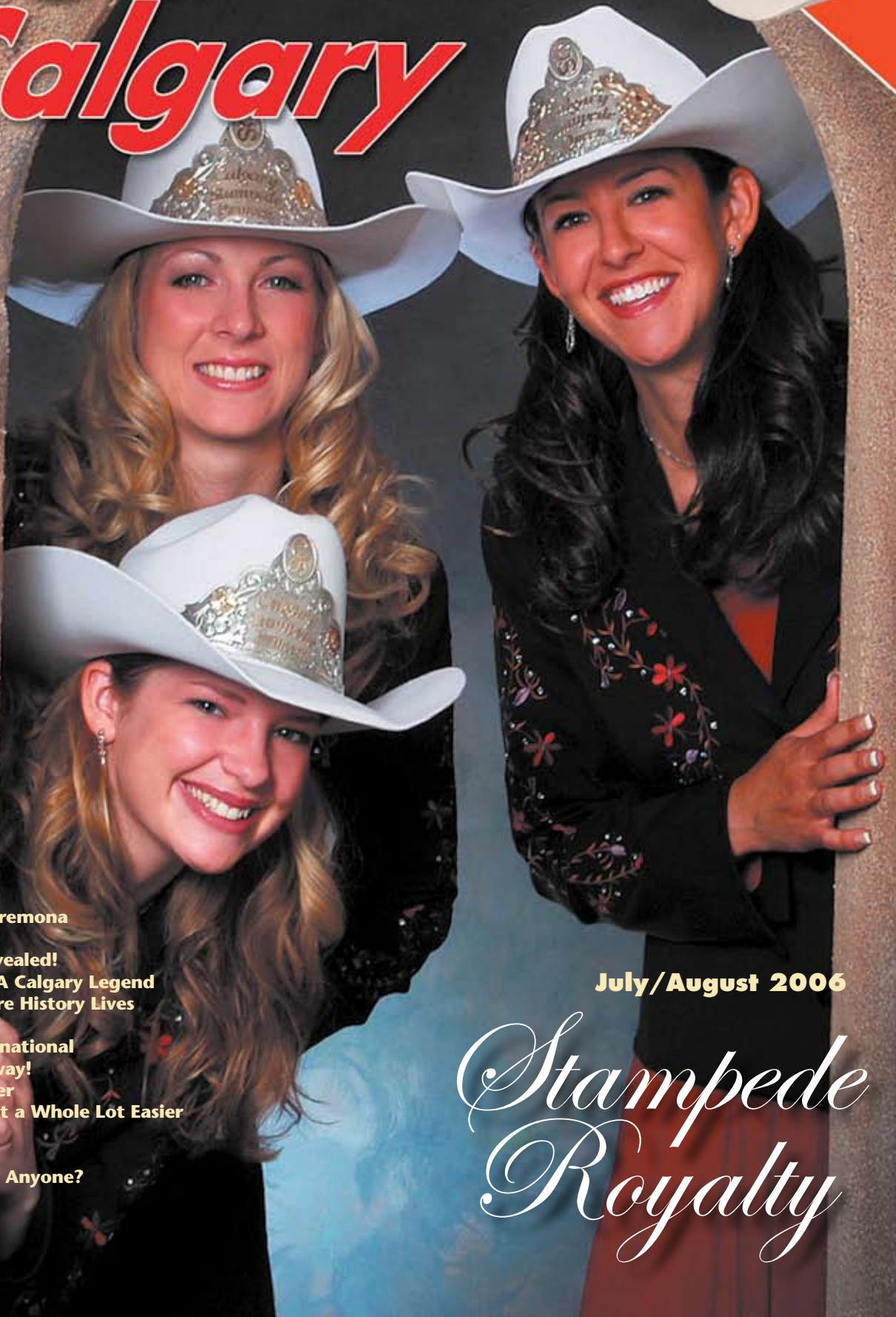


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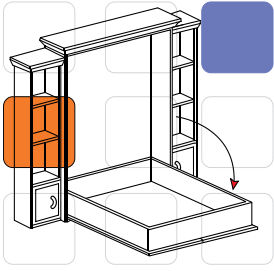
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July/August 2006

Stampede Royalty

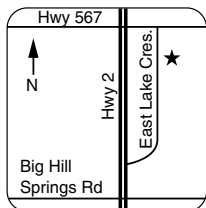
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What a pleasure having Cheryl Dafoe, April Kanderka and Teri Murray on our cover for GO! Calgary. The cover shot was taken by T. Dawson/Photo Graphics Ltd. of High River AB.

GO! Calgary

Your Community Magazine

JULY/AUGUST VOLUME 1 NUMBER 1

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Way to GO! Calgary

/// Cliff Woodrow, Editor



Way to GO! Calgary! We are pleased to launch our first issue (Stampede Edition) for Calgary; its people and its heritage. There are lots of great things happening and lots to talk about. We are happy to be able to share great stories and pictures in our premier issue and issues to come.

Calgary has a culture that is truly unique and a lifestyle that we can all be proud of. You will find some very diverse and entertaining stories in this issue and we hope you will take the time to let us know your thoughts.

In this and future issues you'll find out what's hot and what's not. A who's who in the area with everything from interesting stories of people that have made Calgary what it is today to future up and comers that are breaking ground for the 21st century. You'll also find stories about our youth, told from their perspective as well as the latest in sports, food, fashion, homes, recreation and healthy living.

There is certainly a lot to cover as we have found out through our conversations with great people from the area. Calgary has the personalities, culture, history and scenic

beauty to fill a good book and we hope that in this and future issues we will be able to bring out all of these great stories to share with everyone. It is our goal that with every page turned you will find something of interest.

We encourage your feedback so please don't hesitate to give us a call or email us your thoughts on what's in this issue or what you would like to see in future issues. It really doesn't matter if it's a local celebrity who lives next door or just a great recipe. It's your magazine and we want to bring together, all the things that make us who we are.

For all of our other magazines (Airdrie, Okotoks, High River, Mountain View and Cochrane), be sure to check out our web site at www.gomagazines.ca. As each issue is published it is available online for you to read. This includes all back issues.

We also want to thank the local sponsors and advertisers who graced the pages of this magazine and hope that you will continue to support them with your patronage.

So there you GO! Calgary! And thanks...

**Kristy Reimer
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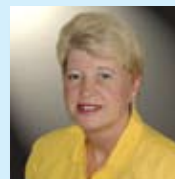
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John Kernohan, publisher of GO! Magazines has over 31 years in the graphic industry and more recently experience as a publisher of daily and weekly newspapers and now magazines. I hope all who read our magazines get involved and contribute.



Paul Oldford, has over 30 years experience as a business owner. Paul has owned and operated several computer stores, graphic and web design firms and health food outlets. In addition to his business ownership he holds a degree in Engineering and has worked as a sales and marketing consultant for small business. Enjoys writing and has written articles for several publications during his career.



Irene Kernohan, a resident of Airdrie enjoys all the administrative duties for GO! Magazines and Energized.ca. Her passion for dealing with customers, contributors and staff, makes her job a pleasure.



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Arwen Murphy, Arwen is a resident of Airdrie, having moved recently from Calgary, and is originally from the Maritimes. While in Calgary, she obtained a Criminal Justice diploma and plans to continue on with her formal education. Arwen is a voracious reader who considers herself to be a lifelong learner. arwenmurphy@shaw.ca



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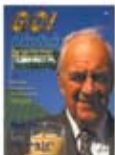
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Jenna Holbrook

The Pride of Cremona

A confident
broadcaster
with a
killer smile
and an
infectious
laugh



A confident broadcaster with a killer smile and an infectious laugh greeted me at the doors to The Fan 960. Jenna Holbrook has returned to the office where her day started at 3:30am and she is still full of life. Her personality and her opinions have carved a dream career for the broadcaster from Cremona Alberta. She admits however, "I hate getting up".

Jenna joins Mike Richards for the morning show, but likes to be prepared and have all of her news updates done before the show hits the airways. "That's why I come in at 3:30am to do the updates." She is up at 2:30 am and is up to date by the time she gets to work listening to ESPN all night radio on the way to work.

When asked about her contribution to the highly rated sports morning show she rises in her chair and eagerly asks "Do you listen to him (Mike Richards)?" The passion in her voice jumps as she loves to talk about the show. As for nerves on the job, after a few short months, they are nonexistent. "It's not like I can embarrass myself more than Mike already has." Richards known for his parody's of Calgary Flames goaltender Miikka Kiprusoff, as well as other sports personalities such as TSN's Darren Dutchychen, and CBC's Bob Cole. Richard's brash style and sense of humor make the mornings fly by, not

only for Jenna, but many regular listeners in the Calgary market.

Jenna raves about an industry full of great personalities. She credits Rob Kerr and Mike Richards as well as Program Director Kelly Kirsh as great mentors since joining the station. She admits that most of the broadcasters she looked up to when she was growing up were "mostly men". While many women have become great broadcasters in our country most are on television, unlike Jenna who has gravitated to the radio medium. She is quick to point out that she has always enjoyed Martine Gaillard, "I have followed her since she was on The Score." As well as Deb Matejicka "she's great".

She also credits Hockey Night in Canada's Kelly Hrudehy who was always willing to come on her show in Saskatoon. She remembers walking into the Ed Whalen media lounge at the Pengrowth Saddledome for the first time this season. "I was pretty quiet, I ate the dinner". The

/// Story by Mark Payne



next time it was "hey how are you!".

Jenna is not shy and when asked what her ultimate goal would be. "Something like The Big Show would be the ultimate." The Big Show; The Fan 960's afternoon drive show is hosted by some of Calgary's best known broadcasters including Joe Sports, Rob Kerr and Bruce Dowbiggin.

Who is on the list of those she would like to interview. Her top three would surprise the average sports fan. "Tom Higgins, I've spoke to him a couple times for a few minutes, he's fascinating". Others include Indianapolis Colts Quarterback Peyton Manning because.. "All he has been through, so many highs and lows", and finally Yankees Manager Joe Torre.

The road to Calgary was a winding one for Holbrook. She graduated from the Broadcast Journalism program at Lethbridge Community College before completing her practicum in Prince Albert in 2004.

Jenna applied to a station in Peace River where she would broadcast the News & Sports. She was asked to drive eight hours from Cremona to Peace River where the stations news director sat her down and said... "Here is the offer; the job is yours if you want it." Holbrook's reaction was "I drove here for that." She took the job.

A short while later she applied for a weekend anchor position in Fort McMurray where she co-hosted a sports talk show. She immediately noticed that the job demanded "A lot more responsibility".

Last year she was hired for News & Weekend Sports in Saskatoon. She was given the opportunity to co-host a sports show with San Jose Sharks color commentator Drew Remenda who was back in Saskatoon during the NHL lockout. When the NHL commenced again last fall, Remenda hosted the show from the road allowing Jenna more air

time back in the studio in Saskatoon.

After returning to Alberta it is exciting to ask Jenna what the reaction from friends and family has been. "I have been away from Calgary for so long, so I haven't kept in touch with many people from High School. But when people hear me on the radio they always mention 'Yeah she's from Cremona'". "My parents get more reaction then I do".

Her parents still live on the same farm she grew up on, just outside Cremona, where she proudly explains her horses still live. She is quick to defend her roots. "I am a Cowgirl! My family is first and my career is second, but their pretty close, so

you have to make it a priority."

With so many young broadcasters wanting to break into the sports media Holbrook's story is one that has broken barriers and pioneered for others to follow. Her advice is as levelheaded as any. "In my opinion if you work hard enough you can make it no matter where you're from. You get what you put in, you really do."

Jenna Holbrook can be heard on The Fan 960, co-hosting Hitman Hockey post games, contributing to the Mike Richards in the Morning show and reporting the 20 minute sports updates.

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JOE CARBURY: "THE VOICE OF CALGARY'S CHUCKWAGON RACING"

Recently on a June morning at Market Mall, I had the honour of interviewing a local broadcasting legend. Joe Carbury has broadcasted sports since the late 1940's and will be entering his 43rd season this month as the primary voice of the Calgary Stampede. His passion and desire to broadcast chuckwagon racing is without question, distinctively Calgarian. Below are highlights of a very interesting conversation I had with a gentleman everyone simply calls "The King".

Q: What inspired you to get involved in broadcasting horse racing and chuckwagon racing?

A: "My career in radio started out as a sports announcer. I did football. I did hockey. I did boxing and I did a number of sports, play-by-play, etc. I then went to the Calgary Stampede and they were looking for a thoroughbred race announcer. So, they sent me up in the booth, and gave me a microphone and asked me if I (would) call a few races, which I did. I guess they were impressed. After doing thoroughbred announcing for a number of years, one of the executives over there came to me one day and asked,

'How would you like to do the chuckwagon races in the evening?' Well, I said, 'I've never called a chuckwagon race before but I have an idea what it's all about. They're horses, same as thoroughbred in the afternoons.' So, I went down there that night as a track announcer. They liked what they heard 43 years ago and I'm still going at it."

Q: Chuckwagon racing has been a major part of the social fabric of Southern Alberta and the city of Calgary. What elements of the sport would you consider defines this community the most?

A: "Whether we like to say it or not, this is horse country. Calgary and Southern Alberta is very much horse country. The chuckwagons and drivers, in particular, are very much part of the show. A big part of it, when you really get right down to it, is the fact that it's the horses. It's a show of horses out there. When you get a sport like chuckwagon racing, and the horn sounds, and the race is on, you've got 32 horses out there on that track, tearing around that track, hell bent for leather. My adrenaline just starts pumping. When that first race of the night goes on, those wagons coming around that barrel, you can hear the 'oohs' and the 'awes' from the tourists who can't believe what they're seeing. It is part of Calgary, it is part of Southern Alberta, and it is part of our heritage."

Q: The GMC Rangeland Derby has been an instrumental part historically of the Calgary Stampede. Do you have a memory that stands out the most?

A: "Any defining moment is very hard to put a finger on. The tragic moments stand out. We've had some terrible spills out there on that track. Fortunately now, the judges are much more aggressive and they've cleaned the sport up to the point where it's not rough and tough as it used to be. There is no doubt about it, the couple of deaths we've had on the track have become the somber moments to me. We've had some great highlights though. I'll never forget the night when Dallas Dorchester won the championship in 1991. His dad Tommy was just a tremendous chuckwagon driver and he was into his latter years, and became very ill. He had cancer and told

Dallas during the Stampede that he wasn't going to live very long. After Tommy convinced his son to drive that year, and died the third night of the races, the Dorchester family asked me to say the eulogy at his funeral in Westrose. It was a very unique funeral, attended by all the chuckwagon racers and I had the honour of participating. The night when Dallas won the championship, he wore his dad's beaver hat. In the award ceremony, he looked up into the heavens, waved the hat, and said, 'This one's for you dad'. That was a very dramatic moment."

Q: Now, let's take a look at this year's GMC Rangeland Derby. What do you think might happen this year? Who are your favourites to take the title?

A: "Historically there have been six top drivers who consistently qualify for the final four. That doesn't happen anymore. Today there are 36 drivers who are very good and very competitive. But, the cream generally comes to the top. You have to look at the Jason Glasses, the Buddy Bensmillers, the Kelly Sutherlands and Luke Tourniers. The drivers have reached a point now where there isn't much difference between their skills. The big difference now is the horses. The reason why Kelly Sutherland wins so often (1997-1999, 2001-02) is because he has the best quality horses. I don't like picking an outright winner however, because it shows I might be showing some favoritism. Who knows, there could be a darkhorse winning it all?"

Q: What darkhorses are candidates in your opinion?

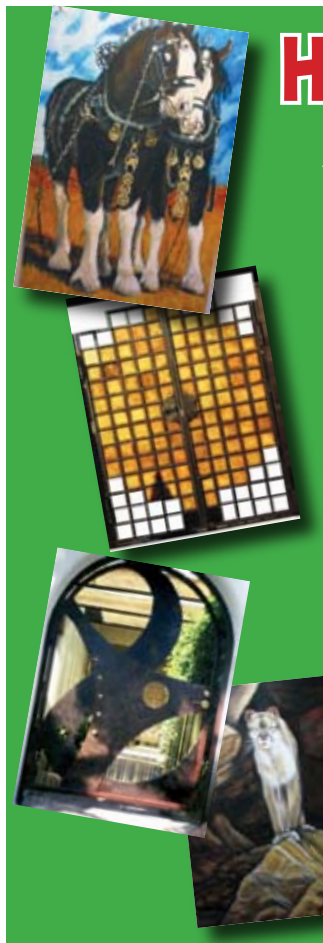
A: "It's the young drivers that are getting better every year. The Bensmiller boys (Kurt and Chance) and Rae Croteau Jr. are coming along, while Jason Glass has been very, very close and knocking on the door. The running times alone will not win it. The driver that goes penalty-free throughout the ten nights has a darn good chance of winning it all."

Q: Today there are so many different options out there from the television to the internet, for the casual sports fan to access their sports action. Are you at times a little bit overwhelmed by the variety of options available?

A: Yes, I am. I only wish I was 40 years younger, because the way sports activity in Calgary is evolving now, and the way it has evolved over the years has grown to the point where I would have liked to be more of a part of what is happening today. Let's face it. I'm in my semi-retirement years, and shortly I'll be in my retirement years. I was born 40 years too soon. The sports people who are involved in broadcasting today have some tremendous opportunities. With the advanced technology and exposure, it's a wonderful world out there. I think if I was in my younger days right now, I'd be broadcasting the NHL, but that didn't happen. The industry is just going to get better out there, and I just wish I would have been part of it (for many more)".

Written by: Jeremy Freeborn "Sports Freak"

Jeremy Freeborn, a.k.a. Sports Freak is a technical operator/audio editor for Rogers Broadcasting, specifically, the FAN 960. He graduated from the University of Calgary with a degree in Communication Studies in 2000 and a broadcasting diploma from Mount Royal College in 2002. Having a great passion for sports, he spent four months doing an internship at TSN in Toronto and also spent 5 years as a tour guide at the Olympic Hall of Fame. Freeborn's current segment on JACK FM can be heard weekly on the Morning Show between 5:30-9:00 AM.



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Rob Russell Revealed!

They said the odds were against him, he was starting too late at the age of 41 and as a total unknown in the music business, Rob Russell would never break. Well, the odds are, this highly talented, authentic cowboy singer is on his way to becoming Calgary's next big hit on Canada's country music scene!

Rob Russell was born and raised in Gander, Newfoundland along with 13 siblings. The Russell family, like most Newfoundlanders, hosted many a kitchen party, singing and playing their guitars. In 1980 Rob left home and moved out west to Alberta. For the past 18 years he has been driving trucks for Alberta Processing in Calgary and raising a family. He had neither the time nor the desire to pursue his childhood

dream of a country music career. Finally in 2003, Rob formed his first band and started landing a few gigs in and around Calgary. It was while playing at a small Maritime restaurant, *Da Rock* that Rob's musical future began to look bigger and brighter. Rob Russell had discovered the euphoric feeling of playing on stage for even the smallest crowd and he knew then that he wanted to go beyond the small time pubs on the occasional weekend and now was the perfect time to realize his boyhood dream! It was here at *Da Rock* where he gained a following of fans; and along with a new Manager, started Rob's road to recording and building more recognition in the Calgary music scene.

In three short years, Rob Russell



has taken his hobby of singing and songwriting to the next level, competing with Canada's best on the radio! His debut album, "Rob Russell" was released in April of 2005 and has received positive press across North America. The first three singles have made waves, not only across Canada but he has had hundreds of radio stations worldwide request a CD for airplay. To date, Rob Russell is very much a mystery man here in Calgary, having yet to receive local radio airplay, however his first two singles, **Willie B. Boogie** and **Beer Bottle Brown** held positions on the Can Country Charts top 100, as well, Atlantic Canada has embraced Rob's music, with 75% of the radio stations in the Maritimes playing these singles and 3

others from the album. He has been likened to Hank Williams Jr., with a splash of Charlie Daniels. Others have called him Canada's Toby Keith, and still others that have listened to his music assume that he must be from Nashville. Rob's projects his powerful vocals easily from the stage and his gritty undertone gives you the sense of Toby meets Willie and Waylon. Rob Russell is unique; he is not your cookie cutter cowboy and audiences truly vibrate as he belts out his traditional lyrics with his own unique big sound!

The dream of being a professional singer full time is just around the corner. Rob Russell has received an invitation by the national committee of the **CCMA** (Canadian Country Music Association) to showcase his talents at the yearly convention and awards show this year in St. John, NB. This highly acclaimed invitation to perform for his peers and country music professionals from across the country validates Rob as a singer who can compete with the top performers' in Canada. The 20 minute *showcase* will give Rob the opportunity to impress the private audience with his incredible vocals.

The road has not been easy for Rob, holding down a full time job and playing gigs every weekend at clubs, rodeos, corporate events and fundraisers. At times, the level of stress is high, the time, personal sacrifices, and financial needs seem insurmountable, but Rob battles on with support from his independent label, Raw Country Music, and sponsors. Without this support, the road would seem impossible. Rob's future is looking brighter every day as he prepares for the CCMA Showcase, a performance opportunity which other Alberta artists such as Gord Bamford, Paul Brandt, Terri Clarke and Corb Lund all peaked. With his talent this is the last step to a whole new and highly successful career for Rob.

Calgarians' and tourists alike can enjoy Rob Russell and experience for themselves his great voice at Bookers Street Party during Stampede Week. He is fully booked otherwise at private corporate functions during Calgary's Ten Days of Stampede. Readers can become more familiar with Rob's story on his quest for success by visiting his website - www.robrussell.ca and listening to his music.

/// Story by Pauline Smith

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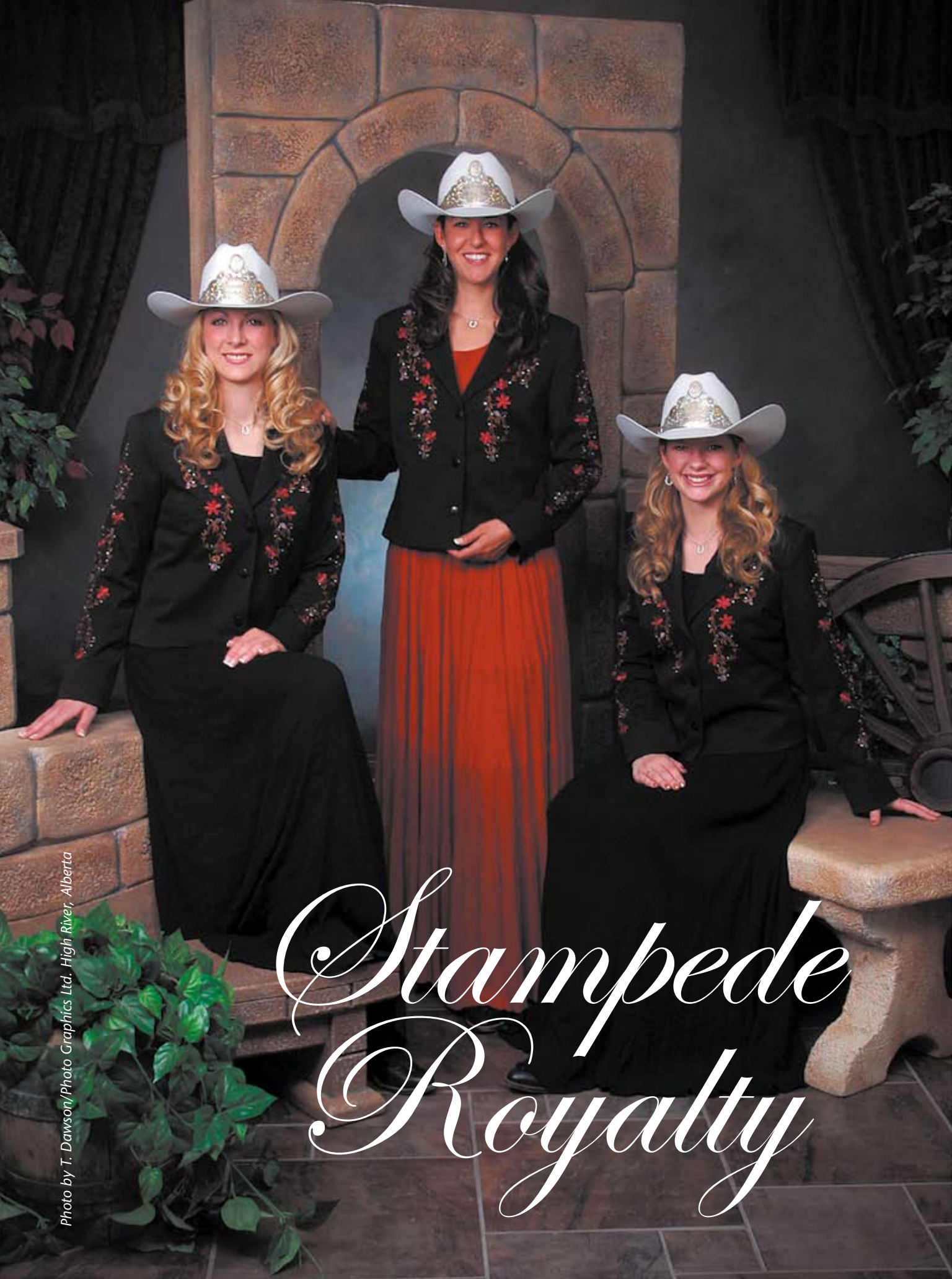


Photo by T. Dawson/Photo Graphics Ltd. High River, Alberta

Stampede Royalty

Stampede Royalty

So who are these women in Western dresses and stylish Stetsons? Becoming the Queen or Princesses is a nerve racking and tedious experience and this years Stampede Royal Trio were more than happy to explain their prominent roll in the Calgary Stampede at Stampede Headquarters. This year's Queen, Cheryl Dafoe, resides from Calgary. The twenty-three year old is a recreation management graduate from the University of Acadia. She has dreams of owning her own ranch where she hopes to run corporate team building seminars with a rodeo theme. It would be hard to argue that her hometown is the perfect place to start her future business.

Cheryl is flanked by two princesses, like every Queen for the past sixty years. This year it is April Kanderka and Teri Murray. April Kanderka is also twenty-three years old. She resides from Irricana, Alberta and had a farming background - showing horses; April is a graduate of the University of Alberta with a degree in animal sciences. She currently is working for a Feedlot Health Management service in Okotoks as a research assistant.

The final piece of the trio is the youngest of the three, but what she lacks in age she more than makes up for in enthusiasm. Teri Murray, who is quick to point out, is now 20 years old. Murray grew up riding horses, teaching horse camp and guiding trail rides. She is studying international relations at Mount Royal College and plans to further her education by attending law school.

Now most causal observers would think that being part of the Stampede Trio is a dream job and while all three of these women attest to it, it is far more involved then posing for pictures and being part of the face of the Stampede. They will make more than 400 appearances in the next year and during the Stampede that often includes up to twenty appearances a day.

The work has already started for this trio and like all the others before them there is an involved process of deciding who will become the Stampede Royal Trio. For this we were helped by the 1975 Stampede Queen Barb Denoon who shed some light into the process that she took part in 31 years ago. "Stampede was always a part of us" when discussing her roots as a young woman, "I thought, this would be fun."

Applicants are prepared to focus on three disciplines, public speaking, riding and a personal interview. After the contestants are picked they are thrown into a series of speaking presentations, social functions and informal and formal dinners. Points are accumulated and the final six women compete in an event called Rodeo Royal known today as "Roughstock" held in April. On the final Sunday the Queen and Princesses are crowned.

After being named the Stampede Queen, one of the committee members had to find Barb backstage. "I was stunned and in disbelief. One of the committee members had to tell me to get out there, you won!" At the time Denoon received numerous gifts including a SONY TV, a

A Queen and two Princesses have become the crown jewel of The Greatest Outdoor Show on Earth, the Calgary Exhibition & Stampede. This year is no different; you may have seen them at a pancake breakfast, at the rodeo or as they stroll the Stampede grounds during the ten days that Calgary showcases as the finest event in the City.



Calgary Stampede saddle, clothing, speech education, model courses (for poise) and incidentals.

The legacy for Barb Denoon was undeniable as she is still actively involved in the Calgary Stampede. She explained that "the Denoon's have been involved for over 50 years with the Calgary Stampede" dating back to her husband, Norm's father. Denoon was also the Vice Chair of the Queen's Alumni Committee in 1979, and has volunteered for the Stampede for the past 31 years as well as being part of the Calgary Stampede Parade Committee and Downtown Attraction Committee.

However the committee she is most proud of is the Stampede Queen's Committee which this year celebrates its 60th Anniversary. The Queens Alumni Committee hosts the "Giddy-Up Rodeo" where last years proceeds raised \$125,000. Proceeds support Easter Seals Camp Horizon and Cerebral Palsy research. The Quenn's Alumni also host a gala fundraiser and an annual Christmas party (*DELETE* sponsored by Rotary House.) The committee's most

cherished member is Patsy Henderson, the first Stampede Queen.

As the 1975 Stampede Queen, Denoon's fondest memories was taking part in the Grey Cup in 1975 which happened to be in Calgary, CNE Days in Toronto, and The Rose Bowl parade in Pasadena California aboard the Calgary Stampede float.

So as the 2006 Calgary Stampede rolls along we asked this year's Royal Trio about the experience and why they were so excited to be involved. Cheryl Dafoe described it as an opportunity only little girls dream about. "I grew up riding and I wanted to be a cowgirl, but I lived in the city. It's part of your culture, you know Cowtown! This is going to be the greatest year of our lives."

Stampede Princess April Kanderka was also very excited to be part of the Greatest Outdoor Show on Earth. "We rode every night. We also took part in school rodeos and breakfasts". Kanderka was also excited to be part of the Calgary Stampede Parade. "I have never been involved; I have only watched the parade on TV."

Perhaps no other member of the Stampede trio expressed her enthusiasm more then the youngest of the three, Teri Murray, as she described the honour as a "wonderful opportunity to not only represent Calgary but the Calgary Stampede.". Murray's confidence was very evident when asked about being the rookie, "I sure am!" Her journey to becoming princess actually started last year. "I was 18 and I was gung-ho! I'm an adult and found out I was too young. You have to be between 19-24 years old, a Canadian citizen and reside within 100 kilometres of Stampede Park. No children and have never been married. Then you are asked to write a narrative, why you want to be part of the Stampede Trio? There were 39 narratives, and 24 showed up. They told us this is going to be your whole life for the next six weeks, and if you are crowned then this is your life for the next year. I think that scared a few girls away."

When asked about the experience of meeting Calgary Stampede legend Joe Carbury, Teri smiled "He is such a

warm hearted man, and he really talks like that!" Murray was also very fond of Patsy Henderson, "She is absolutely delightful." The charismatic twenty year old summed up what Denoon had expressed. These women are busier, smarter, great communicators and have better educational levels. When Murray was asked about her ambitions of law school she casually said "yeah, it's happening". Hard to argue when she is already on such a role at twenty. In the true spirit of a twenty year old cowgirl her answer to what will be her most anticipated moment at the

Stampede this year was very consistent with her age, "The grand entry at the rodeo, riding as fast as we can!"

The Stampede Royal Trio's 2006 schedule includes appearances at the National Finals in Las Vegas, the Canadian Rodeo Finals in Edmonton and Grey Cup in Winnipeg, Manitoba. Stampede Queen Cheryl Dafoe described what her most anxious moment will be this season, her answer was the same as most Calgarian's "10 days of fun!"

/// Story by Mark Payne


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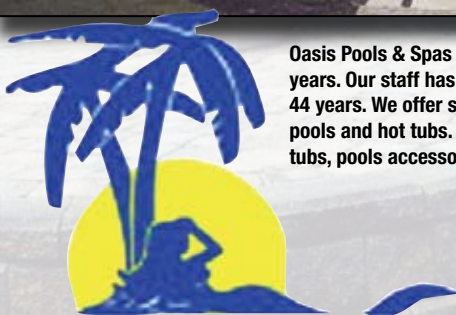
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Ranchman's – A Calgary Legend

36,000 square feet of Big, Wild, Stampede Fun

/// Story by Paul Oldford

Ranchman's has been a cowboy fixture in Calgary since April 28, 1972. There is no other place so steeped in Alberta's Pioneer Western Heritage. Many of country music's greats have performed there. Favourites such as Shania Twain, Kenny Rogers, Loretta Lynn and Canadian legend Ian Tyson. Today's Hot Country stars Neal McCoy, Toby Keith, Clay Walker, Paul Brandt, Lisa Brokop, George Fox, Ty Herndon, Perfect Stranger, Sons of the Desert, Darrel Dodd, and Farmer's Daughter, all have cut their teeth on Ranchman's stage. Ranchman's has been voted the Canadian Country Music Association's Country Club of the Year on five occasions.

When Ranchman's first opened in '72 it was a self serve cafeteria and dining room. Later in 1978 the establishment became Calgary's first cocktail lounge that allowed milling. "Prior to '78 if you had a drink and you got up from this table to move to another, you would have to ask a waiter to pick up your drink and move it for you," explains Harris Dvorkin, Ranchman's President. "You could actually receive a \$50 fine if you got caught and we could lose our licence for 48 hours."

The laws governing drinking establishments were quite stringent during the early days at Ranchman's. In Alberta for example you had to have



a full meal if you were going to have a drink. "We couldn't just have a bar as only bars were allowed in a Hotel," said Harris. "As well there were restrictions as to how many patrons could be in your establishment at any one time." There

was even a regulation about not being allowed to wear a cowboy hat. It was thought that if you touched a cowboy's hat then you would get into a fight so cowboys had to remove their hats. In 1996 everything changed and many of these outdated laws and regulations were removed.

Live entertainment has always been a big part of Ranchman's. "In 1976 our opening act was Conway Twitty and we've had many great entertainers perform here over the years," said Harris. "Tammy Wynette opened here when she started her comeback tour and lots of the Grand Ole Opry greats like Box Car Willie and Little Jimmy Dickens were here."

According to Wendy Daniel, Ranchman's Director of Marketing, Shania Twain did her first record release performance at Ranchman's. "Lots of other performers got their starts here," said Wendy. "Paul Brandt started singing here and then went on to become one of Canada's best know Country and Western entertainers." The list of performers is endless and there are literally hundred of photos displayed on the walls of all the great names that have graced the Ranchman's stage.

Ranchman's has always been a big part of the Calgary Stampede festivities, and as they like to say is 'Home of the professional rodeo cowboys'. They are



the Official Hospitality Location of the Canadian Professional Rodeo Association. The pro rodeo cowboys' legacy is displayed on the walls and is the soul of the Ranchman's museum of rodeo memorabilia and photographs. "We have over 90 rodeo saddles on display here in our Saddle Room," said Wendy. These trophy saddles represent the best of Canadian and World Champions, including World Champion Calf Roper, Jim Gladstone, the only Canadian to ever win the World Calf Roping Championship, and Tuff Hedeman, three time World Champion Bull Rider and founder of the Professional Bull Riders Association (PBR). The walls of Ranchman's spring alive with the daring and danger-packed action photos of legendary showdowns between man and beast; the "heart and soul" spirit of rodeo.

The Ranchman's authenticity has attracted many movie location shoots to its premises, over the years. "COOL RUNNINGS," a film depicting the antics of the Jamaican Bobsled Team during the 1998 Olympics was filmed on location at Ranchman's. You'll find the actual bobsled and helmets used in the movie on display as well as numerous photos of the movie set. Portions of the set of the Academy Award winning movie "UNFORGIVEN" front the Ranchman's patio.

As we conclude our interview, Harris explains he has to run to the kitchens where they are currently marinating 3 tonnes of beef, which will eventually be cooked in Texas Smokers during the Stampede. Wendy takes me on a guided tour around the facilities, which is not only very large, but chock full of western memorabilia. According to Wendy they can accommodate over 1000 patrons inside and another 750 on the 2 patios. During Stampede they erect a large tent on their back lot which can hold another 1000 people. 36,000 square feet of Big, Wild, Stampede Fun!

You can find Ranchman's at 9615 Macleod Trail S, in Calgary and for all the latest information visit their web site at www.ranchmans.com.

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Nanton

– “Where History Lives”

Has the Calgary Stampede lassoed your pioneering spirit and left you wanting more? Why not rustle up a carload of friends and family and take a day trip to southern Alberta’s historic town of Nanton. The little town with a big cowboy friendly heart is steeping in its proud motto, “Where History Lives”, and full of rich down-home rural charm.

Nanton’s pioneering history dates back to the 1800’s, making the strong farm and ranch heritage both a way of life and the backbone of this vibrant community. Pioneering stockmen came to southern Alberta long before the railway, on dusty trails in Red River carts. Founding pioneer Frederick Ings’ recounts in, *Before the Fences (Tales from the Midway Ranch)*, that as far back as the mid-1880’s there were already socials including horse races, rodeo, gymkanas and the likes in Alberta. The area was home to many founding Alberta families, such as the Ings’ and their Midway Ranch, still the family home today, many generations later. In the early 1900’s the ranch, midway between Fort McLeod and Fort Calgary, was the pioneering stopping place where Macleod Trail crossed the Mosquito Creek.

History rich stories, like the Ings’, are commonplace in Nanton. The many recorded stories and accounts talk of events rich in “...bucking horse and roping contests, men’s horse racing, ladies’ horse racing, Indian and Indian pony races ...”, and always included popular agriculture fairs.

Today Nanton is historically recognized from afar by three giant still-standing grain elevators, saved by the community as a future museum and tribute to a past rich in farming and ranching. Nanton was incorporated as a village on Jun 22, 1903 and became a Town on August 2, 1907. Many of the turn of the century historic buildings have been restored and are preserved to their original early days look.

Featuring one of western Canada’s largest antique and art walks, this little town of less than 2000 people just 70 km. past Calgary’s south city limit on HWY 2, has streets upon streets of antiques, galleries and boutiques. The antique stores and galleries throughout the blocks of restored century old history, are brimming to the rafters with everything from old-fashioned candy, antiques, art, vintage collectibles, and home décor old and new. A world renowned blacksmith and his wares are showcased at Willow Creek Forge, vintage and collector books and an impressive collection of inkwells at Inktiques, and browsing through the centuries of memorabilia on three floors is, as one shop’s name implies, truly a

Sentimental Journey.

The vibrant community also boasts an 18-hole golf course, camping, motels, a hotel and bed and breakfasts. There is a miniature garden railway under a giant hundred-foot up in the air flag, the preserved elevators, many restaurants and eateries, a blues bar and small pub in one of the old black smith shops where you can sit in the back yard and play horse shoes. Nanton even has its own in-town roasted coffee at the Coffee Cellar. Of course no small town on the prairie is complete without its Saturday night summer rodeo series for all to enjoy.

The world class Nanton Lancaster Society Air Museum, open daily May to October, houses one of the few remaining Lancaster’s, with only two airworthy Lancs in existence world-wide. In the summer of 2005 the Museum proudly dedicated a forty-one foot long polished granite wall engraved with the names of over 10,600 men and women who lost their lives in The Second World War’s Bomber Command alone.

Rounding off this quaint town’s allure is the more than a century old Auditorium Hotel, complete with a resident ghost, Rex. The 1902 hotel stands as a testament to the many stories and faces that have come and gone through Nanton. It was a center of happenings from Nanton’s early 1900’s beginnings and still is today. The beautifully restored historic façade stands as a reminder of an era gone by.





For traveling musicians and bands from far and wide, it is always a coup to secure a gig in the old hotel, where weekends are filled with town folks, ranchers and farmers alike stopping in to meet up and share their stories.

Summer long festivals and special celebrations abound in Nanton and even Christmas time in the quaint shops is celebrated with an old-fashioned small-town spirit. The picturesque community, tucked along side the porcupine hills east of the Cowboy Trail on Hwy 2 South, is a pioneering day trip adventure not to be missed by tourist from near or far. Head on down to Nanton!

/// Story by Michelle Greysen

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WINE MAKING - A DECEPTIVELY EASY PROCESS

There's nothing like a glass of home-made wine when guests come over for a visit. Many of us have probably tried making wine at some point in our lives. Today there are many thousands of enthusiasts making wines many of which are comparable, or even better than, commercial products.

According to Johanna Kraemer, Manager of Wine Kitz in Calgary, winemaking has been her hobby for the past 14 years. During that time she has become a wine aficionado of sorts having progressed far into the realm of making and enjoying wines. Several of the wines she has crafted have won international awards in competitions against other personal wine makers as well as against professional and commercial wines. However her journey into the art has not simply been a fast and easy transition between wine drinker and wine maker.

According to Johanna, most personal wine enthusiasts begin their foray into the magical land of wine making with a simple white wine. "Just as our tastes in food and style progress from childhood on, so does our palette for wine," explains Johanna. "Most enthusiasts progress readily from softer, sweeter, white wines into bigger and bolder reds as their comfort level with their own skill, taste, and experience progresses."

For some the idea of crafting his or her own varietals of wine may seem a daunting challenge; however such is not always the case. In fact, creating your own splendid red or white vintage from home is probably a lot easier than most

people think. "All of our kits come with full instructions and our experienced staff is always available to help even the most nervous novice through their first kits," said Johanna.

According to Johanna, many people believe that only professional vintners are able to create amazing wines which dance across our pallets while accompanying a fine dinner; but this is another myth which must be dispelled. "The grapes and concentrate used in all of our kits come from many of the best known regions of the world," said Johanna. "Grapes come from the Napa Valley, Australia, Italy, Spain, and Bordeaux France, and many are from fields neighbouring those of premium retail wines. We stand by the quality of our grapes and concentrates to the point where we guarantee that you will be satisfied with the results."

As you become more comfortable with the wine making process you may wish to branch out into many new areas. These may include an endless number of kit varieties, ranging from Chardonnay to Sauvignon Blanc and Merlot to Shiraz. There are also many Limited Edition varietals every year that you might want to try.

Your ability to create a personal and unique wine does not have to end simply with the type of wine either; you may also choose to use any of the specialty supplies to craft the perfect bottle. "From making wines for special occasions such as Weddings and Anniversaries, to simply making an amazing Christmas selection, such as a Limited Edition Australian Petit Verdot, Verdelho, Argentine Malbec, or Coupage de Soleil Blanc, people can discover the excitement and joy of watching their personal wine cellar grow from only a few bottles to several hundred." said Johanna. "Each wine kit makes 30 bottles of wine and prices start as low as \$69.99 per kit."

So if you've been toying with the idea of trying your hand at wine making, delay no longer. Go right ahead! By doing so you will be joining the thousands of happy people who have already discovered this intriguing and rewarding hobby. Home wine making is a pastime that truly brings its own rewards.

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/// Story by
 Arwen Murphy

Just over two years ago Nigel Allanson was struck by a vision; to create a corporation that could supply qualified and skilled trades people from other countries to local companies suffering from the epidemic labor shortage Alberta would soon face.

At that time Nigel began what, over the next two years, sometimes seemed like a hopeless endeavor. Discovering all the steps it would take to have skilled workers admitted into the country and at the same time have their qualifications recognized was a long and tedious journey. Mr. Allanson has finally developed a unique process that meets the criteria of the multiple government departments involved allowing Nigel's company Brittaige International to start the process of importing some of the skilled workers our province is in such desperate need of.

Anticipating this approval as well as receiving immensesupport from municipal and provincial leaders prompted Nigel to prepare and place international recruiters in countries throughout the world. Locally the CEO President of Brittaige International has surrounded himself with a select group of highly qualified individuals who are ready, willing and able to meet and work hand in had with any company who is feeling the crunch of the current labor shortage.

This organization appears to be creating a mutually beneficial situation not only for themselves, the companies they are aiding, and the continued success of our economy, but also for the individual tradespeople who will be given the opportunity to come to our wonderful country and prosper. Hence the company motto is explained; Serving Canadian Prosperity.

If you have any questions or would like further information on the services supplied by Brittaige International you can check out their website at www.brittaige.com or call them directly at (403) 816-0820.

Look for more in-depth coverage of this up and coming company in the next issue of Go! Calgary

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Up, Up & Away Innovative Bed Systems



The word "Innovative" has many synonyms... ground breaking, pioneering, inventive, novel and modern just to name a few. These words can certainly describe the products and the business that was started in Airdrie just a couple of years ago by Ian Llewellyn, President of Innovative Bed Systems.

As the story goes, Ian was getting a little ticked off with the lack of space in his downstairs bedroom, so he decided to build a "Murphy Bed". These are beds that fold up into the wall to conserve space in a room. Ian went to a supplier in Calgary to buy a wall bed and was shocked to find out how expensive it was to purchase. "I said the heck with that and decided to build one myself," said Ian. "It was a lot less expensive and before I knew it I had friends and neighbours asking if I could build one for them. I was building the beds in my garage and decided that I would take a booth at the Airdrie Home Show in 2004 and see what happens." Well as luck would have it Ian asked his friend, Fred Burley (Vice President), to help him with the booth, and eventually ended up with a bunch of sales and installations. One day after finishing an installation, they sat down for a coffee and decided that they would form a company called Innovative Bed Systems.

Ian and Fred decided to lease some office space so they could showcase their beds and although they didn't have much of an advertising budget, started getting orders "We started off doing high-end wood veneer, double and queen size beds with 2 standard book cases," explained Ian. "They were available in maple and oak but were still a little pricey so we asked our frame suppliers if they could help us customize our bed systems into modular components." "Now we could offer our customers many different options and we could bring our prices down substantially," said Fred.

As the company started to grow, Ian and Fred realized they were going to need someone to look after their sales and marketing. They approached another friend, Bev Simpson who agreed to join the team as VP of Sales & Marketing. Bev manages the showroom and the sales inquiries as well as the advertising and marketing of the business. "The last few months have been fantastic," said Bev. "Our advertising campaigns are really paying off, especially what we've been getting from our ads in GO! Magazines. People are very surprised to find out

how affordable our beds are and all the different options that are available to them," "All of our bed systems are modular so people can pick and choose the components they want," explains Ian. "We don't have to measure up their room to see what will fit; instead we just ask the customer for a few measurements and room details and then let them pick the system that they like. The products are not custom built which really helps keep the costs down."

The housing boom in Alberta is certainly helping Innovative sell more bed systems, especially the Condo market where space constraints make wall beds ideal. "Kid's bedrooms are a great place for our products," explains Fred. "Since many of the bedrooms in newer houses are small they can have a lot more space by folding up the bed during the day." "We are also getting requests from senior's residences and ski condos," explains Bev. "We are also looking at some interest from hotel chains. Our beds are a much better option than those uncomfortable hide-a-way beds. The possibilities are endless and we're making it affordable for everyone."

In addition to the wall beds there are also matching side cabinets that can be used for closet space, bookcases, drawers, and home office solutions. One component is a matching side desk and filing cabinet, which makes it great for a home office. There are quite a variety of colours to choose from. Innovative also have a selection of mattresses that they picked which best suited these types of beds.

When it comes to safety the beds use a spring mechanism that even a child can pull down safely. The units are securely anchored to the wall and each bed can support up to 2000 pounds. "We had all of our kids and friends test these out," said Ian. "So we know they are safe around children."

When you order an Innovative Bed System you can have Ian and his team, do the installation or they will ship everything to you, complete with instructions on how to install. "Installation takes about 3 hours," said Fred. "We've been also shipping our systems to other provinces." Ian also explains that they have been doing some deals with recreation condos in Mexico. "We've found some retirement communities in Mexico that really like our beds so we are very excited about the possibility of shipping multiple units down there."

There is certainly lots of excitement about the future at Innovative Bed Systems. Ian and his team are already looking at expanding their showroom and warehouse space and are also looking at the costs to manufacture all components under one roof.

If you want to learn more about Innovative you can visit their web site at www.innovativebedsystems.com or call them at 403-945-1882 or toll free at 1-866-945-1895. If you're looking for something different then you will certainly be impressed by what Ian and his team are offering.

/// Story by Paul Oldford

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Bob The Builder

Canadian Craftsmanship At Its Best

Bob and they ended up in Lavoy where they opened a studio and gallery. They moved a few times before settling in High River in 1996. "Our place in Lavoy, just outside of Vegreville, Alberta, was an old general store that we converted into a gallery." explained Bob. "It would blow our minds that people would drive all the way to Lavoy, just to buy our pottery." said Connie.



It's unusual to find artists who not only create wonderful works of art but also build equipment and tools to help them do it. Well Bob Pike is one such artist, and together with his wife Connie create works of art in pottery and metal from their studio in High River. Their gallery is just full of unique products that they sell all over Alberta, Canada and the US. Everything from porcelain teapots, mugs, and baking dishes to metal ornaments, garden accessories and gates. But what's even more amazing is what goes on behind the scenes in the production of all these products.

There are basically two divisions at Pike Studios. The first is the pottery side which is run by Connie, while Bob looks after the metal works division. Actually Bob has worked in pottery most of his life but due to health reasons had to start working in metal a few years ago, and based on the type of metal art he is now producing it certainly was a good change.

Both Bob and Connie have been doing this type of work for many years. Bob started in leather work in the 1960s after going to the Alberta College of Art. He later moved into pottery in 1971 and then opened a studio in Eau Claire, Calgary in 1973. Connie went to the Banff School of Fine Arts, where she studied pottery. It was there she met

As we sit in the pottery studio, there are literally hundreds of pieces that Connie has made in various stages of production. What's amazing is that all the pieces are unique. It starts out on the potter's wheel and then the pieces are put on shelves to be air dried. Next it is fired in one of the 2 kilns (furnaces) that Bob has built. Not an easy task when you look at the size of the kiln. After firing, the pieces are cooled and then glazed which gives them colour and finish. "When people come to one of our sales, I usually take them on a tour to show them how things are made." said Bob. "Most of them end up shaking there heads, telling us they had no idea how much talent and work are involved to make each piece." "It would take years to teach people how to make these types of products." explains Connie. "Anyone can take pottery courses and learn how to do basic things, but to create these types of products takes many years of experimenting and practice." It's quite apparent in looking at these pieces of fine art that this is certainly something you're not going to find at any big box store.

Bob takes me into his metal works studio and shows me some of work he has been doing as they get ready for

their spring sale. Cutting and shaping metal is no easy task but Bob has all the tools he needs to get the job done. It all starts with a sketch which Bob scans into his computer. He then digitally traces the objects and overlays each piece on a projected sheet of metal on his computer screen. The computer is attached to a plasma cutter, which heats up to 32,000 degrees Fahrenheit to cut the metal. Once Bob is ready to cut out the shape he places a piece of metal, about the size of a sheet of gyproc, onto the cutter. The cutter then cuts out each piece to the exact dimensions of Bob's original sketch. Once cut, Bob has a host of other tools, many of which he created himself, to finish off the pieces. Some tools are used to bend the metal, while others are used for drilling holes or filing off rough edges. Some of the pieces are polished and Bob uses a special coating that ensures the pieces won't rust if they are to be left outside. The pieces are then welded together to produce the finished product. All quite amazing when you see the kind of products Bob is producing.



One of Bob's masterpieces is a huge metal gate he made for the entrance to The Saskatoon Farm (see picture). As Bob shows me around the gallery there are hundreds of different ceramic and metal pieces on display. One item that really caught my eye was a decorative wall made from clay tiles. The tiles interlock together and Bob explains that each tile is extruded using a piece of equipment he designed himself. I should have guessed!

Pike Studios is located at 70-9th. Avenue SE in High River. You can reach Bob or Connie at 403-652-5255 or visit their web site at www.pikestudios.com. It's definitely worth the drive.

/// Story by Paul Oldford



Dinner Just Got A Whole Lot Easier... Entrées Express of Calgary



One of my biggest headaches when I lived alone was coming home at the end of the day and having to cook. All too often I would pickup some fast food or a frozen dinner at the supermarket or if I got sick of that, would just come home and make a sandwich. There were even times when a big bag of potato chips was my evening meal.

For some of us, having to prepare and cook a meal at the end of a hard day at work is something we dread. What if we could prepare delicious meals ahead of time, come home and just heat and serve. Sound too good to be true? Well the folks at Entrées Express may have the answer. Roger Kelley his wife, Suzanne, and sister-in-law Valerie Vasic and brother-in-law Dragan Vasic started their business in Calgary about a year ago. They had seen similar establishments in the U.S. and after doing some market research opened Entrées Express in May, 2005.

As Roger explains the idea behind the business is quite simple. People can come in and prepare delicious meals, which they can then take home and freeze. "We have lots of different recipes that people can select from," said Roger. "When they book a time to come in, we have all the ingredients ready for each of the recipes selected. All the ingredients are cut, sliced, grated, chopped and ready at convenient stations. You assemble the entrées in our kitchen in containers we provide, take them home and freeze them. It's that simple, and when you leave we

provide you with cooking instructions and suggested accompaniments. Plus we do all of the kitchen clean up and carry the entrées to your car."

According to Roger it takes 45 minutes to prepare 6 entrées and each entrée serves 4 adults. "It's a huge time saver for many of our guests," said Roger "Also we have a really good variety of recipes and chances are most people would have to go out and buy the ingredients before they could make these at home."

When they first opening last year it took awhile for Roger and his team to educate the public as to what they were offering. "Some people would walk in off the street, thinking they could sit down for a meal. Others thought that we were cooking the food here and they could just pick it up on their way home. So our biggest challenge was to let people know what we are all about."

So what kind of meals or recipes can you expect to find at Entrées Express. Well this month a few of the dishes include Herbed Pasta with Sundried Tomatoes, Mediterranean Fillet of Sole, Sesame Ginger Beef Stir Fry and Spaghetti and Meatballs. "These would be dishes that are cooked in the oven or on the stove," explained Roger. They also have some great BBQ entrées. Grilled Chicken Breast with Orange Sauce, Teriyaki Salmon, Nutty Apricot Burgers and Summertime Pork Chops are just a few that will make your mouth water.

At the end of each month Entrées Express have a "A Taste of Entrées Express". They prepare 6 entrées that are being offering for the next month and invite the public to come in and sample some of the delicious food. "It's an RSVP event only so people must let us know that they are coming," explained Roger. "We make it a

fun experience for people to taste some of the month's entrées.'

According to Roger there are a couple of ways people can book time to come in to prepare their meals. "They can go to our web site at www.entreesexpress.ca or give us a call," said Roger. "They have to first select the number of entrées they want (6 to 12), and then choose the most convenient day and time to visit our kitchen. And that's about it. We they arrive here we get them to put on their apron, wash their hands, put on gloves and get them started." For cooking novices, like myself, there is no measuring as all the utensils are colour coded or labelled. And if you still need help, Roger and his staff are happy to assist you in preparing your entrée.

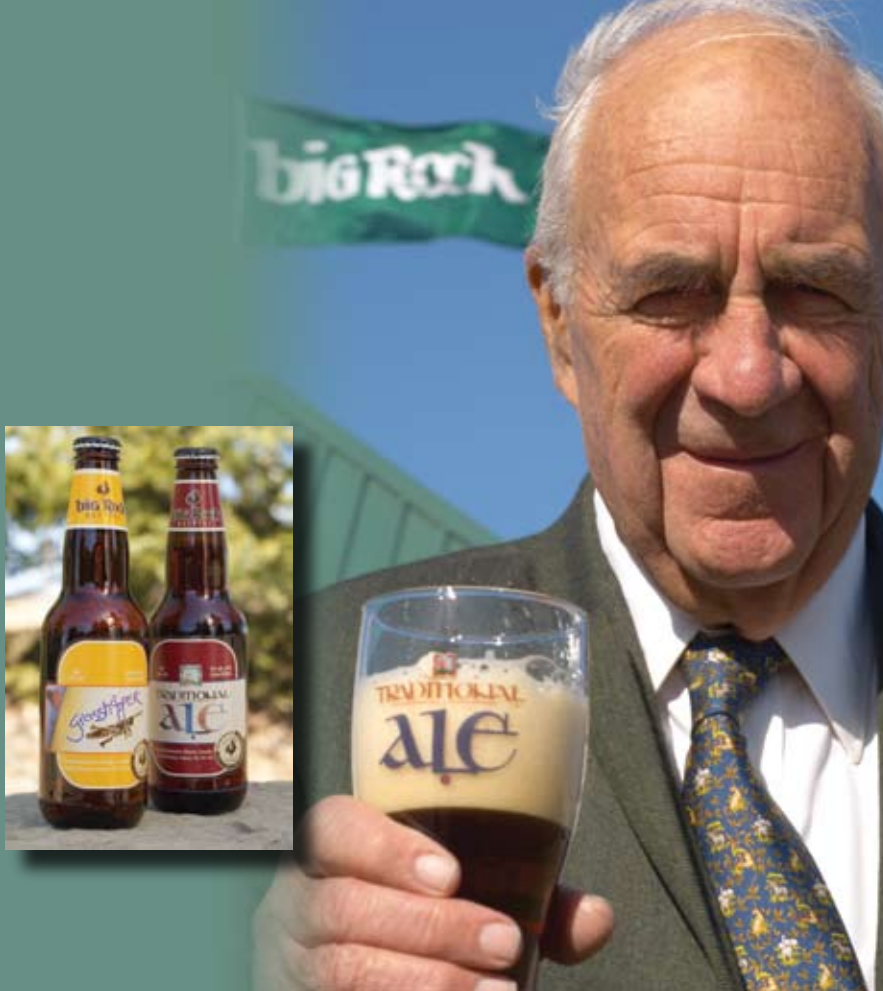
Another option that Roger offers for people who are just so busy that they don't have to come in, is an easy pick up or delivery service. "People call and tell us what they want and we assemble their entrées for them," explained Roger. "They can either stop by and pick it up on their way home or we can deliver." One special offer that Roger and his staff provide to new parents is free assembly and delivery for the baby's first two months.

Friends, family or co-workers can also reserve their kitchen for their exclusive use. "We are seeing a lot more groups doing this," said Roger. "Whether it's a family or office party or just a get together it becomes a fun event, and some people will even bring along a bottle of wine to enjoy while they prepare their meals."

You can find Entrées Express in the Brick Plaza on 9673 Macleod Trail South. They can be contacted at 252-3801 or for all the information you can visit their web site at www.entreesexpress.ca.

/// Story by Paul Oldford





Ed McNally – Alberta's Microbrewery Master

/// Story by Arwen Murphy

Ed McNally first stated, over 20 years ago, "To create a masterpiece no compromise may be tolerated." And still to this day this is the motto at the Big Rock Brewery, so named because of the actual big rock outside of Okotoks that inspired Mr. McNally so many years ago. Alberta icon Mr. Ed McNally is 80 years young and can be found at the brewery every day where he ensures his beer remains of the highest quality; all natural, no chemicals or preservatives, and un-pasteurized.

It all started in 1985. After more than 20 years of being a successful lawyer Ed McNally decided to give it all up and become a barley farmer. He truly loved this lifestyle but 15 years of watching his premium barley fed to cows prompted him to follow his boyhood dream and attempt to open his own brewery.

Being a connoisseur of gourmet beer, and paying a pretty penny for these

import specialty brews, Ed felt there could be a market in Alberta for more than what he found to be the bland and disappointing local beers. Not enough flavor and too much carbonation led him to decide his number one over all purpose would be to create exceptional beers for other discriminating consumers.

After considerable leg work Ed was able to gather enough financial backing through friends and family who believed in him and his vision to get underway. It was an odd time for someone to start an endeavor such as this seeing as Calgary had just been devastated by the recession in the oil and gas industry. Amazingly Mr. McNally attributes this timing, as well as some luck, to the initial success of his microbrewery. He says, "If it hadn't been for the recession we wouldn't have been able to buy property as cheap as we did." He continues on

with his theory of luck being the other half of the equation by telling me the tale of their first bottle washing machine. They ordered a used washer from the U.S. for very little cost and when it arrived they knew why. "You've never seen such a piece of crap!" Ed tells me. His world renowned brewmaster, Bernd Pieper, who had moved to Calgary from Switzerland specifically to aid in the development of the brewery, was appalled! How was he going to work with such a hunk of junk? But, as 'luck' would have it "Within a week of that thing getting here we interviewed a guy from Saskatchewan off the street who told us he'd been operating and fixing one of these machines for a couple of years now. And just like that he had that thing up and running like new!"

The huge success of this company can no longer just be attributed to luck and timing. True to his motto Ed believed that extraordinary people produce extraordinary beer and give extraordinary service. He believes in his employees and hand picked his initial eight when first getting started; not based on experience alone but on their spirit and personalities. The atmosphere at Big Rock Brewery is that of a second home and family according to its employees. Everyone is very close and Mr. McNally encourages one and all to come forward with their ideas and insights.

Aside from the hard work of all involved another contributing factor to the growth and achievement of this organization is the individuality and distinctiveness of each one of the brews that are created. Not only what's in the bottles is important to them, but what's on the bottle as well. From the name given to the beer to the artistic labels applied to the bottles every one is fashioned to represent the flavor and uniqueness of its brew. Traditional Ale, Jack Rabbit (which is Big Rock's first low-carb beer that has already won awards for flavor!), Warthog Ale, and Grasshopper are just a few good examples. Thanks to Big Rock's new Canadian trained brewmaster Larry Kerwin they have also added the very popular Honey Brown Lager to their line.

Brewing 5000 hectolitres of beer (1 hectolitre=100 litres) in the beginning seems a far cry from the over 200 000 hectolitres produced by Ed McNally's microbrewery now, which is steadily increasing with every passing year. Big Rock Brands are sold in every province,



except Quebec and New Brunswick.

Mr. McNally and his extended family of employees are not just focused on number crunching and expansion they're also concerned with giving back to the community in any way possible. Ed is an exceptional individual and has never failed to help out his fellow Albertans in whatever way he can, from the BSE crisis to the flooding throughout the province. Big Rock Brewery is also the first beer company to join with Calgary Police Service in order to promote designated drivers.

Ed McNally's commitment to his community was acknowledged last year when he was awarded the Order of Canada as well as an honorary Doctor of Laws Degree from the University of Lethbridge - Mr. McNally's home town. 2005 was full of milestones for the brewery which celebrated its 20th anniversary.

To commemorate the brewery's anniversary Big Rock has created new packaging for its beers. "When the brewery started 20 years ago, I believed a distinctive beer needed distinctive packaging." stated Mr. McNally. As well he said "When a fella turns 20 he starts thinking about the future and takes stock of his past; he thinks about the people who have touched his life and the lives he's touched; and he buys himself a decent suit."

What does the future hold for Mr. McNally and "the little brewery that could"? Further growth and success you can be certain!

Congratulations to Ed McNally, his family, and everyone involved with the Big Rock Brewery, you all are a great testament to what drive, determination, and ingenuity can achieve.

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Chuck wagons to Movie Sets: The Life of Jason Glass

/// Story by Brenda Christians

Jason Glass is a writer's dream. At the age of 35, he's already chalked up a lifetime of experience. And he's got nearly a century of chuck wagon racing in his blood – great-grandfather Tom Lauder raced in 1924 and won several championships. Grandmother Iris Glass competed in gymkhanas, and Grandfather Ron and father Tom were champion chuck wagon drivers as well.

He always knew he'd end up driving. Immersed in the sport since childhood, Jason started out riding in 1987, then driving in 1989. He's won many awards, and was the World Champion Chuck wagon Driver in 2000. Among his Calgary Stampede awards are two Fan Favourites. He's been fortunate to have no major accidents, just the odd runaway at home. Jason finished the 2005 season fifth in the world.

Jason learns something new every day from family, the horses, and the very talented people he is privileged to work with and be around. He's always happy with what he does, which is a good thing in an activity often called a next year's sport (as in next year we're going to get it). The entire family is supportive, as is Jason's girlfriend Brienne Hurlburt, who takes time out from her job as reporter-anchor for Global TV to go "down the road" with the team whenever she can. His mom, Bonnie James, also comes out from Vancouver Island every summer to help out.

And it seems stunt work, his off-season job, is in his blood as well.

In 1925 actor/director Hoot Gibson paid Tom Lauder \$200 to re-enact a somersault of his outfit for the movie *The Calgary Stampede* (Nelson, 1993). Both Jason and his sister Corry were extras in a movie their dad Tom worked on in 1973: *Buffalo Bill and the Indians*. Jason's first movie, other than *Buffalo Bill and the Indians*, was *Heaven and Earth*. Corry and cousins Chad and Colt Cosgrave are stunt performers as well, and Uncle Reg Glass does show jumping.

Located near High River, Alberta, the Glass ranch is set up primarily for training horses for chuck wagon racing. Chuck wagon horses are thoroughbred racehorses and are used to racing on a track. For the chucks, they have to become accustomed to working on a team, pulling equipment, and having a great deal of fast-paced activity around them. They have to learn to stand at attention, be ready to race, start properly, and turn corners (coming from racetracks, they know how to go straight). This is difficult enough with one horse; chuck wagon drivers are dealing with four at the same time. The horses range in age from the 17-year-old Lauder Issues to 3-year-olds.

"It is important to get the horses to like what they are doing, and the good horses do like it," said Jason. "Like the drivers, they want the adrenaline rush and the feeling of being on the edge. The good horses love to compete." The racing season starts in May, with the first race in Grande Prairie. Then it's on to

Medicine Hat, Lethbridge, High River, Ponoka, Calgary, Edmonton, Strathmore, Dawson Creek, and Red Deer. Two and a half months of full-throttle racing.

According to Doug Nelson's book *Hotcakes to High Stakes* (1993), when Jason started driving "the family built him a chuck wagon as a Christmas present." Iris was ready to paint on the checkers that distinguish Glass family wagons when Tom suggested that Jason might want other colours. Her reply? "Over my dead body he will!" On went the checkers. Jason's love of his family, the sport, and the horses is very clear. When asked why he races, he says that "family and love of horses make me do it."

As a stuntman, Jason finds himself doing everything from riding horses, fighting, and flying through the air on cables, driving cars, fighting, to precision driving. As he says, "Sooner or later you get beat up and, while it is pretty safe, stunt work is always a risk." He recently worked 20 days on the Brad Pitt movie *The Assassination of Jesse James*, and has done stunt work in Alberta and British Columbia, and as far away as Mexico City and Budapest. He's been in more than 25 movies, including *Exit Wounds*, *Snow Day*, *Happy Gilmore*, *Legends of the Fall*, *Romeo and Juliet*, and *I Spy*. "The most fun job so far has been the three months working in Mexico City on *Romeo and Juliet*," said Jason.

Jason has done some acting, too. His acting credits include two movies,



appearances in Lonesome Dove and Dead Man's Gun, and several commercials. The jobs come mostly through Stunts Canada and through stunt coordinators. In his words, "it's a small world and you have to prove yourself." Stunts Canada concurs. As their web site (www.stuntscanada.net) says, it's not a matter of simply signing up to be a stunt performer; you have to work your way up as an extra and be recognized for your abilities.

Both chuck wagon racing and stunt work are hard work, and Jason stays in good physical condition. In fact, the first thing you see when you walk into his house is a home gym consisting of multiple pieces of equipment, right beside the saddle his grandfather won in 1965.

Jason says that without his sponsors (Shaw GMC), the team would go nowhere. In his words, "you can't go down the road without money." Larry Shaw and his wife Carol have been very supportive. Shaw GMC has sponsored Jason for 13 years and chuck wagon racing for 20 years. In fact, the Stampede race is now called the GMC Rangeland Derby. Since 1971, Shaw has provided transportation for the Stampede Queen and Princesses.

As for his personal life, Jason enjoys spending time with Brienne. He enjoys all sports, and plays hockey and racquetball, snowmobiles, and works out, and would like to take up team roping. To give back to the community, Jason speaks at schools and helps raise money for children's charities.

So the next time you hear the klaxon ring out at the Rangeland Derby and Joe Carbury yell, "The horn! And they're off!", stand up and give Jason a big cheer. This hardworking guy deserves it.

Artistic Coffee Anyone?

Cochrane's Java Jamboree



/// Story by Paul Oldford

"And now for something completely different." That's what you'll find if you stop in at Java Jamboree in Cochrane. Les and Ottilia Jaworski, Java's Owners, operate a distinctive and truly unique establishment that is not only getting rave reviews, but offers Lattes with an artistic flare.

A great cup of coffee is certainly a sensory experience for seasoned coffee drinkers. Ask anyone who has visited Italy and you'll find that there's more to coffee than just coffee. The Italians have been making and drinking great coffee, cappuccinos, espressos and lattes for years. According to Ottilia, good coffee is like good wine. It has to be blended from just the right beans, brewed with the right equipment and expertise, and served in a way that makes the drinker pucker up and say... 'wow, now that really tastes great'.

Les and Ottilia opened the Java Jamboree about 4 years ago. They wanted to have an establishment where people could enjoy the same quality of coffee that they would find in Italy. They ended up traveling to Seattle to a coffee trade show where they finally found the coffee blends they were looking for. While attending the fair they also met a coffee blender from San Francisco, who just happened to be a professor of nuclear physics. "Roasting coffee is his passion, and we really liked his blends, so we started getting our coffee from both Seattle and San Francisco," said Ottilia. "We order our coffee by phone about every 2 weeks and have it delivered within a few days. They roast the coffee the day I order it, since it has to be fresh to taste good and we don't serve it after 2 weeks." All the coffee brewed at Java is organic.

According to Ottilia, there is a third wave of coffee establishments coming into Canada. The first wave is all about consumption, while the second wave is about enjoyment and defining specialty types of coffee. The third wave appreciates each coffee for what it truly is and takes whatever necessary steps to highlight the amazing, unique character in every coffee. "Taking a coffee shop to a higher level means several different things," explained Ottilia. "First of all you have to have good

espresso beans. These are different from the beans you use to brew coffee. They are normally a blend of several coffee beans and most of them are secret blends. I had a difficult time finding just the right beans, which is why I get them from Seattle and San Francisco."

Secondly you have to have the right equipment to prepare the different coffee beverages. Java has apparently a unique espresso maker called Synesso, of which there are only 2 in Canada. Espresso is a strong, flavorful coffee beverage brewed by forcing hot water through finely ground roasted coffee beans. In Italian, espresso means "to press", and refers to the pressure applied to the water as it is forced through the grinds.

This type of specialized equipment is also used to make Cappuccinos and Lattes. Cappuccino is an Italian beverage, prepared with espresso and milk. A cappuccino is generally defined as 1/3 espresso, 1/3 steamed milk and 1/3 frothed milk. Another definition would call for 1/3 espresso and 2/3 microfoam. A cappuccino differs from a latte, which is mostly milk and little foam. (A "dry cappuccino" has less milk.) Latte is Italian for milk. Outside Italy it usually refers to one of several types of coffee beverages made with hot milk. In Italian these are known as "caffè e latte" (commonly "caffelatte"), literally "coffee and milk", analogous to (but not the same as!) the French "café au lait", and latte macchiato which is very similar.

Finally it's all about presentation. And what a job Ottilia does when she serves you a Latte. It's called Latte Art and it's becoming very popular in parts of the U.S. and Canada. Latte art refers to the designs drawn in the milk foam when serving latte. Ottilia took courses in Seattle on how to do this and it took her many months of practice to get it right. They even have their own Latte Art championship in North America. Hosted each year in Seattle and Chicago, the top prize is \$10,000. There's even a web site (www.latteart.org) dedicated to this type of artistic design. I must say that the latte Ottilia served me not only looked great but the taste was something I had never experienced before.

Java Jamboree is certainly on to something unique. Not only are they turning heads with their assortment of coffee beverages but the overall décor of the establishment is first class. "We have people coming here from all over to visit us," said Ottilia. "It's great fun and we really want people to enjoy their coffee."

You can visit Java Jamboree at 312-5th. Avenue West in Cochrane or you can reach Ottilia at 403-932-6240.

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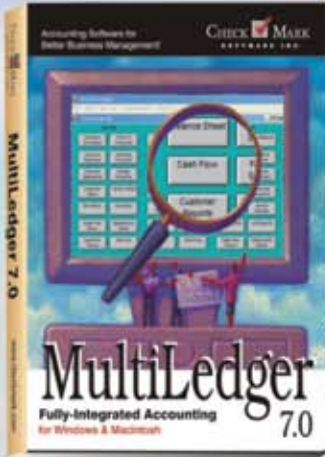

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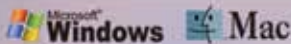
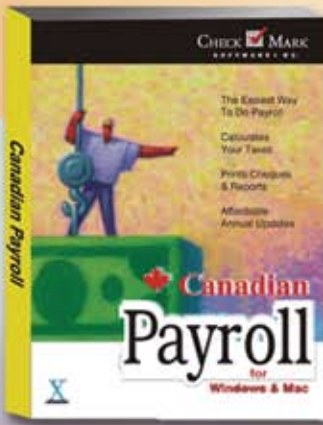


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