spot. Under general anesthetic patients are monitored by highly trained nurses, maintained on intravenous fluid therapy and kept actively warm, all while major body functions are monitored. Exams and procedures are completed and documented by a licensed veterinarian.

Non-anesthetic dentals are cosmetic, providing a false sense of benefit with little therapeutic reward. They cannot assess below the gingiva with radiographs, cannot scale below the gingiva (a crucial component of the procedure) and they cannot treat problems when encountered. Using sharp instruments in the mouth can also be a source of harm for your pet.

If you would like to discuss anything related to this article, or have your pet’s mouth examined, please talk to your veterinarian. [life](#)

Dr. Jeremy Mount is a veterinarian at Airdrie Animal Health Centre

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PHOTOS BY SERGEI BELSKI

For the past six years, Qualico has hosted a Christmas light competition in their Ravenswood neighbourhood. *airdriellife* publisher Sherry Shaw-Froggatt has ridden along as a judge every year. This is a Q&A with the 2016 winner, Dan McPherson.

All aglow

airdrielife: How many years have you been decorating for the holidays like this?

DM: The first time I started making Christmas decorations was about three weeks after we moved into our home in Airdrie, in October 2014.

AL: How many different pieces do you now have in your collection?

DM: I have over 80 characters and approximately 100 other pieces.

AL: What is your favourite piece?

DM: No favourites, but I like the action characters the best.

AL: How much more do you plan to do or change?

DM: In June I bought a welder, to learn how to weld, so I could make decorations for my roof. I've made 18 new pieces so far and upgraded to metal holders for most of my pieces.

AL: WHY do you do this? What is your favourite memory/moment that has happened since moving to this house and creating this great display?

DM: Every year people have knocked on our door and thanked us for making Christmas memorable. The first person to knock on our door was a little girl who gave us chocolates and thanked us for making a nice display. As she was leaving she turned to my wife, Joanne, and said "I really like your Grinch." How can we not do something like this, when people are so appreciative?

AL: So do your neighbours love you or...???

DM: We have had so many neighbours comment on how much they like it. Last year our neighbour next door helped us extend the display into their yard. Just recently several neighbours said they can't wait to see what I have been working on for this Christmas.

AL: Any idea how many bulbs you actually go through each year?

DM: We don't go through many bulbs, as most lights are LED. Occasionally we go through a few coloured spotlights.

AL: How many hours does it take to do this?

DM: It takes about a week to set up the display. After that, I spend a week or two moving things around and changing the lights and light sequence.

AL: What is your age?

DM: 70+

AL: What was your career before you retired?

DM: I owned and operated a custom picture framing shop for the last 13 years before retiring in 2007. [life](#)

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“What differentiates us as a builder is our ability to customize a home for each and every customer”

STORY BY
MARIO TONEGUZZI

The slogan for Airdrie-based homebuilder Harder Homes is pretty simple and straightforward but it hits at the heart of what the company does in new construction.

Built for the way you live.

“We feel that it really reflects our commitment to building beautiful custom homes for the families that live in them,” says Simona Harder, who co-owns the company with husband Wayne.

“What differentiates us as a builder is our ability to customize a home for each and every customer. We are as far from cookie cutter as it gets.

“In our building experience we have never built the same home twice. [That] speaks for itself and our customers appreciate it.”

Explains Simona: “Our customers get to sit down with an architect and design their home from scratch. They really get to bring their vision to reality when they build with us. That’s something we’re pretty proud of. Our philosophy for building is we’re a people-first, face-to-face approach to the building process, and we actually do keep in touch with many of our clients.”

Harder Homes has been building custom homes for more than a decade in Airdrie and the surrounding region. It was founded building off the passion of Wayne Harder for the new home construction industry. Wayne had worked in various areas of the industry – sales, estimation, procurement – and the next natural progression was to expand into his own business.

Harder Homes has a core team of six people. Since its inception, it has built well over 50 homes in Airdrie and area.

Over the years, the builder has focused primarily in the area of Cooper’s Crossing.

“That’s sort of our staple area in which we build. We also do build acreage [homes] in the surrounding area,” says Simona.

Prices are in the \$500,000 range and up.

Harder Homes has about 20 lots in inventory in the Cooper’s Cove and Cooper’s Field areas. The Cove offers beautiful waterfront lots while the Field has an adjacent school to be built there in the future.

“The Airdrie market has been fairly consistent especially in Cooper’s Crossing. The residential side yes. We definitely noticed a downtick in the market back when the recession started. But the nice thing about Cooper’s is that it’s a community that really holds its value and it really draws people relocating from Calgary or even people moving within Airdrie,” adds Simona. [life](#)



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“One of the main reasons Brookfield wanted to get involved ... was really focused around creating a great place for families and individuals”

STORY BY MARIO TONEGUZZI

Chinook Gate to welcome active residents in 2018

A prominent Calgary homebuilder is leveraging the existence of an impressive park in Airdrie to create an exciting new residential community.

Justin Castelino, marketing manager with Brookfield Residential, says the builder’s vision of Chinook Gate is the company’s first planned community development outside of Calgary.

“One of the main reasons Brookfield wanted to get involved in the city of Airdrie and the site was really focused around creating a great place for families and individuals. People to connect. Not only with each other, not only with their neighbours and with their friends, but also with the city in general. The conduit to that is Chinook Winds Park,” says Castelino.

“It’s a fantastic amenity that the City of Airdrie has built there and we really saw a great opportunity to really leverage that park to create a sense of belonging in southwest Airdrie.”

Chinook Gate will be located just south of Yankee Valley Boulevard and on the west side of Chinook Winds Park.

The development encompasses 113 acres and will incorporate just under 800 homes. There will be townhomes, duplexes, laned homes and move-up homes.

“It’s a pretty full-serve product mix. Construction on homes will start this winter. Showhomes will be opening somewhere around the end of March, beginning of April. Our first customers will be moving in right around the same timeframe,” says Castelino.

“We’re about a five- to seven-year build out.”

There will not be any commercial development at Chinook Gate but there will be about 11 acres of green space for two park sites as well as a pond and a pathway. Land is also dedicated for a future school.

Builders for the project include Avalon (townhomes), Excel (duplex, laned homes and move-up homes), Brookfield Residential (duplex and laned homes), and McKee (move-up homes).

The price range of homes will be from the mid \$200,000s to about \$600,000.

Castelino says Chinook Winds Park offers 55 acres of park space that includes two playgrounds, a skate park, a spray park, ice rink, baseball diamonds with a concession, volleyball courts, paved pathways and a multi-use court. It really is an all-season outdoor recreation space.

“Airdrie as a city has great energy. A very entrepreneurial spirit. Really kind of the embodiment of the Alberta work ethic. It’s hard working. The drive to succeed there is strong,” says Castelino.

“The market itself in terms of housing is actually out-performing most Alberta municipalities even through a bit of a slowdown over the last few years. There’s still a very strong housing market there. I think it ties back to that entrepreneurial spirit in the city and really an energy people want to be part of, and Brookfield wants to be part of, too.” [life](#)



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Price, presentation and patience are the words of the local market

homelife

WITH TRENTON PITTNER

AFTER A DRAWN-OUT PERIOD OF RECESSION it's safe to say we're in the recovery stages of our real estate market. That said I feel that it's going to be a slow recovery to our 2014 numbers or better. Demand in the Airdrie market has remained fairly robust relative to longer-term averages but significant increases in the amount of sales for single-family homes below \$400,000 has really been the catalyst for the 2017 market.

Airdrie's relative affordability compared to Calgary has helped it maintain a moderate population growth and stable housing market. We have seen record levels of inventory here in Airdrie and this has caused the 'three Ps' - price, presentation and patience - to play a huge role in the outcome for prospective sellers.

Recently it's quite apparent that properties priced correctly and presented properly are still selling in a timely fashion. The average days on market here in Airdrie is between 30 to 60 days and I don't see this changing in the short-term future. With inventory levels where they're at, sellers are going to have to demonstrate patience in order to attain the right buyer for their property.

Prepping your property for viewings is very important in today's highly competitive market. Going the extra mile with touch-ups, staging or cosmetic upgrades is proving to be a factor when it comes to a buyer choosing your home over another.

Interest rates for prospective buyers are still appealing. An Oct. 6, 2017, update on interest rates provides a five-year fixed best rate of 2.97 per cent and a five-year adjustable of 2.25 per cent, which is still quite appealing for the Airdrie home buyer or investor!

Unfortunately, the market conditions are quite different in the apartment and attached-home sectors. The current inventory levels are very high and not flattering to an optimistic seller. Apartment inventory is at record levels and at a much slower pace of recovery than the detached-home sector.

With oil prices continuing to improve this could result in a faster rebound in housing demand, as homebuyers may start to realize rock bottom has come and gone.

I continue to drive home the message to my clients, family and friends that Airdrie will remain a fantastic place to invest your hard-earned dollars. *life*

Trenton Pittner is a real estate professional with Legacy Real Estate Services



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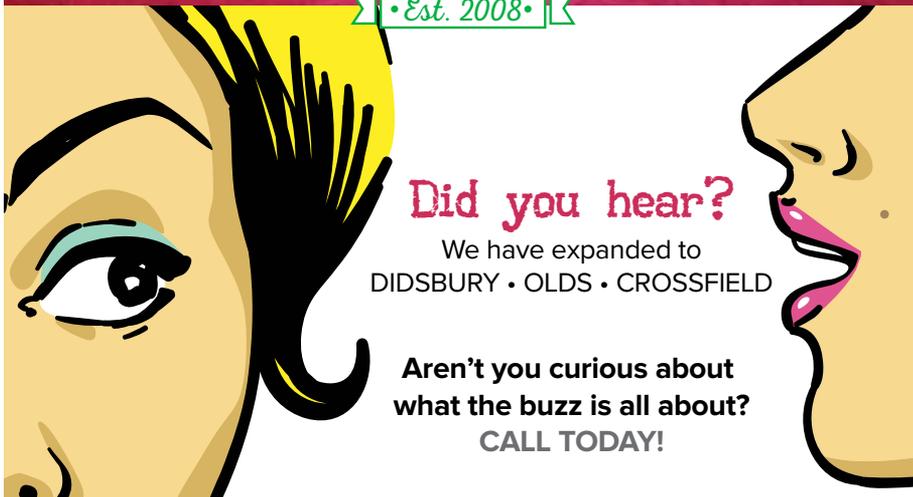


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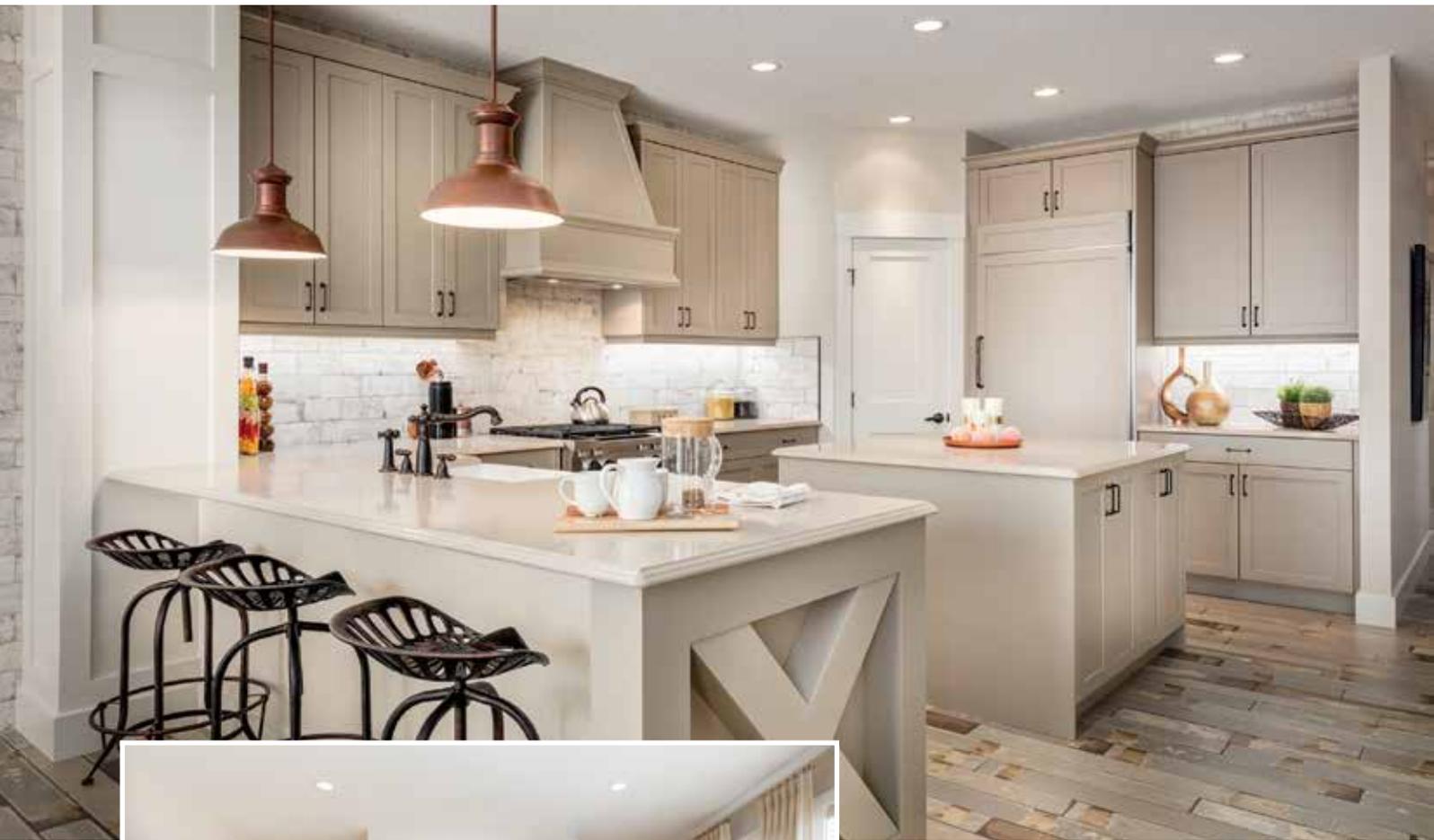
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Bayview is a new community on the west end of Airdrie by Genesis Land, where there is a fresh energy flowing through for people who want more out of life. It begins with a vibrant new neighbourhood, quality-built homes by Stepper Homes and Genesis Builders Group, and a lifestyle that's a great match for the way you want to live.

It is the perfect place to find adventure, to breathe deeply, and to live the moments that will become memories. Everything you need is just minutes away, from grocery stores, restaurants and shopping to parks and plenty of pathways to explore.

From nature at your doorstep to a full range of urban conveniences just minutes away, Bayview puts you in the heart of a haven for active lifestyles, where stylish side-by-side and single-family homes meet in one great master-planned community conceived and developed by Genesis.

This page Stepper Homes; facing page Genesis Builder Group



Bayview

THIS IS THE LIFE





AFTER

Why home staging works

BY ANITA JUSKA

When it comes to buying real estate, buyers imagine they can look past ugly decor or empty rooms and see “potential,” but they rarely can. Discerning home sellers realize that the same principles that apply when viewing a showhome are also relevant in the resale market, and turn to professional home stagers to ensure they sell quickly and for top dollar.

Real estate buyers start house hunting with a logical list of criteria, but the home they actually buy is chosen largely for emotional reasons.

The principle aim in a home-staging project is to allow potential buyers to walk into the house and have that “this is it, this is home” feeling.

Once a potential buyer can say “I love it,” they are willing to look past some of the criteria they had on their list before they walked in the door. That’s why it is critical to pay attention to even the smallest detail when staging a home to sell. Clutter, vacancy and outdated furniture can cross your house off the list! Today’s buyers are design savvy.

“To sell your home fast, for top dollar, you want buyers to lose their hearts. This is most often what compels them to write an offer,” explains Dione Irwin of Dione Irwin & Associates.

Your listing photos need to captivate them enough to want to take the trouble to see your house in person.

Otherwise, you’re just another piece of real estate competing with hundreds of other listings in your area and price range.

Some home sellers worry about spending money on staging. This is actually a very costly decision because unless your home shows impeccably, you are going to take longer to sell, or get a lower offer.

If a house doesn’t sell within those first critical weeks, most agents recommend a price drop of at least \$5,000. This is money right out of your pocket!

It is much more preferable to stage your home right from day one. Done right, home staging can provide an excellent return on investment. [life](#)

“To sell your home fast, for top dollar, you want buyers to lose their hearts”

Keep your home warm and safe

BY DAWN SMITH

Winter is here, Airdrie.

That means cold, ice and snow, but it also means coming home to a warm and cozy home at the end of a long day.

For me, there is nothing better.

But what if instead of arriving home to a toasty, warm house, you open the door to a frigid environment because your furnace has broken down? Facing such a situation would be a much less pleasant way to spend the evening.

According to April Greenlaw of Iron Eagle Sheet Metal Ltd., a full-service heating, ventilation and air conditioning company located on Airdrie’s east side that has been operating since 1993, homeowners can avoid such a disaster by properly maintaining their furnaces.

“Not much effort is needed to ensure a safe, comfortable space for you and your family through the winter months,” she says.

Greenlaw provides several tips to help keep Airdrians’ furnaces running all winter long.

The first step, best completed in the fall before your furnace comes on, is to remove any items stored near the furnace, especially those that may be flammable. Also, you should move household items away from furnace vents or return air vents.

Ensure the power to your furnace is on by checking the breaker on the main electrical panel (or fuses in older homes).

In addition, ensure your furnace’s power switch is turned on. The control looks like a light switch and is usually located on the ceiling of your mechanical room, but may be on the wall as well, according to Greenlaw.

Next, check that the bottom door of the furnace is on and secured and ensure the gas valve is in the “on” position before turning the thermostat to “heat.”

Furnace filters should be cleaned or changed every few months. Cleaning or

replacing your filters regularly may prolong the life of your furnace and help you avoid service calls.

If you have a humidifier on your furnace, it is a good idea to change or clean the filter and pad on that unit at this time as well.

Check that the condensate drain from your furnace is clear of debris and is flowing properly.

If you have a high-efficiency furnace, you should locate the plastic vent that extends from your furnace to the outdoors, typically through an exterior wall.

According to Greenlaw, this vent can be a favourite place for bees and birds to build their homes, so ensure that it is free of debris.

Homeowners should check this vent frequently during the coldest days of winter to ensure it remains free of ice buildup.

If your furnace stops working, don't panic. Check this outside vent and remove any debris from inside it before resetting the furnace by switching the power on and off.

If that doesn't work, contact a qualified service company to fix the problem. [life](#)



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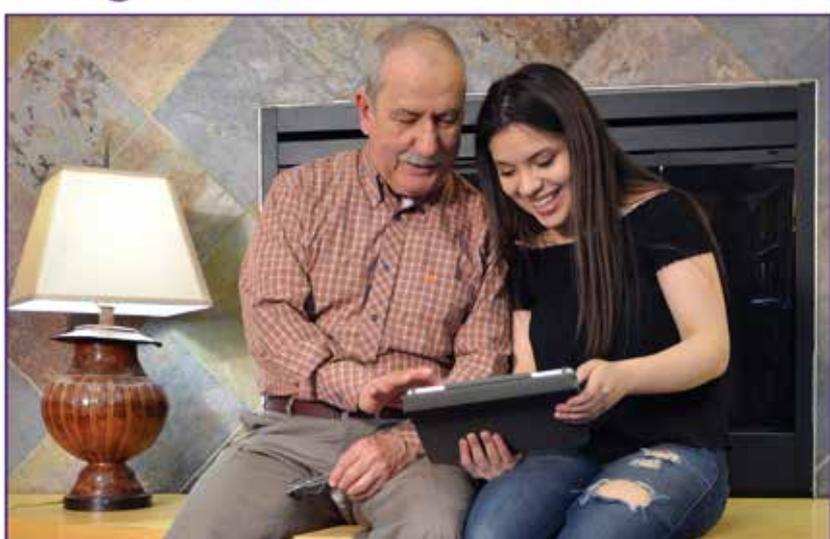
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An inviting home for guests

decorlife
WITH KIM PURVIS

Winter months are a great time to invite friends, family and neighbours into our homes. There are so many ways to make guests feel welcome and your home's decor is a fantastic backdrop to memorable times.

FOR OVERNIGHT GUESTS

Guests travelling from a distance have made an effort to come see you, so going that extra mile to make them feel welcome just makes sense.

Obviously clean sheets, extra blankets and pillows and a tidy room are all a great start. Try to make space for them to put down their suitcase or even clear a few drawers in a dresser for them to unpack. A cute frame on the bedside table with your Wi-Fi password is also a kind gesture.

Putting together a lovely guest bedroom can be as simple as a bed with a cozy duvet, a couple of accent pillows, side tables with lamps and a piece of artwork over the bed. If you have the space and the means, adding a bench at the foot of the bed, drapes on the windows and tall mirror are a really nice touch.

FOR A DINNER PARTY

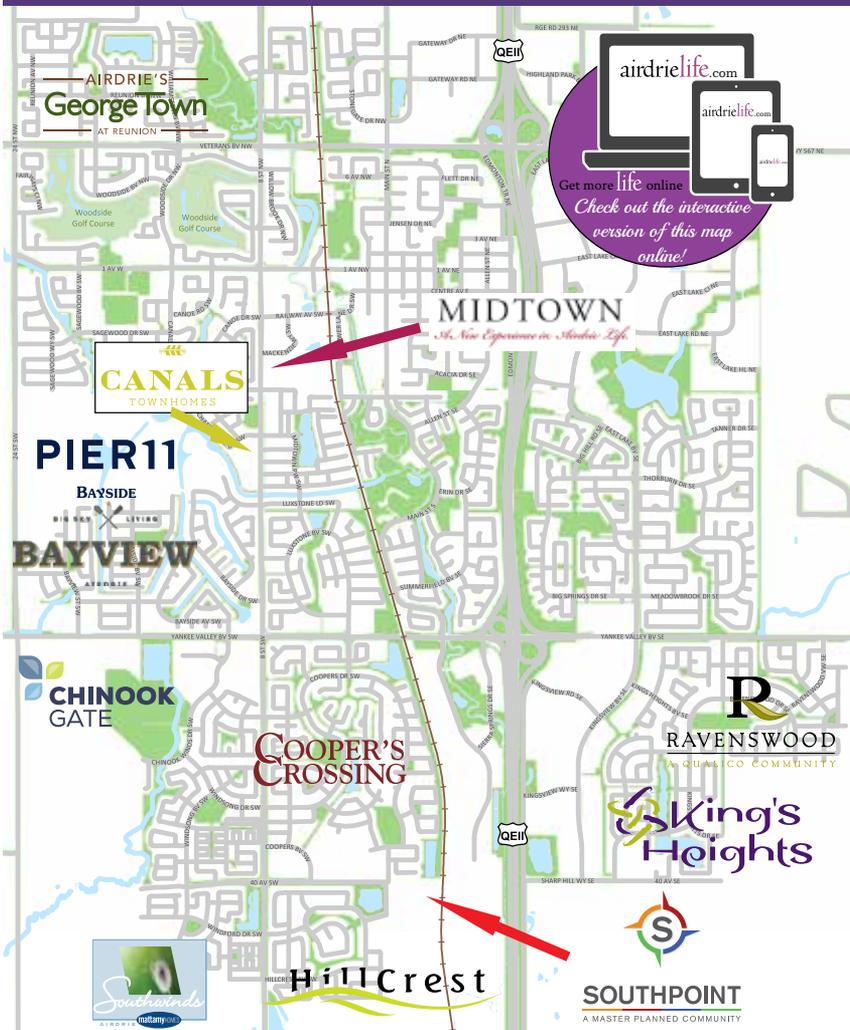
Creating a beautiful table with gorgeous centrepieces, plate chargers and pretty napkins is my idea of fun. But here's the thing: enjoying my company is my priority. Over the years I've zeroed in on the recipes that don't require my constant attention right up to dinnertime, and I fuss less with dramatic decor and just focus on tidying my home to make it feel comfortable and inviting. I like to have the table set before anyone arrives and music playing so it's a welcoming environment.

Home decor for hosting should be considered from the beginning of the home design process. When decorating my clients' homes I always ask how many people they typically host at one time. Having a dining table that can expand to accommodate a typical-sized crowd of guests and the same number of seats in the living room is part of a proactive design process. Making the spaces beautiful is the cherry on top.

At the end of the day your company is there to see you and no amount of prep is going to make them love you more. Make sure you save your energy to enjoy your company. The most beautiful home is full of love and laughter! **life**

Airdrie and area Show Home Map

A quick guide to those advertised projects now selling in the area!



Bayside Pier 11
by Genesis Developments featuring Genesis Homes and McKee Homes
See ad page 7

Bayview by Genesis Developments featuring Genesis Homes. See ad page 39

Canals by Slokker See ad page 3

COMING SOON!
Chinook Gate by Brookfield Residential featuring McKee Homes see ad page 17

Coopers Crossing by Westmark featuring Harder Homes, Emerald Homes and McKee Homes See ad page 94

Georgetown at Reunion
by Slokker See ad page 3

Hillcrest by Apex featuring McKee Homes, Shane Homes and Mattamy Homes See ad page 5

Kings Heights by Melcor featuring Jayman Homes and McKee Homes See ad page 57

Midtown by Wenzel Developments featuring Shane Homes See ad page 15

Southpoint by Vesta See ad page 16

Ravenswood by Qualico featuring McKee Homes See ad page 44

Southwinds by Mattamy See ad page 6

WORK LIFE

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71 Mentorship • 72 Community Service • 74 Retirement Ready



Amazon HQ2 Project

businesslife
WITH KENT RUPERT

THERE HAS BEEN A LOT OF EXCITEMENT around North America over Amazon's competition for its second headquarters location. Some questions have come up whether Airdrie should have submitted a proposal for this opportunity.

While Airdrie has never been afraid to be bold and progressive and go after business, and while we believe that the City of Airdrie meets a number of Amazon's criteria, we took a number of things into consideration with respect to the company's competitive bid request.

Amazon is looking for a metro area with more than one million people, quality transit options and incentives from local governments. Those could come in the form of tax credits and exemptions, relocation and workforce grants, utility incentives and fee reductions. In return, the gigantic company has promised 50,000 new jobs and an investment of 50 million dollars. That is enough to get any community excited, but let's consider a few things.

Firstly, we recognize that Amazon is a world-class organization that will be leaning toward a metropolitan centre seen as world class as well. To this end, we knew that both Calgary and Edmonton will each be making applications to Amazon and that each would be seeking support from the province in this regard. While Airdrie still continues to grow, we currently don't have the infrastructure, fiber connections or facilities to do a standalone bid in order to welcome the 50,000 employees that Amazon is projecting to bring with this project.

However, in the spirit of regional collaboration, Airdrie reached out to Calgary Economic Development and let them know that the City of Airdrie would support the Calgary bid however we can, as we believe there will be significant "spin-off" benefits.

CONGRATULATIONS to Calgary for the amazing bid package presented to Amazon in mid-October, which included stenciled chalk messages on sidewalks across Seattle and a 30-metre banner across the street from Amazon's Seattle head office.

We won't know the bid outcome till next year, but we can be proud of how our neighbours to the south represented the Calgary region and the fun and entrepreneurial spirit we can offer the world to set up their companies here. [life](#)



Elaine Doel-McKee and Grace McKee



Glenn Smaha



Suzy and Trevor Rounce of Switchback Creative

BUSINESS BEST

The 2017 Airdrie Business Awards celebrated a record number of finalists in six categories at the Bert Church Theatre Oct. 20, and the business owners who emerged at the top were humbled and moved by their recognition.

Elaine McKee-Doel, president of McKee Homes was, at the podium twice, first to accept the new Legacy Award with husband Rob Doel and her sister Grace McKee. She then accepted the Business Leader Award, and admitted it was a very humbling experience.

"We are completely honoured to have won, and then to win the Business Leader award was more than I could have imagined," McKee-Doel said, acknowledging she learned from the best, her late father and founder of McKee Homes, which is celebrating 30 years in business.

The Emerging Business Award went to Airdrie Puppy Pals. The Environmental Stewardship Award went to Happy Paws Veterinary Clinic. The Winning Edge Award went to Switchback Creative.

Davis Chevrolet received the Employer Excellence Award. GM Glen Smaha was emotional, describing how at his interview years ago with the automotive group, the company had just won a national employer award, and how it had come full circle with this win for his Airdrie team.

Read more and see photos from the awards online at airdrielife.com



Nikki Nordick and Ray Cossette of Airdrie Puppy Pals



Erin Heck and Jeff Boucher of Happy Paws Veterinary Clinic

“When you’re around Sid, you can’t help but feel excited about your business and what the future holds”

The Mentor

STORY BY MARIO TONEGUZZI | PHOTO BY KRISTY REIMER

For the past three years, aspiring entrepreneurs in Airdrie have been given a boost from a unique training program that utilizes the skills and experience of successful mentors like retired businessman Sid Van der Meer.

The former owner of Northwest Equipment Ltd. has been a key part of the SMARTstart entrepreneurial training program since it began in 2014. The program is the brainchild of three organizations: Community Futures Centre West; Airdrie Chamber of Commerce; and Airdrie Economic Development.

“I was a streetfighter. A Grade 12 graduate. Had to learn on the street. I learned everything I know about business from other mentors, from attending courses, from trial and error and it was a lot of it we had to go through,” says Van der Meer, adding he learned from many people along his entrepreneurial journey.

“Going through the ups and downs in Alberta, we learned a lot as we went along.”

Since 2014, Van der Meer has been a mentor to seven aspiring entrepreneurs.

“It’s been interesting going through the process with them. To be a mentor initially I thought great, I’ll work with these people, give them the guidance and help them learn things I had to learn the hard way and help them out,” says Van der Meer. “But I had to learn that the SMARTstart program was there to give guidance but we’re not there to give them answers. They have to make their own choices.”

He says a key piece of advice he gives to entrepreneurs is that they understand their product, their service and their marketplace very well.

“And also understand that they need to really grasp the financial aspect of running a business. That was a hard lesson for me,” says Van der Meer. “That’s quite often the hard part for most entrepreneurs to get their head around. They have a great idea. They want to get out there and get going but they don’t put all the pieces together to understand how to keep track through business.

“So it’s helping them put together a vision, a business plan, and also

understanding how the financial, and all the legal, all the government, part of it. Dealing with employees. Dealing with the banks and lending facilities. Those types of things.”

The 60-year-old Van der Meer was born in Calgary and graduated from Dr. E.P. Scarlett High School. He moved to Airdrie in 1978.

In 1979, he was offered a position selling air compressors. He eventually became a partner in Britannia Compressor Ltd. and then the company bought two competitors. The company was sold in 1997 but Van der Meer remained with the new ownership until January 1999.

He started Northwest Equipment Ltd. in 2000 and sold it in September 2014.

Van der Meer still has a holding company, NWEL Holding Ltd., which owns an industrial building in Airdrie.

“We feel so blessed to have Sid part of the SMARTstart program. We joke that Sid ‘came out of the woodwork.’ He contacted us out of the blue in 2013 when he saw an ad in the paper that we were looking for mentors,” says Sara Chamberlain, member of the SMARTstart program organizing committee.

“He was heading into retirement from business and wanted to give back.... Sid has far exceeded our expectations as a SMARTstart mentor. Every entrepreneur who has been paired with Sid absolutely loves him. He exudes optimism and confidence and it’s infectious. When you’re around Sid, you can’t help but feel excited about your business and what the future holds.”

Margo Drever, of Cumberland Accounting & Bookkeeping Consulting Ltd., has had an ongoing relationship with Van der Meer through SMARTstart, beginning earlier this year.

“He’s been fabulous. A great support. Great ideas. Input when you need it and he’s only a phone call away,” says Drever. “I can’t say enough about him.... The program has been great. He has left the door open that anytime I need to talk to him I can call him.”

What’s the biggest thing she’s learned from Van der Meer? “That you can do it if you’re surrounded by the right kind of people. The support is the main thing,” says Drever. “You can’t put a dollar value on the knowledge he has shared.” *life*

SERVED WITH A SIDE OF COMMUNITY

STORY BY MARIO TONEGUZZI | PHOTO (PAGE 69) BY SERGEI BELSKI

For the past 12 years, Trenton and Sasha Beday have been community builders in Airdrie with a strong passion and commitment to giving back.

The couple, who own two Dairy Queens with a third on the way, have for years been generous citizens helping people in Airdrie and elsewhere in a number of ways.

“When you give back, you’re just part of your community. We take pride in employing people that live in our community. People have to step up. It’s hard nowadays,” says Trenton.

“We don’t really like to talk about the things we do, but I guess sometimes you have to talk about what you do to get other people engaged to do the same.”

“WE DON’T REALLY LIKE TO TALK ABOUT THE THINGS WE DO, BUT I GUESS SOMETIMES YOU HAVE TO TALK ABOUT WHAT YOU DO TO GET OTHER PEOPLE ENGAGED TO DO THE SAME”

And with that attitude the Bedays are setting a shining example for the rest of the community of how you can give back in a helpful way that impacts numerous people.

For example, one of their main initiatives is in baseball. Trenton and Sasha have sponsored the sport for many years. Every child under the age of nine wears a Dairy Queen uniform. That works out to about 330 young baseball players every year.

And why did the Bedays choose baseball over other sports to outfit the young athletes?

“Tim Hortons and McDonalds do such a great job with the other groups. There was a need for baseball,” says Trenton.

The Bedays know that their generosity helps drive business to their restaurants located on Edmonton Trail and Market Street. The third one is being built in Cooper’s Crossing and will open in mid-December.

Today, the two Dairy Queens employ about 65 people and that will balloon to about 95 when the third store opens.

One of the couple’s important initiatives is being involved with the annual Dairy Queen Miracle Treat Day, which helps support the Alberta Children’s Hospital in Calgary.

Trenton says more than \$30,000 was raised this year between the two stores, and in the past four years, the fundraising event, which is held nationally, has raised more than \$100,000 through the Airdrie stores.

The day before the annual event, the Bedays take refreshing Blizzard treats to very appreciative kids who are in the hospital.

The Airdrie Dairy Queen stores also support other initiatives, including the food bank, and have partnered with law enforcement on a very unique idea.

They provide law enforcement officials in Airdrie with Dilly Bar or ice cream cone coupons so they can hand them out as good citizen citations to people who are doing the right things in the community.

“It’s just positive reinforcement,” says Trenton, who grew up in the Okanagan and has been in Airdrie for 20 years. Sasha is originally from Lethbridge.

“Being part of the community is very important to us.” *life*

20 YEARS OF LEARNING

STORY BY MARIO TONEGUZZI

The Academy of Learning Career College in Airdrie is preparing for growth as it moves into a new technology program that will help students achieve their goals.

“What separates us from everybody else is something we patented and call the ILS – the Integrated Learning System. It’s basically exactly what it sounds like. We integrate all facets of learning,” says Ken Hauck, who operates the Academy with his wife Cheryl.

“So when a student comes in ... they get a workbook.... We develop workbooks for every one of our courses and it breaks down step-by-step how to do stuff. What happens is our graduates retain a lot more because they’re not just taught something; they actually learn it.”

The privately-owned, post-secondary college is one of the oldest and largest private career colleges in Canada. In Airdrie, the Academy has been operated by the Haucks since 1998.

“We’re the best-kept secret almost in Airdrie for 20 years,” says Ken.

“Our graduates retain a lot more because they’re not just taught something; they actually learn it”

When the Haucks moved off the farm in 1992, Ken was working in landscaping and doing different things. Cheryl wanted to take some courses and ran into the Academy and liked its slogan: simply a better way to learn.

Today, the Academy has about 75 students per year with certificate and diploma programs in a variety of courses from business administration, to medical office assistant, to community service worker and office management.

“We’re right on the cusp. We just launched our new program. Our new platform D2L... We’ve put our ILS system on it. Probably if

Ken Hauck in the newly renovated classroom



you talk to me in one or two years' time our types of program we're going to run are probably going to double. With this new program the world is at our fingertips," says Ken of the communication tool that is used by many elementary schools to post information about courses.

"It's opening us up for a lot more younger people now."

Ken explains that previously, the Academy tended to attract 25- to 50-year-old women who wanted to return to school after having kids. "To have maybe that career they put on hold."

"Now, with this new format, if you talk to me in two years' time, it will probably be totally different. It's going to explode, what we're going to be able to offer."

Ken adds the ILS system separates the Academy from every other private or public college. At its base, students have a workbook that explains everything to them step by step. There are also tests and audio and visual files on the computer. The other component is facilitators who will act as guides. [life](#)



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*financial*life
 WITH CHRIS FRIESEN

Ready
 to explore
 retirement?

E quick tips
 to get
 you going

RETIREMENT IS SOMETHING TO WHICH WE LOOK FORWARD – a time of new adventures, challenges and hopefully more financial freedom.

Planning for this phase of life starts by asking the question: “What do you want your retirement to look like?” After all, the way you want to spend your time and energy in retirement is uniquely you!

EASY STEPS TO GET YOU STARTED:

Think about your priorities for retirement

Are you focused on a particular lifestyle, leaving a legacy or maybe starting a business? Perhaps you want to focus on your family, travel the world or simply maintain a healthy lifestyle. If any of these sound like you, jot them down, or if you have other priorities, list those instead – and don’t forget to include the reasons why!

Try using a retirement calculator

This is a really useful way to discover what your expenses might look like in retirement with your priorities in mind. You may have new sources of income, or opportunities to downsize. Tools like this can help you wrap your mind around what you really need to make your retirement dreams come true.

Speak to an investment retirement planner

A planner can help make your goals a reality. They can work with you to figure out a budget to help you live your chosen lifestyle, include flexibility to help you adapt to changes, suggest ways to maximize your retirement income, point out tax-smart strategies and/or advice to manage your debts, and more.

You will find it is well worth your time to sit down with an investment retirement planner, someone who can help you create a plan that will allow you to keep your eyes on the future while still enjoying today. *life*

Chris Friesen, CFP, CIM, is a financial planner with RBC in Airdrie

LOCAL LIFE

A CLOSER LOOK AT YOUR COMMUNITY



78 Snow King • 80 Awesome Kids • 88 Urgent Care

Aaron's Arena

Aaron Dell: first-class Airdrie athlete

STORY AND PHOTOS BY BRITTON LEDINGHAM

Aaron Dell is the epitome of perseverance.

The pro hockey goalie became the first local keeper to play an NHL game when he hit the ice with the San Jose Sharks in a 3-2 road win over the New York Islanders in October 2016.

Having made the journey successfully, his message to aspiring young hockey players is optimistic.

"I think the thing you can take out of it is that it can be done," said Dell in June while sitting on the players' bench in the Ron Ebbesen Arena, where he grew up playing. "It's got to be your dream, and you've got to stick with it all the way even [though] sometimes there's going to be ups and downs."

Stick with it, he says.

That's a little gem he's kept in his mind since after his first year in the Central Hockey League (CHL) with the Allen Americans. It was the summer of 2013 while training in Calgary when he asked veteran pro goalie Jason LaBarbera for one piece of advice.

"He said, 'Stick with it.' I've always remembered that because it was such a simple thing," said Dell.

The now 28-year-old netminder did much to prove himself as a backup to Sharks' Martin Jones in his rookie season last winter.

Dell tallied numbers rivaling Vezina Trophy-winner Sergei Bobrovsky of the Columbus Blue Jackets, but in one-quarter of the games against arguably lower-ranked teams.

Dell's 2.0 goals against average was .06 lower than the Vezina winner, and he was tied with Bobrovsky's .931 save percentage in his 20 games and 17 starts. Dell earned 11 wins and six losses, which included highlight reel saves and a shutout.

He's far from finished.

"Of course everyone's dream is to be the superstar, starting goalie," said Dell. "I'm just happy to be here right now, and my job as the backup is to let Jones get a rest here and there and to give the team a chance to win in those games that he's not in."

Not only the first Airdrie goalie to break into an NHL roster, Dell is also the first Heritage Junior Hockey League goalie to ever perform the feat.

He helped the Junior B Airdrie Thunder lead the division a decade ago as a 17-year-old. His next rung in the tall ladder to the NHL was with the Calgary Canucks in the Alberta Junior Hockey League (2007-2009).

Then came three seasons with the University of North Dakota (UND) where he topped NHL legend Ed Belfour's win record for the university, notching 30 wins in 2011.

With three-quarters of a college degree under his belt in recreational and tourism studies, Dell pursued his pro hockey dream.

He entered the pro ranks shortly after marrying his wife Kelly, whom he met at UND. After a late elimination from the ECHL's Colorado Eagles fall camp in 2012, Belfour connected Dell with a last-minute opportunity to play with the Allen Americans in the Central Hockey League.

Dell then backstopped the ECHL's Utah Grizzlies and the American Hockey League's (AHL) Abbotsford Heat part of the 2013-2014 season and spent most of 2014-2015 competing with the AHL's Worcester Sharks, plus some games down a rung with Allen.

Dell stayed with the San Jose Sharks' Worcester AHL affiliate when the organization became the San Jose Barracuda in 2015-2016, putting up a 2.42 GAA and .922 SV% in 40 games.

All the while he was making far from big-league paycheques, recalling he made about \$20,000 in Allen and was bumped up to almost \$30,000 the fol-

lowing year before he signed for \$47,000 in Worcester.

He signed his first two-way NHL contract for \$65,000 in 2015 as he played with the Barracuda. Pursuing the dream didn't lead to NHL dollars until the signing of a two-year contract in 2016 worth \$625,000 per season.

"It's not always going to be easy," said Dell. "I think the most part is taking advantage of the chances you get, because they don't come all the time."

Having realized the first part of his NHL dream, he said it's an even more elaborate lifestyle than he imagined.

"I think it might have been a little bit more than I dreamed about," said Dell, noting private team jets and dinners with the club at high-end restaurants.

The four years of bouncing around the minor leagues and "20-hour bus rides from Allen to Arizona" have left him thankful for his current standing.

"Going through all of the other things made me appreciate the good things that I do get," said Dell.

He paints playing with the Sharks with the key word exactly as one would hope – fun.

"I have fun playing and when it's fun, you kind of forget about the pressures," said Dell. "You get to just do what you do."

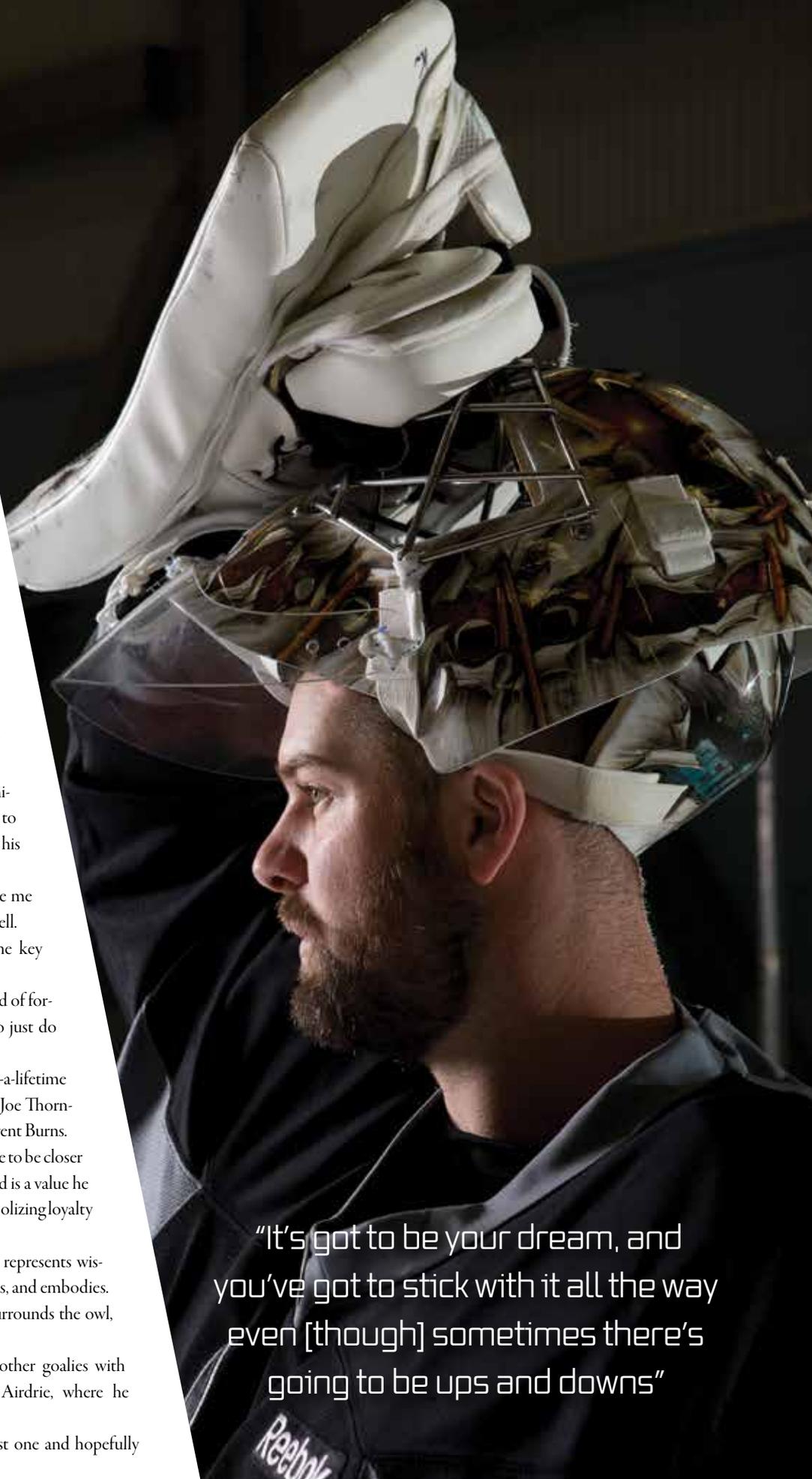
He also gets to be teammates with "once-in-a-lifetime characters" like the big-bearded veteran centre Joe Thornton and Norris Trophy-winning defenceman Brent Burns.

In the summers, he and Kelly return to Airdrie to be closer to his parents Phil and Laurie. The familial bond is a value he wears on his right arm in a tattoo of wolves, symbolizing loyalty and family.

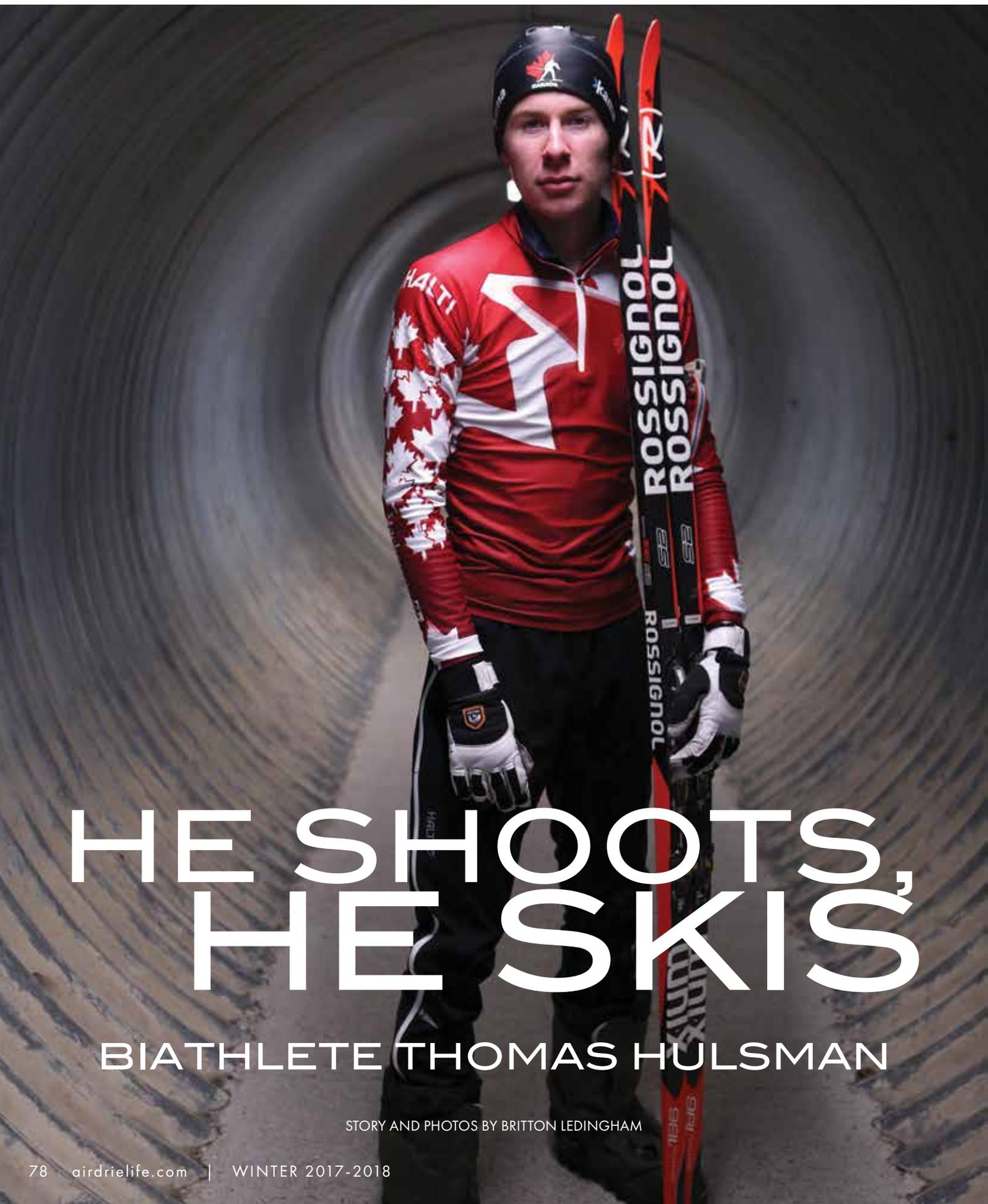
The great horned owl on his right forearm represents wisdom and perseverance, traits to which he aspires, and embodies. A maple tree, symbolizing his home nation, surrounds the owl, the provincial bird of Alberta.

Dell is happy to have paved the way for other goalies with big-league dreams from his hometown of Airdrie, where he moved to from Calgary in his youth.

"It's kind of a cool experience to be the first one and hopefully there's some more on the way." life



"It's got to be your dream, and you've got to stick with it all the way even [though] sometimes there's going to be ups and downs"



HE SHOOTS, HE SKIS.

BIATHLETE THOMAS HULSMAN

STORY AND PHOTOS BY BRITTON LEDINGHAM

“I WANT TO GO TO THE OLYMPICS. I’M PRETTY SURE THAT’S EVERYONE’S GOAL IN SPORT.”



Less than six years after a fateful introduction to biathlon at WinSport in Calgary, Thomas Hulsman has repeatedly topped the nation.

The recent W.H. Croxford High School graduate enjoys the challenge of his Nordic sport.

“It pushes me hard,” says Hulsman. “It makes me work hard [and] keeps me out of trouble.”

He loves the duality of skiing and shooting.

“You have to try to train both aspects at the same time to make sure one’s not your weak side and one’s not your crazy-strong side,” says Hulsman.

He’s taken a quick path to being a certified coach, having spent summers since 2015 training those following in his footsteps in the Foothills Nordic Ski Club’s beginners group.

Rifles weren’t foreign to Hulsman at the age of 12. He had already begun training his eye while hunting with his father.

His parents, Steve and Christi, also introduced him to hockey as a preteen, where he learned a form he would adapt to skis.

That stride and shot have earned the lean five-foot-11, 130-pound biathlete plenty of hardware.

In the 2017 Canadian Biathlon Championships in Canmore in March, Hulsman won gold in the youth men’s 7.5 kilometre sprint and the 10 km individual race. He also earned silver in the 10 km pursuit, and bronze for the province in the 3x6 km relay.

In the 2016 nationals in Quebec, he earned silver in the 6 km sprint, the 7.5 km pursuit and the 7.5 km individual. He also won gold in the mixed relay.

In 2015 he won a gold and two silver medals at the national event in Hinton, his current favourite course.

Hulsman made his world debut in February in Osrblie, Slovakia, for the 2017 International Biathlon Union Youth/Junior World Championships.

He placed 57th in the youth men’s 12.5 km individual and 87th in the 7.5 km sprint. He was also 15th in the relay with Team Canada.

As he leaves high school behind to train full time, his goals as an athlete are clear.

“I want to go to the Olympics,” says Hulsman. “I’m pretty sure that’s everyone’s goal in sport.”

After high school graduation in the spring, he moved to Canmore to train full time at the Canmore Nordic Centre, where he has been honing his skills for about nine hours a week for years.

“Training [was] a challenge this summer,” says Hulsman. He had a respiratory infection for most of July. Then Team Canada lost biathlete coach Richard Boruta in a tragic climbing accident on Aug. 9.

His training season included a third-place finish in the junior men’s 10 km sprint, racing up a level among 19- to 20-year-olds in the North American Summer Championships in Canmore on Sept. 10.

The first North American Cup race takes place Nov. 24 in Canmore.

He’s also working towards his pilot’s license.

Hulsman is a grateful youth.

“I’ve got some pretty good teammates,” he says. “My parents are awesome, they support me. My coaches are amazing. All my sponsors are awesome.” [life](#)

Everything is AWESOME about these KIDS



Rachel

Rachel Engen, 10

Rachel is a kind-hearted, genuine student leader who makes an impact on the world around her by giving back to others.

"Rachel demonstrated daily that she wanted to make a difference in her community, not in a flashy kind of way, but in simple ways – serving others to make their lives better," says Jayne Morgan, Ralph McCall teacher and WE Kids leader.

"I don't really like to see people sad; I like to see people happy," says Rachel of why she chooses to get involved in a group focused on helping the school community.



Aiden

Aiden Schell, 9

Aiden is a student leader who volunteers much of his time to improve the lives of his fellow students and community members. His encouragement and passion make his school and community a better place.

"Aiden ... exemplifies what it is to be a great leader; he leads by example, inspiring and encouraging others to try new activities, to improve themselves and to help their community," says Michelle Cyrzan, Aiden's teacher at Ecole Edwards.

"I love helping and I want to encourage more people to help more," says Aiden. "I love helping out, I love volunteering ... and I love public speaking."

airdriellife is pleased to introduce you to the first recipients of the Awesome Airdrie Kids Awards, sponsored in part by ReidBuilt Homes and Sullys. We created this program to recognize the contributions our youth make to our city.

We'll be celebrating our Awesome Kids this January at a special party just for them. Read more about our Awesome Airdrie Kids and find out how you can be involved in this exciting new initiative at airdriellife.com



Riley

Riley Knapp, 10

Riley is an active student leader at Ecole Edwards Elementary. This young musician holds many leadership roles and works tirelessly and joyfully to make her school better, often noticing those who may be having a bad day and doing all she can to cheer them up.

"Her passion is evident in that she gives 100 per cent, no matter what she is working on," says Sheri Wigmore, Riley's former teacher and leadership mentor.

"I learned at school that when you fill someone else's bucket [with kindness], your bucket gets full," says Riley. "I have tried it, and it works."



Alyssa

Alyssa Besselt, 9

Alyssa has bounced back from a personal tragedy to become the energetic student and kind and compassionate friend that she is today. Her perseverance and love of life is inspiring.

"In the two years I have known Alyssa, I have seen amazing growth in her. I have no doubt that Alyssa will continue to flourish as a student and as a member of our community," says her former Ralph McCall teacher Andrew Doyle.

"I try to notice when people are having a bad day, go talk to them and encourage them to feel better. Spreading happiness makes me happy," says Alyssa.



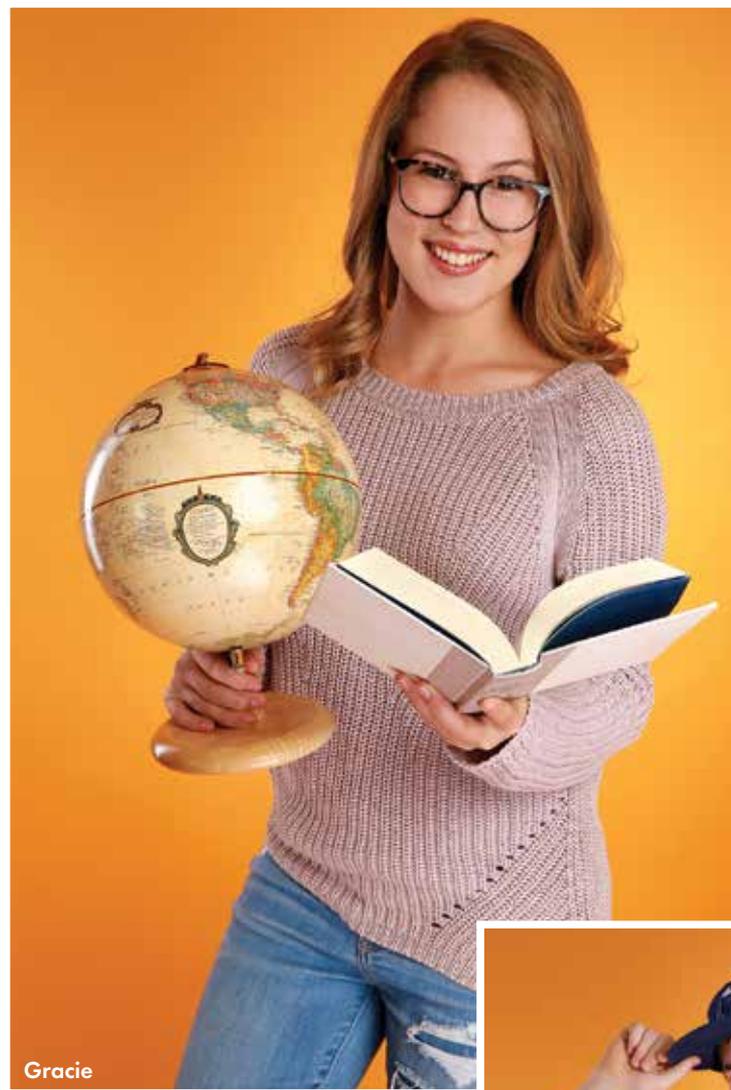
Alexis

Alexis Cyron, 10

Alexis is an accomplished dancer whose passion inspires others to succeed. She is also a kind-hearted leader who always has a smile and encouraging word for others.

"Alexis is determined and dedicated, persistent and passionate, generous and kind. Her kind heart and caring nature will take her so far ... and bring her great relationships," says Alexis' aunt, Cheryl Sullivan.

"I like to influence other people to show them that not just one person can [be successful], but everyone can. Inspiring others to do their best gives you a warm feeling inside," says Alexis.



Gracie

Gracie Brade, 14

Gracie is an active volunteer, mentor and member of the Teen Advisory Council at Airdrie Public Library (APL). With a ready smile and willing hands, Gracie makes a big difference to the community.

“Gracie has impressed us with her positivity, community-mindedness, kindness, leadership skills and compassion,” says Lindsey Skeen, manager of Children’s and Youth Services at Airdrie Public Library.

“She is a true ambassador for the library and a wonderful role model for other kids in the community.”

“Giving back really makes you feel good and like you have made a difference, even if it’s just something little, and it builds that passion and motivation,” says Gracie.

Maya Nisbet, 10

Maya is an active school volunteer who works tremendously hard behind the scenes to ensure things get done. She is kind and loyal, a great listener and gets things done.

“Maya does not ride on anyone’s shirttail. She may be quiet and less than five feet tall; however, she knows what she wants and sets out to make an impact on her corner of Airdrie,” says Jayne Morgan, a teacher and We Kids leader at Ralph McCall School.

“It makes me feel good to give back to the community,” says Maya. “It is really fun ... and you get new experiences.”



Maya



Alex

Alex Gahagan, 14

Alex is a mature, caring and supportive leader who remains positive even in the face of conflict or negativity. He exemplifies compassion, determination and leadership in his work at the Boys and Girls Club of Airdrie (BGCA).

“Alex is the first to offer his time and energy to give back ... and shows such passion [that] he inspires others to become as excited to give back,” says Abby Charlton, staff at BGCA.

“It makes me feel warm inside ... to encourage others when they are down,” says Alex.

“I try to notice when people are having a bad day, go talk to them and encourage them to feel better. Spreading happiness makes me happy.”



Tanisha

Tanisha Halvorson, 12

Tanisha is an active volunteer at the Airdrie Skating Club who enthusiastically models that trying new things and taking risks can be fun.

“Her kind and generous spirit and clear love of sport is both admirable and vital to inspiring others,” says Kaylee Marcoux, Tanisha’s skating coach. She is a huge asset to our entire [CanSkate program], and the coaches and skaters adore her.”

“Volunteering is a great way to make friends and gain more confidence,” says Tanisha. “[The skaters] inspire me, and I inspire them.”



Chelan

Chelan Lees, 13

Chelan is an outstanding student and successful young entrepreneur who donates much of her profit to Operation Smile, which fixes cleft palates and other facial deformities in children around the world. Chelan has donated \$53,000 to the organization, making her the single largest individual donor to date.

“Chelan received one of two youth [Canada 150 Medals] for her contribution to Operation Smile, dedication to her community and for creating an example for others to follow,” says Stan Grad, Chelan’s mentor and friend.

“I think that when you have so much in your life, you owe it to help others,” says Chelan. “Find something that you are passionate about, set some goals and think of ways to give back.”

Noah



Noah Carrol, 11

Noah is a student leader with boundless energy, enthusiasm and a creative mind that he engages often to come up with ways to help others. His ideas and passion have earned him respect from his peers.

“Noah makes the Energizer Bunny look lazy. His mind works overtime churning out creative ideas to impact his community,” says Jayne Morgan, Noah’s former teacher at Ralph McCall and a WE Kids leader.

“I just like the fact that what we are doing is helping change the world and make it a better place,” says Noah. “I am glad that I joined WE Kids; it has inspired me to keep doing things to make things better.”

The RIGHT CALL

MEET THREE AIRDRIE HEROES SPORTS JUST CAN'T DO WITH OUT

STORY AND PHOTOS BY BRITTON LEDINGHAM



TIFF MOCHINSKI

Tiff Mochinski has faced the challenges of becoming a hockey linesman in her '30s face on.

The 37-year-old with three years of officiating under her belt logs more ice-time than many players aspiring to make the Big Show.

"I still take that mentality in every game that I'm always the weakest one on the ice, and I have to work twice as hard as everyone else to keep up," says Mochinski.

Her hard work hasn't gone unnoticed.

She says she was ranked as the third-best linesman in the Alberta Junior Female Hockey League last season after national-level linesman Shannon Kline took her under her wing as a mentor.

Mochinski recognizes her authority as an official on and off the ice.

"When you put the stripes on, there's a responsibility," says the linesman who didn't start skating and playing hockey until she was 30. "People are watching and people know."

Her young officiating career has seen her skate everything from novice hockey to an exhibition matchup between the University of Calgary Dinos and the Red Deer Queens female hockey teams.

Mochinski says kids look up at her in amazement for having a Hockey Canada patch on her jersey.

"They're like, 'You must be a celebrity,'" says Mochinski. "It's moments like that that are really cool."

She's experienced the trash-talk of players firsthand, but has also had repentant youngsters apologize.

"I think that the more female officials that get out there, the more diversity that we have in our officiating base, the better it gets," says Mochinski.

As a teenager, she was an all-star judo athlete, topping the province repeatedly. In her '20s, she played rugby for Team Nova Scotia while she earned a sociology and women's studies degree at the University of Dalhousie.

Mochinski returned to the pitch as a rugby referee this year, after receiving her certification in April. She spent the summer refereeing for Rugby Alberta, including high school provincials and a number of youth and women's games.

She says the success of the Canadian women's rugby sevens team earning bronze in the 2016 Olympics drew her back to the sport, and although she doesn't want to take hits like she used to, she still loves to be close to the action.

Born and raised in Airdrie, she now commutes to work weekly as a safety officer with Strathcona County.

"I think that the more female officials that get out there, the more diversity that we have in our officiating base, the better it gets"



TROY RABEL

At 30 years old, basketball referee Troy Rabel has already spent more years officiating than not.

The Calgary Minor Basketball Association official began working courts at 13 years old, following in the footsteps of his father and Airdrie Deputy Fire Chief Operations, Garth Rabel.

“Our main goal is to support these kids, because we want them back, we want them to grow,” says Troy.

DC Rabel instilled a love for the sport in his son, who continues to work with his dad in the vast majority of the games Troy covers every Saturday from November through June.

Troy, a George McDougall graduate who now works in IT with the City of Airdrie, describes his weekend work as a way to support players and young refs.

Many teen officials enter the game with the goal of saving up cash for their first car but, Troy says, “We can flip them to actually enjoy the game.”

“The more me and dad can help kids grow and enjoy the game of basketball and want to stick with it, then we’re doing our job right,” he says.

Troy is continuing to take training courses to further his accreditation as a ref, but says he doesn’t plan to leave the grassroots game.

“Community is what I enjoy,” he says.

“Most of the time it might be your call that decides the game, but it's the right call”

JUSTIN FEDORUK

Justin Fedoruk picked up a whistle and striped hockey referee uniform before his 13th birthday as a way to enter the workforce.

The following summer he hit the pavement as a lacrosse official.

He says he enjoys officiating lacrosse more.

“It’s all fast paced,” says Fedoruk of lacrosse. “Most of the time it might be your call that decides the game, but it’s the right call.”

The teenager appreciates being able to “give back to the community” as an official.

Hockey tryouts this fall led to Fedoruk landing a spot in the crease with the Frog Lake T-Birds junior B team.

As for officiating lacrosse last summer, he says the biggest game he was involved in was the peewee A provincial gold medal match, which was the first provincial A-final of his career in which he wore stripes.

He’s earned championship banners in both sports, as a novice lacrosse defenceman, and on the ice more recently when he helped the Airdrie Midget AA Lightning to a South Central Alberta Hockey League North Conference title last season.

The recent W.H. Croxford High School graduate said officiating gives him a “coaching mentality” and insight into why a call has been made when he is suited up as a player.

The job has helped his goaltending, too, allowing him to anticipate shots he’s seen while wearing stripes.

“I can see the game differently,” says Fedoruk.

Moving ahead, he plans to focus on playing hockey in the winter and work as a lacrosse referee at least until he is done college. [life](#)

Mike's Journey

STORY BY JOLENE RUDISUELA | PHOTOS BY SERGEI BELSKI

The 2017 Soul of Airdrie Award belongs to second-time nominee, Mike Loughman.

Loughman has been a big advocate for mental health in Airdrie and knows the importance of reducing the stigma. He spends time at local schools speaking about depression and bullying, in the hopes of inspiring others through his stories. He has also given his time to many other community organizations and events such as Airdrie Public Library and the food bank.

In 2015, Loughman organized the Unmask Mental Health Fundraiser which has since become an annual Halloween walk. He says this event was key in helping him realize his passion for volunteering: "A five- or six-year-old boy named Zander went up to his mother and was like, 'Mother, I had the best day of my life. Can we come back next year?'"

Having struggled with substance abuse and mental health issues for the majority of his life, Loughman recently completed a 41-day trek across Alberta to represent his journey to recovery and raise awareness.

Starting July 26, 2017, at the Action North Recovery Centre in High Level, Alta. where his sobriety began, Loughman walked more

than 1,000 kilometres, ending in Airdrie where he was greeted by family and friends.

"I hope my walk inspires others and gets people talking about [mental health]," he says. "I want people to be able to speak freely without fear of judgement or ridicule or to be embarrassed about what's going on with them. It's just a part of life."

Not only did he walk 30 to 40 kilometres each day, Loughman dragged a five-pound steel ball along with him to represent the addictions and mental health issues that he will carry with him for the rest of his life. The steel ball was emblazoned with a happy face, just as people struggling with mental health issues may try to hide them behind a smile.

"I've heard, fake it till you make it, don't worry about it, people have it worse than you," says Loughman. "Some people think you can just slap a happy face on and everything will go away, which isn't the case."

While the walk took a toll on him physically, having been diagnosed with depression and borderline personality disorder, it was hard on him mentally as well.

"You get inside your own head," he says. "And you got a lot of time on your hands because you're walking six to eight hours a day all by yourself with just your thoughts."

However, the overwhelming amount of positive support kept him going. He says he had people stop on the side of the road to bring him food, ice cream, water or monetary donations.

"This happened in almost every town I went through," he says. "I even had people come up on the side of the road crying and asking for a hug which was pretty overwhelming... I would cry too."

Loughman says he hopes his walk inspires others and gives people the courage to seek support and talk about their mental health.

Through his walk, Loughman has raised \$11,151 for the Defeat Depression Campaign and Airdrie P.O.W.E.R., and he is still accepting donations.

"It was a really great experience, changed my life forever, and I'll never do it again," he laughs.



AIRDRIE VOLUNTEER SPIRIT



2017 Volunteers of the Year

Ryland Kruk, Leader of Tomorrow Award

Ryland Kruk has been volunteering in the community of Airdrie from a young age. At 13, he started shovelling his neighbours' driveways, but now, his contributions have moved far beyond his neighbourhood.

As a member of the Airdrie Air Cadets, Kruk spends countless hours mentoring younger cadets, selling poppies with the Legion, or helping with their various fundraising or volunteering initiatives. As an aviation enthusiast, he also enjoys discussing different aircraft with the public at the Hangar Flight Museum in Calgary.

"To help volunteer in the community makes me feel like an awesome youth and I like to strive for the best and get the other individuals involved in volunteering," he says. "I would like to share the message with other youth who are in Airdrie to get into the volunteer mind."

Airdrie Festival of Lights, Volunteer Advocate Award

Though the festival is only open one month of the year, volunteers work year round to turn the lights on in December. The annual event is a success thanks to countless volunteer hours put toward raising money, hauling equipment and much more. In 2016, the organization gathered volunteers to upgrade more than 800 light displays so the event would go on.

Rob and Michelle Pirzek have been involved with the festival for 22 years and accepted the award on the organization's behalf.

"Seeing the kids looking at the lights for the first time, then dancing down the pathways; that's why we do it," says Rob.

Propak Systems Ltd., Airdrie Ambassador Award

Propak Systems Ltd. has been heavily involved in the community as a company but also continually encourages employee volunteerism.

Throughout the year, the company and its employees are also heavily involved with Community Links, youth sports teams and different local events.



Since 2010, Volunteer Airdrie has been helping people give back to the community through volunteering.

"There are over 200 non-profits here in Airdrie and our role is to help all of them," says Melanie Taylor, Volunteer Airdrie executive director. "But our focus is more directed at the public and helping people connect with volunteer organizations and volunteer opportunities."

Volunteer Airdrie was originally formed as a place for volunteer management, but it has become so much more for the non-profit community in the city. The organization helps to bridge communications between the public and private sector, as well as creating resources for volunteer initiatives and helping community members find and create their own volunteer opportunities. However, though many organizations rely on help from volunteers, it can be difficult to find people willing to dedicate their time.

Dave Maffitt, chair of Volunteer Airdrie, realized this need for volunteers himself throughout his six years as an executive with the Airdrie Minor Basketball Association.

"What I found was, finding volunteers was extremely difficult," he says, adding that he joined Volunteer Airdrie in 2013 in the hopes of encouraging more volunteerism.

"Every sports organization, every non-profit group – everyone is faced with the same problem of tracking down volunteers, and it's unfortunate because volunteering's a lot of fun."

For people looking to get involved, Volunteer Airdrie works to find them a position that interests them. Explains Taylor: "It's not just about knowing the positions are available; it's about finding the right fit."

"Volunteering is not just something we do for our community; it's something we do to build skills, it's something we do to test out new things or to learn new things and to meet people," she says, adding that the right match increases the benefits for the individual, the organization and the community.

"If you want to live in a great community, you have to make a great community. It doesn't just happen by itself," Taylor says. "The amount of people that invest their time in Airdrie – that's what makes our community what it is." *life*

"Every sports organization, every non-profit group – everyone is faced with the same problem of tracking down volunteers, and it's unfortunate because volunteering's a lot of fun"

24 HOURS

BEHIND THE SCENES OF AIRDRIE URGENT CARE

STORY AND PHOTOS BY BRITTON LEDINGHAM



Lives are helped and sometimes saved day and night in Urgent Care at the Airdrie Community Health Centre.

A 12-hour Sunday night shift starting at 7 p.m. on June 25 through Monday morning changeover proved the community is appreciating 24/7 access to health care since doors opened round the clock in April.

"Our numbers have gone up since we've opened 24 hours," said registered nurse (RN) Kathryn Storgard.

An influx of patients at 8 p.m. led to wait times similar to what Calgary hospitals were experiencing the same night.

Staff formerly stayed until the last patient was cared for, sometimes as late as 3 a.m., but now patients don't have to race the clock, wait until morning or drive to Calgary.

The Sunday saw 115 patients in 24 hours, slightly less than the record of 135. Since opening 24/7, the facility has seen about a 30 per cent increase in the number of patients.

Charge nurse for the night RN Deb Salmon noted more patients are coming from Calgary, and explained it's a good thing as it frees up space in emergency rooms at Calgary's hospitals for patients with greater need.

To help handle the influx of patients in Airdrie, additional nurses and a paramedic have been added to the night shift.

Several medical staff cared for patients throughout the night June 25, treating dozens, including suturing a boy's head wound from a soccer collision, casting a toddler's arm due to a buckle fracture from a fall, and checking a 75-year-old man's blood pressure after a reaction to antibiotics.

“A LOT OF THE GENERAL PUBLIC WOULD HAVE NO IDEA OF SOME OF THE ACUITY WE SEE HERE”

A triage nurse assessed patients as they arrived, prioritizing care based on how sick individuals were.

Luella Robertson received care for her five-year-old son, Grey, after midnight on Monday morning.

She welcomed the added peace of mind from continual access to local health care.

“In the night time is when a lot of things happen with little people,” said Luella. “We’d be having to drive to the [Alberta] Children’s Hospital in Calgary instead of coming here, which is five to 10 minutes away.”

Young Grey played on the hospital bed in his bright green pajamas while his mom recounted how he came downstairs from his bedroom earlier in the night. He couldn’t say two words without catching his breath and had a deep cough.

“He’s been very well taken care of here,” said the mother of two.

Salmon said about 40 per cent of the facility’s patients are children. She advises parents utilize the website ahs.ca/heal for more information about symptoms, how to care for children at home and when to seek medical care for common minor illnesses or injuries.

Salmon said Health Link is another great resource for people to assess their own state of health. It is accessible online at MyHealth.Alberta.ca, or by calling 811.

New to the Urgent Care repertoire is social work, from 8 a.m. to 2 p.m., Monday to Friday, and mental health support, Monday to Friday from 2 p.m. to 9 p.m. and 10 a.m. to 5 p.m. on weekends.

Urgent Care has beds for 13 patients, plus staff monitors the state of patients’ health in the waiting room and triage lineup. Arrangements are made with Calgary hospitals through the Referral, Access, Advice, Placement, Information and Destination (RAAPID) system to get patients to their optimal destination for treatment.

Staff is friendly, and if you ever catch them typing on their smart phones, Dr. Ania Cormack reassured they are likely using medical apps to help serve patients.

“[We] can resuscitate, intubate, stabilize and put in chest tubes, and if we can’t get an IV access, [we] can drill into their bone to get fluids in the patient’s body,” she said.

“A lot of the general public would have no idea of some of the acuity we see here.” *life*



Vintage Collection



STORY BY JOLENE RUDISUELA | PHOTOS BY SERGEI BELSKI

As a kid growing up in Ontario, the first tractor Joe Jeffray remembers riding on was a Cockshutt. Now, living on a farm just west of Airdrie, Jeffray owns a complete line of the antique tractors.

Jeffray has always had a love for vintage farming equipment and already had a large collection, but it wasn't until he and his wife, Nancy, shut down their livestock operation that he started collecting the tractors. Throughout the years, he has bought the tractors in various conditions and refurbished them to look and run like new.

"It was by no means planned," he laughs.

Joe owned an old threshing machine for harvesting, but the tractor he was using to pull it was too small and looked out of proportion. So, he headed to an auction sale and came home with his first Cockshutt tractor. From there, he began the search for the other models.

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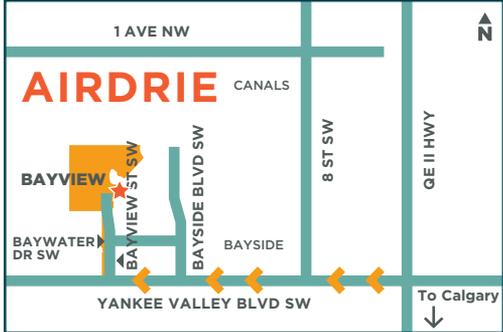


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“They were exclusively made in Brantford, Ont., so it’s entirely a Canadian company,” he says.

Cockshutt Farm Equipment Ltd. started out as a plow company, but they began building their own tractors in 1946. The company was bought out 16 years later, but Joe is proud to own all nine models produced.

With many trips to various auction sales and help from neighbours and friends, it took Joe a total of eight years to acquire his collection.

“Generally, we’ve had pretty good luck buying tractors that didn’t need a lot of work,” he says. “But that’s also part of the fun – finding the parts that you need.”

The two smallest tractors that he owns came totally restored, but others were not in quite as good a shape.

One tractor in particular was given to him as a gift and he says he could not have restored it himself.

“I have actually had quite a few different people involved,” he says. “That one, in particular, needed some parts and it needed some engine work so it went to a shop. Actually, a mechanic neighbour, a friend of mine, did a lot of the technical work in getting it going.”

Joe says there is an extensive resource of antique tractor parts in Canada and the United States, but he had quite a bit of help tracking down what he needed. Finally, once the tractors were fixed up and running as good as new, Joe would send them off to be painted the typical bright red and cream colours for which Cockshutts are known.

While he’s aware of people with large collections of tractors, Joe says it is very rare to see a complete Cockshutt line. He finally finished his collection

in the fall of 2016, and also owns a nearly complete line of farming equipment for the tractors.

However, that isn’t the end of his collection.

Joe also owns a team of large Belgian draft horses and a complete line of equipment to go with them.



“Growing up on a small farm in Ontario, I can just remember when my father still had horses,” he says. “I really enjoyed the idea of driving and working with big horses, so when we began to wind down our [livestock] operation, it was an opportunity to try out a hobby.”

Joe and Nancy are both active members of the Airdrie Agricultural Society and bring the horses and equipment to its annual event, the Art of the Harvest, to demonstrate past farming practices. This year, Joe brought out his threshing machine, horses and wagons to harvest the grain. He and Nancy also grew various vegetables that were harvested and donated to Airdrie Food Bank.

Also very active with Irricana’s Pioneer Acres, Joe drove his Cockshutts in this year’s parade featuring Canadian-made tractors and equipment. He says he loves collecting vintage equipment and showing it to people to teach them a little about the history of farming.

“It was so important during its era; it seems worthwhile preserving that for people to look back and see how things were done compared to how they do it now,” he says.

“It gives perspective on how agriculture has evolved,” he adds, laughing. “And it gives people more of an appreciation for air conditioning.” [life](#)

“(Vintage farming equipment) was so important during its era; it seems worthwhile preserving that for people to look back and see how things were done compared to how they do it now”

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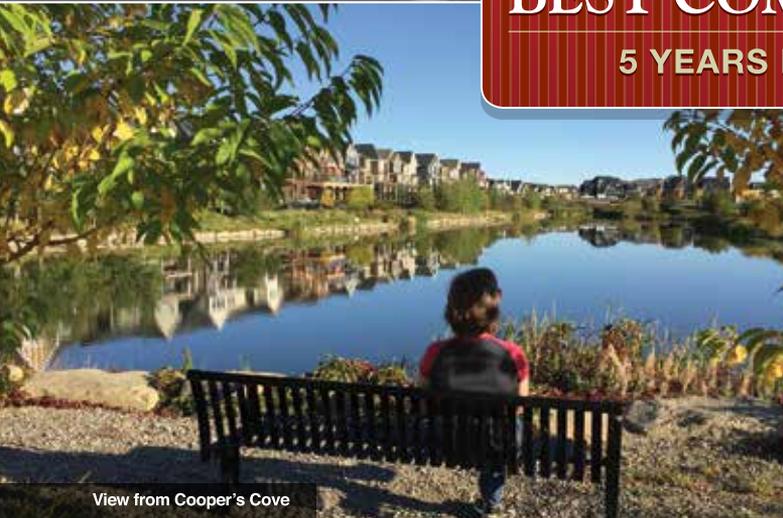
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