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HIGHLIGHTS  
2021

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NOMINEES?

discussing ideas around construction



dirt

Official Publication of the  
Lethbridge Construction  
Association

2022

**#52**  
**IT'S COOL TO BE BLUE:**  
**Celebrating women**  
**in the trades**



**#61**  
**Coming back to life**

Construction almost complete on redesigned  
Post building in downtown Lethbridge



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## Message from the President of the LCA



### DARREN GUENTHER

As things open up more in the coming weeks and months, the LCA looks forward to hosting in-person courses to supplement the virtual learning courses offered.

**As I look back** at my first year as the president of the LCA, we as a construction industry and community have faced and worked through many challenges. On one hand you might think we haven't come any further in dealing with COVID and its relating

impacts to business or how work is conducted on sites and offices. We have dealt with multiple changes to safety protocols for construction sites, offices, and vaccine requirements for various clients. I don't think there is any trade that hasn't experienced supply chain

issues or increases in material, or even trouble finding skilled workers. On the other hand, the construction industry both locally and throughout Alberta has strongly demonstrated and continues to show its resilience in dealing with these issues and factors by designing and

*continued on page 8*

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constructing projects over in the cities across the province.

I have been on the LCA Board of Directors since 2015, having been fortunate enough to be a part of the LCA executive committee, and as a result, also sit as part of the Alberta Construction Safety Association (ACSA) board and currently at the Alberta Construction Association (ACA) level. When I attended my first few meetings it definitely was a “deer in the headlights” kind of feeling! I remember thinking, what are these guys talking about and how do we go about doing anything? What am I able to offer? I believe the answer to that is simply by joining the board and getting involved with subcommittees, having discussions, asking questions with other

board members, government officials, and community members.

Of course, there are many ways to get involved, starting with sitting on boards such as the ACA or LCA. But as members it is important to let your issues be known and be part of the discussions. More often than not, others have been in the same situation before or presently. The LCA is that voice for you to be heard. Our main objective is to be the voice of construction in southern Alberta and to make sure our members see the value of their membership.

As things open up more in the coming weeks and months, the LCA looks forward to hosting in-person courses to supplement the virtual learning courses offered. The LCA will continue

working with the Alberta Construction Association to offer Upcoming Changes to Prompt Payment Legislation seminars later this year. Although still mostly online, the LCA offers a number of education and training opportunities for the industry. Call the office or check on our website for more details. I would also encourage members to drop by the LCA office and chat with our executive director Erin Low and her executive assistant Alex Hill. Erin is a great source of what is going on and what might be coming up and is always up for a quick chat.

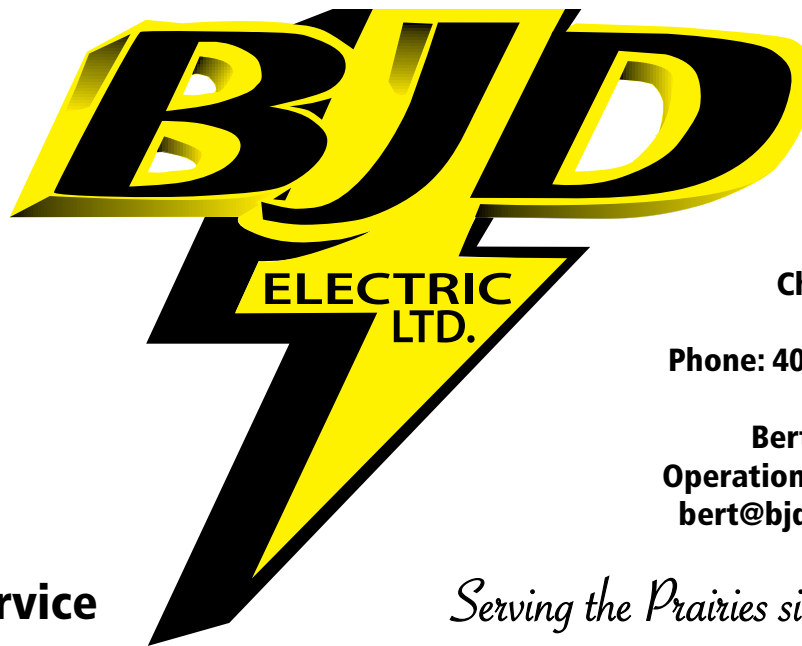
On behalf of the LCA Board of Directors, I would like to wish all members a safe, productive, and positive 2022. ▲

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## Message from the Executive Director of the LCA



### ERIN LOW

**Well, it has been** quite a long and often painful two years of surviving a pandemic, but I think I finally see a light at the end of this tunnel. Once again, I can't help but be grateful for the way in which the commercial construction industry and various stakeholders have continued to adapt, remain resilient, and keep moving forward in the face of adversity.

The COVID-19 pandemic has had a profound effect on all of construction, not just locally, but globally. We are all affected by this. In light of that, the Lethbridge Construction Association (LCA) will continue to support, encourage, and adapt in the months ahead to find ways to do whatever we can to support and encourage each and every member as they adjust to

whatever the future of construction in our communities may look like.

Over the past year, the LCA has continued to support the Alberta Construction Association's work with the Government of Alberta's progress of the Builders' Lien (Prompt Payment) Amendment Act, which has just been finalized and will be legislated THIS August 2022. We've begun working with the Alberta Construction Association (ACA) to bring information session so that we can all be prepared for the changes that will affect us all.

This year we are excited to feature three amazing local journeyman tradeswomen who are known to many of you for their work and skill within our industry. Meighan, Carly, and Courtney were superstars for agreeing to be

photographed for this year's cover. Their stories are very real and certainly not easy, but we have the utmost respect for what they have endured and accomplished. They are role models for girls and women everywhere who question considering entering the trades. Once you have read these stories, I encourage you to check out 15 exceptional Women in Construction individuals who were nominated by their peers and employers for the amazing work they do in construction locally. The future is looking bright!

Once again, on behalf of the Lethbridge Construction Association, I thank you for being a valued LCA member and for trusting us to be your voice of the construction industry in Southwest Alberta. ▲





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*The 2022 LCA Board of Directors : (L to R) Ryan Hubley, Link Builders; Bryan Alexander, Tetra Tech Canada; Jonathan Hamilton, Tollestrup Construction Inc; Erin Low, LCA executive director; Jesse Potrie, FWBA Architects; Darren Guenther, DMT Group; Richard Thiessen, Silver Ridge Construction Ltd; Colin Ward, Ward Bros. Construction; Chad Borne, Borne Industries; Peter Principalli, McNally Contractors (2011) Ltd; Ben Guliker, Nitro Construction Ltd; Justin Fisher, Simpson Plumbing; Dan Wood, MPE Engineering; Hayley Feyter, Zero Gravity Crane & Rigging Inc; Jeff Wiebe, KB Heating & A/C; Francis Rankin, Southwest Design & Construction Ltd; Evan Barr, Neu-lite Electric Inc.*



# ASK THE DIRT CREW!

What are the perks of being a woman in the construction industry?

**In talking to women** working in the industry, we have heard that if you are good at what you do, you can more easily gain the respect of your peers, which then leads to more personal satisfaction, and this can be very personally rewarding. The perception is that it is often harder for women to get their foot in the door; however, employers have reported that women can often show greater attention to detail and check more boxes of desirable work traits than men.

### What can we do to support more women in the trades?

Historically, the commercial/industrial construction industry has been predominately male. However, we have seen a greater representation of women in recent years. The stereotypical perception that working in the trades means walking around with a hammer or plunger in your hand in

large part can not be further from the truth. So, what else can women do in construction? Anything they want!

If you are good in math, you would be an excellent project manager, estimator, engineer, architect, site superintendent, to name only a few. Like to be physical and work with your hands? You could train to become a craftsman carpenter or woodworker, plumber, electrician, sheet metal worker, heating and air conditioning, or form concrete foundations. Enjoy machinery? What about a heavy equipment operator, crane, or forklift operator? Don't forget about the well-being of your peers as a safety codes officer. The opportunities in construction are only limited by your imagination. The sky is the limit if you are willing to open your mind to new possibilities.

*Want to learn more about some amazing women in construction? Be sure to check out our three phenomenal journeyman tradeswomen in our It's Cool to be Blue feature on page 52. But don't stop there, keep reading about a number of local exceptional women in construction beginning on Page 66. ▲*



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## Greetings from Prasad Panda, Minister of Infrastructure

**On behalf of the** Government of Alberta, I am pleased to extend greetings to the membership of the Lethbridge Construction Association.

Alberta's government is committed to protecting the lives and livelihoods of Albertans by investing in critical public infrastructure projects that will boost our economy and support job growth.

The 2022 Capital Plan has invested over \$20.2 billion over three years to build and maintain essential public infrastructure such as health facilities, schools, roads and bridges, and government buildings where important services and programs are delivered. These projects are expected to generate 19,000 direct jobs and 12,000 indirect jobs each year.

Here in Lethbridge, there are important projects that are under construction, or

are in the planning and development stage. This spring, construction will start on a new 50-bed recovery community project, that will provide long-term residential addiction treatment and we are proceeding with design and future construction of a new elementary school.

Projects like these are moving ahead throughout Alberta right now, and Alberta's construction sector labourers, tradespeople, and employers are vital to our success.

These projects are addressing local priorities, creating thousands of good-paying jobs right now, supporting local businesses and attracting investment into our communities, laying the foundation for the private sector to grow and create thousands of good-paying jobs.

These efforts have positioned Alberta to retake our rightful place as an

economic leader in Canada. Alberta's innovative construction sector is playing an important part in the development that is taking place here in the province.

Each and every one of you are vital partners in the future of our great province and the work you do every day is making Alberta a better place to live now and for many years to come.

The impacts of a world-wide recession and the COVID pandemic have only increased our resolve to build a stronger economy and position Alberta for an era of growth and Alberta Infrastructure is delivering on that commitment.

Together, we are making Alberta a province of prosperity for everyone, a destination for investment, good jobs, and a place to raise your family. ▲

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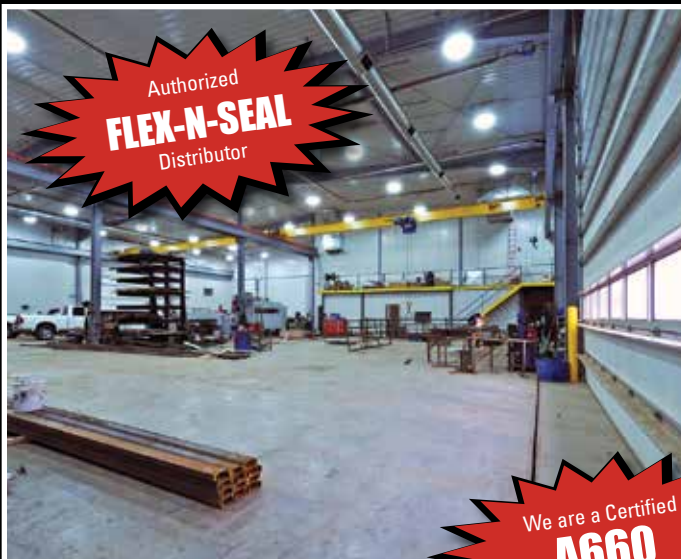


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## Message from the MLA of Lethbridge East



### NATHAN NEUDORF

**I'm thrilled, once again,** to be sending greetings to an industry so close to my heart. Construction in Lethbridge represents so much – not just as an economic driver, but as a key part of our city's community. The way we engage in business transactions – from idea to design to finished product – represents an incredible amount of dedication, teamwork, and commitment to excellence.

This year, in alignment with the Women in Trades theme, I would like to highlight two women that stand tall in Lethbridge's construction industry: Hayley Feyter and Theresa Yauck, whom I'm privileged to know as both friends and colleagues. I was particularly thrilled when they both sat on the LCA (Lethbridge Construction Association) board and offered their thoughts and ideas for several years.

Theresa Yauck is the senior interior design, technologist, and associate at FWBA Architects and oversees a team of interior designers. Yauck started with the company 17 years ago and has since watched it triple in size.

Yauck's construction career started when she took interior design and merchandizing at Lethbridge College. Originally hired as a designer for hospitality furniture, her desire to design commercially later led her to apply at an architecture firm, and she's never looked back.

Founded in 1928, FWBA is the oldest continuing architectural practice in Western Canada and has expanded from Lethbridge into both Medicine Hat and Calgary; essentially resulting in projects all over southern Alberta and Saskatchewan. While the firm primarily

focuses on health care and education-related projects, they've also branched out into high-end residential design, boutique hotels, and municipal buildings.

Yauck has seen a change gradually taking place with the involvement of women in the construction industry. "15 years ago, I rarely saw women on commercial sites; now I see a much stronger presence, in all sectors. It's nice to see that they're not afraid to jump in and get involved," she says.

After sitting on the LCA board for four years, Yauck described her experience in glowing terms, saying she felt welcomed and appreciated for her ideas. She recently shared with me the reward in seeing large commercial buildings come to fruition. After designing, working with the general contractor and each trade, she said there's no words to describe walking through a building and viewing the finished product. "You get to see the results of all the hard work paying off, it's really quite special."

Granted, it's not all rosy. There've been significant difficulties in the last year, specifically due to supply chain shortages and long lead times for material. Yauck shared that trying to keep projects on schedule and on budget has been an immense challenge.

Again, the strength is shown in community. Yauck shared her experience connecting with designers across the city, meeting to share resources and knowledge. She said Lethbridge possesses a community that isn't present within larger urban centres, providing a wonderful support system. "We're all in this together, we all want to practice best standards and design

something beautiful for our city."

Hayley Feyter is part owner and operations manager at Zero Gravity Cranes and Rigging. When Feyter was in school for her finance degree, she helped to develop a business plan for Zero Gravity, later hopping on board with the company when she finished school. Starting as a laborer in 2005, Feyter has worked her way up since then, not only building her own career, but also developing what is now a thriving Southern Alberta enterprise.

Zero Gravity's goal is to have a company that people love working at. Feyter says they've sought to be family-orientated, provide exceptional customer service and go above and beyond for their customers, showing fairness and honesty in all their dealings. In true Albertan spirit, she described Zero Gravity's staff as their greatest asset. "We have the best employees – hands down. It's not just about the company, we want to help them grow in their individual strengths and careers."

Feyter says originally, she stumbled into construction, but has now come to see how much of a need the industry has for the strength and attention to detail women offer. "Women are multitaskers, we can do a lot with a little. Because we're such strong multitaskers in a demanding zone, the more women we have in construction, the stronger the companies will become. Some of the best trades people I've met have been women."

After Feyter received a small nudge from yours truly, she joined the LCA board for five years, describing now that a wealth of knowledge sits around the LCA boardroom table. Like Yauck, Feyter

reiterated that it's all about interacting with other owners and stakeholders in the industry, as well as having a place to offer input and build relationships.

Similar to challenges FWBA encountered, Zero Gravity has met with staffing shortages and a low availability of qualified labour due to a combination of federal government legislation and COVID-19.

But despite this, Feyter says staff at Zero Gravity came together, supported each other, and that over the last six months the construction market has picked up. She spoke again to what I so firmly believe, that the construction industry in our city is phenomenal, representing one of Lethbridge's biggest strengths. "Our city is amazing at using local trades instead of outsourcing. For me, it's all about the people I'm surrounded with. I chose this industry because I love the people that work in it."

These two women represent an ever-growing segment within the trades, bringing ingenuity and creativity to the workplace. Their passion and engagement helped them become the first ever women to join the LCA board while I was president, and it was an honour and privilege to have them there.

In closing, I would like to thank each and every trade person for everything you do, day in and day out. Whether your role is drafting the plans or putting on the final coat of paint, each of you plays a vital role in building into Lethbridge – quite literally. Each part done with excellence leads to a better whole. I'm proud of what this industry has become and proud of the impact it has on our city. Keep up the exceptional work! ▲

**Check out Women in Construction nominees on page 66.**



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## Message from the MLA of Lethbridge West



### SHANNON PHILLIPS

**The world has changed** significantly since the last time I had the opportunity to provide greetings to the LCA. Last year we were still fully in the grips of the COVID pandemic, with our province's economic future increasingly uncertain. I am happy to say that things in Southern Alberta are looking significantly better thanks to the hard work of yourselves and all of our neighbours coming together, doing right by our community, and fighting back against the public health and economic headwinds that the virus created for all of us.

While COVID will remain with us in the years to come, and is still a reality on which we must keep a watchful eye; our communities are beginning to emerge from the hard days of the last two years. There are, however, so many new challenges that have become a part of our lives. From the increased cost of doing business in our province to the deeply troubling events abroad that are

driving up input costs for your sector, and the continued challenges related to workforce training and development, your sector and our province still face tough days ahead. To help us through this next stretch of bumpy road, we require the steadfast support of governments both provincial and federal to maintain meaningful and stable capital plans, and to provide strong economic fundamentals that create confidence among investors and homebuyers. These two items won't just ensure that our economy is more resilient and stable in the face of the next shock, but it will provide the resources, infrastructure, and spaces that will make our communities and families stronger and more prepared for the future.

As builders, you understand how important investment and stability is to creating jobs and prosperity. Governments that fail to see the value of the former inevitably risk the latter.

That's why I'm troubled that despite the current need for investment, several key infrastructure investments in our community remain unfunded by the province. We need to invest in local projects like the Highway 3 bridge, one of the promises made by the government during the last election, and so many other projects – including significant enhancements to our region's school capital portfolio – to make sure our communities have the capacity to grow and support new opportunities. The members of the Lethbridge Construction Association are vital to the economic strength of our city and I encourage members to continue to speak up about their concerns. Together we can provide support and a voice for the members of the construction community.

Thank you to all the members of the Lethbridge Construction Association for your hard work and support of your neighbours this year. You build Alberta! ▲



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## Message from the Mayor of Lethbridge



### BLAINE HYGGEN

**On behalf of Lethbridge** City Council, it is my pleasure to provide you with updates from the City of Lethbridge.

Over the last few years, the City of Lethbridge has proven its resiliency throughout the COVID-19 pandemic and has maintained a strong economy. This can be attributed in part to the adaptability of our local construction industry and the leadership of our organizations dedicated to the growth of the City of Lethbridge.

The Lethbridge construction industry continues to contribute to the stabilization of the economy by meeting the city's growing needs. The Lethbridge Construction Association continues to demonstrate leadership, innovation, and helps its organizations capture the spirit of entrepreneurship.

Our city continues to grow, and in 2021, we saw the completion of many major projects. This includes completing the construction of Fire Station (#5)

In 2022, we will continue to see construction progress of the Agri-food Hub and Trade Centre at the Lethbridge & District Exhibition Park.

located in West Lethbridge, which helped to alleviate the expanding population growth pressures.

Additionally, the ongoing terminal renovation at the Lethbridge Airport included a new hold room, washroom, and the design of an upgraded water service. The airport terminal renovations will support current and future passenger activity and the upgraded water service will ensure proper water supply for fire response at the airport.

We have many projects underway for 2022, including the completion of the new Festival Square Market Plaza. This will be a versatile, active, and engaging public space for people and the local businesses in the area. The main draw will be its offering as a year-round

permanent market space with supporting infrastructure to support local producers, artisans, and craftspeople with a place to sell their wares year-round.

In 2022, we will continue to see construction progress of the Agri-food Hub and Trade Centre at the Lethbridge & District Exhibition Park. This project, and many others underway, will keep the construction industry stable in Lethbridge.

As the city continues to invest in infrastructure, projects, and new opportunities for the community, we know that the LCA will be a partner in ensuring Lethbridge continues to thrive. We look forward to continue building a brighter future together for Lethbridge. ▲



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# CCA FOCUSED ON HELPING MEMBERS BUILD CAPACITY



**Our initiatives include securing robust, long-term investment in infrastructure, positioning the industry as a first choice for careers and fair procurement**



Canadian  
Construction  
Association

By Mary Van Buren, President, Canadian Construction Association

**There is no debate.** The infrastructure we design, build, and maintain must anticipate a rapidly changing world, where future climate, technologies, and social needs will be very different from today. But to achieve this, we need a considered and coordinated national plan backed by a long-term investment strategy.

Infrastructure enables trade, powers businesses, connects workers to their jobs, creates opportunities for communities and protects the nation from an increasingly unpredictable natural environment. It also supports workers, providing millions of jobs each year in building, design, and maintenance, accounting for over 1.4 million jobs in Canada.

Our industry can be the path to green and the road to economic recovery.

There are however some significant challenges to the industry realizing its full potential. As the industry's national advocate, the Canadian Construction Association (CCA) has been working to support members in your continued success and to remove roadblocks.

This includes ensuring the federal

government procures fairly and transparently, that there is a consistent and long-term infrastructure investment plan, and finally, that our industry is seen as a career of choice.

These issues will be CCA priorities for 2022, and were already raised with key elected parliamentarians during our annual Hill Day on November 30 and in our response to the federal government's National Infrastructure Assessment. Backed by our 60+ integrated partner associations, we reinforced the need to develop a long-term infrastructure investment strategy, secure the right skills for the industry now and in the future by attracting a diverse and inclusive workforce, and expand project delivery models that support fair procurement.

## **Investing in infrastructure will secure Canada's growth economy**

Setting national goals around building sustainability into our infrastructure is key to our future economy. The economy needs reliable infrastructure to connect supply chains and efficiently move goods and services across borders. The funds must be predictable, flow quickly, and be

aligned with provincial, municipal, and Indigenous needs.

The creation of an independent advisory body can align governments at the provincial and municipal level to address infrastructure deficits across Canada. The stability of having multi-year project pipelines, based on evidence and independent expert advice, would also enable the development of the necessary skilled workforce and encourage private sector investment.

The CCA has also been working with partners and stakeholders to build a business case for increased investment in the trade-enabling infrastructure. The Western Canada Trade Gateways & Corridors Initiative (WCTGCI) brings attention to the importance of the Western Canada trade corridor to Canada's future economic growth. Sustained, predictable, strategic investments in trade-enabling infrastructure will propel the country forward as a place for foreign investment, building supply chain capacity, and supporting innovation and emerging technologies. *continued on page 24*

The CCA has also been working with partners and stakeholders to build a business case for increased investment in the trade-enabling infrastructure.

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The construction industry is facing a serious workforce shortage that will impact our progress on building for the future.

### Supporting value and innovation through fair and transparent procurement

With productivity and sustainability issues on the rise, including net-zero carbon targets and shortages in material and labour affecting profit margins, now

is the time to modernize procurement practices. To build the infrastructure needed across the country and recruit the workforce of the future, federal procurement strategies need to adapt to encourage innovation, include contractors earlier in the process, account for long-

term value and sustainability, promote the use of alternative delivery models, and support shared risk.

### Building the workforce of the future

The construction industry is facing a serious workforce shortage that will impact our progress on building for the future. Skilled tradespeople cannot be created overnight. Now is the time to focus on building workforce capacity and boosting skilled training programs.

Find out more about our Talent Fits Here campaign at [www.talentfitshere.ca](http://www.talentfitshere.ca), and support it by re-sharing it. Or take advantage of our resources on Diversity, Equity and Inclusivity at <https://www.cca-acc.com/workforce-excellence/diversity-and-inclusion-a-call-to-action/>.

A strong federal partner is also needed to help the industry recruit, train, and retain tomorrow's workforce. Applying quotas when the workforce simply does not exist will not solve the root issues. Instead, the industry must be seen as a career of choice, particularly among underrepresented groups.

### Stay in touch!

Canada will be counting on the construction industry to build back better. You can count on CCA to be a collaborative partner to the Lethbridge Construction Association, providing helpful tools, sharing best practices across the country and being your voice with the federal government.

Stay in the loop by subscribing to CCA's newsletter at [bit.ly/ccasubscribe](http://bit.ly/ccasubscribe), by following @ConstructionCAN on Twitter, or by looking up Canadian Construction Association on LinkedIn.

Please email me at [mvanburen@cca-acc.com](mailto:mvanburen@cca-acc.com) if you have any feedback or comments on how the CCA can serve you better. ▲



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# ACA ADVOCACY UPDATE



By Ken Gibson, Executive Director, Alberta Construction Association

## **Prompt pay in force August 29, 2022**

Prompt pay comes into effect for contracts signed after August 29, 2022. Together with local construction associations, the Alberta Construction Association (ACA) is coordinating education for members. This started with answers to frequently asked questions disseminated in early March. Consult your construction association for webinars planned for April.

The industry consortium of the ACA, Alberta Trade Contractors Coalition, Alberta Urban Municipalities Association, and the Consulting Engineers of Alberta continue to work towards submitting a proposal to government to act as a nominating authority to accredit prompt pay adjudicators and manage the adjudication process. The ACA is concerned that the proposed administrative responsibilities contemplated in the regulations run counter to the goal of affordable costs borne by parties to an adjudication.

The ACA continues to lobby government to commit to comparable prompt pay and dispute resolution processes for projects under the Public Works Act.

## **Three big ideas for public infrastructure to enable economic recovery and growth**

The ACA believes publicly funded infrastructure can be an enabler of economic recovery. Independent research in Canada and abroad has confirmed the importance of public infrastructure to boost economic productivity and support trade-enabled prosperity. The following issues limit the role of public infrastructure in fostering economic recovery:

- Lack of transparency and variability regarding future projects, funding, timing, delivery, and project budget, impacting industry's ability to plan. It takes years of steady work to produce skilled design consultants, tradespeople, and project managers. Swings in infrastructure spending inevitably leads to periods in which industry capacity can't meet demand without price increases at the expense of taxpayers.
- Relations that are contractual and transactional rather than collaborative.
- Inappropriate allocation of risk designed to ensure the negative single occurrence is never repeated.
- Contractual terms that are unquantifiable, uninsurable, and/or infeasible for the contractor to meet.

- The revision of GoA agreements removing all forms of alternative dispute resolution, leaving the courts as the only option.
- Lack of acceptance of industry recommendations to improve timely completion of projects.
- GoA decision making is slow, impacting costs within a rigid delivery schedule.
- Contractor selection primarily based on low price treating construction as a commodity rather than selection on best value and innovation treating construction as a specialized service.

The Red Tape Reduction Construction Industry Panel have consistently affirmed that industry's concerns remain an urgent priority to resolve.

In order for publicly funded infrastructure to fully contribute, there are three big ideas to address current constraints and unleash the full potential of this key enabler. The three mutually reinforcing ideas to address common issues are:

### **1. Certainty**

### **2. Partnership**

### **3. Value**

Possible approaches to achieve certainty, partnership, and value include:

- Specifying a predictable long-term capital plan with certainty and consistency of funding
- Utilizing asset management planning to inform the capital plan
- Funding the capital plan – a look back at the 2003 capital account
- Utilizing a public utility model
- Ongoing meaningful dialogue with industry to share multi-year capital programs; understand industry capacity, and receive industry input on appropriate selection of form of project delivery
- Moving to a suite of common contracts for the various forms of project delivery for vertical infrastructure across public owners. This common suite of contracts must address inappropriate risk allocation and onerous/infeasible contract terms by working towards modified CCDC contracts to ensure contracts are balanced across contracting parties
- Independent procurement/project management agencies

*continued on page 28*

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- Adoption of collaborative forms of project delivery as the standard
- Enhancing the opportunity for local knowledge and services in delivering on Alberta's infrastructure needs
- Moving away from low bid to best value procurement

**Multi-year Major Retrofit Program essential**

The sixth Intergovernmental Panel on Climate Change working group report released in August 2021 makes for sober reading. In the words of the panel:

*"It is unequivocal that human influence has warmed the atmosphere, ocean and land. Widespread and rapid changes in the atmosphere, ocean, cryosphere and biosphere have occurred.... Human-induced climate change is already affecting many weather and climate extremes in every region across the globe."*

Alberta is Canada's largest emitter of greenhouse gases. Alberta residential and commercial buildings are among the highest GHG emitters per square metre of building area across Canada.

In the last 10 years, extreme flooding, hail, and wildfires have destroyed numerous Alberta buildings with insured losses of \$7 billion.

While there has been a promising start within Alberta and much success to build on, one national estimate is that current retrofit rates are below one per cent for low-rise residential buildings and 1.4 per cent of commercial building floor area, with retrofits achieving shallow rather than deep energy savings.

Building retrofits generate employment and GDP, with benefits spread across the entire province. Annual public and private costs totaling \$5 to \$9 billion per year over the next 30 to 15 years can achieve a zero-carbon building stock for Alberta.

The ACA will be working with others to advocate that all three levels of government enact a coherent and mutually reinforcing policy framework and share of funding of a major building retrofit multi-year program with annual progress reporting to the target of a zero-carbon Alberta building stock by 2050. Retrofits should encompass resilience to natural disasters given the changes in climate. Sustained multi-year public and private investment is necessary to allow the development of a construction workforce skilled in delivering high-performance building retrofits along with the supply chain to provide the necessary materials and technologies. One promising program is offered by SOFIAC. SOFIAC is leveraging private and public funding to act as a super energy services company that allows aggregation of small projects. SOFIAC is interested in expanding operations into Alberta. The ACA is advocating government incent SOFIAC as an additional funding source for Alberta projects.

**Workforce development**

Construction's contribution to Alberta's future prosperity is dependent upon the right numbers of skilled trades professionals with the right skills at the right time. The ACA plans to engage with industry to identify needed policies and gaps in programs to promote development of local sources of workers, improve interprovincial mobility, and optimize the use of foreign talent. The ACA is advocating for a stronger role for industry under the new Skilled Trades and Apprenticeship Education Act. The ACA applauds the Provincial Government for financial support of a number of ACA pilot projects to develop skills and recruit and retain workers. ▲



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# GOLD SEAL CERTIFICATION YOUR TOOL TO NURTURE YOUR TOP TALENT



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By Chanel Roberts, Manager, Education and Gold Seal Certification Program  
Canadian Construction Association

## The Canadian Construction

**Association's (CCA) Gold Seal**  
Certification program can help your company attract, grow, and retain top talent. Through competency assessments, professional development, and continued mentorship, this professional certification program is focused on helping the industry achieve excellence through education, training, and skills development.

## Use competency assessments to nurture talent

Many a great foreman, estimator, project manager, safety practitioner, or superintendent starts in a different role and moves up the chain over the years. It is important to have a formal framework to identify talent, discuss future opportunities, and chart a learning and mentoring path for progression.

Gold Seal's competency assessments, which form the heart of its program, can help guide the growth of the skills of your workforce. The assessments define the knowledge, skills, and abilities that construction professionals working in Gold Seal designations should possess regardless of company field, size, or geography.

"One of the great things about competency assessments is that they can be used for much more than Gold Seal exam preparation," says Alistair Robertson of Learning Forty-Two, an adult learning and development specialist who led the most recent update of Gold Seal designations and exams. "HR departments, managers, and



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employees can use them to help identify areas for ongoing skill development through relevant training or other learning opportunities. The competencies themselves can even be used to help hire new and evaluate existing employees.”

Lunch ‘n’ Learns are helpful tools to get employees excited about Gold Seal. The CCA organizes public information webinars and can also deliver one tailored to your company or group.

Getting your project recognized as a Gold Seal project is also a great way to get all eligible jobsite staff certified, subtrades included, and gain visibility for your commitment to professional development.

**Get the best people for the job**

Including information on Gold Seal Certification in your website’s careers section and in job postings can benefit your company in many ways. Having a clearly defined and articulated way of growing talent and investing in professional development is a big perk for applicants and can help differentiate your company from the competition. By asking for the certification in job postings or by listing it as an asset, you can showcase your appreciation of professionalism and your support of professional development.

**Prevent the brain drain**

According to the job site Indeed, “no room to grow” is the top reason why people leave their jobs. Knowing that your employer invests in their staff is a strong motivator.

Establishing a mentoring program where Gold Seal Certified staff members help those who are just starting on their process is a great idea. Some companies have appointed an admin, HR, or training contact to assist with applications.

**Celebrating success**

When your staff members receive their GSC, that’s cause for celebration! Some ways that employers can mark this occasion include framed certificate presentations and newsletter, website,

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The Gold Seal Certification program is focused on helping the industry achieve excellence through education, training, and skills development.

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When your staff members receive their GSC, that's cause for celebration! Some companies proudly display their employees' GSC certificates on a special wall.

or social media announcements. Some companies also proudly display their employees' GSC certificates on a special wall.

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The historic Post building in downtown Lethbridge, with a new look both inside and out. PHOTO COURTESY OF COALBANKS CREATIVE INC.

# NAVIGATING THROUGH THE UNCERTAINTY OF AN UNPREDICTABLE ECONOMY

By Trevor Lewington, Economic Development Lethbridge

**Trying to predict the** state of the world and how it affects the southern Alberta economy has kind of felt like a roller coaster recently. The ups and downs of health and safety restrictions surrounding the COVID-19 pandemic seem to be stabilizing as health-care professionals and governments gain a better understanding of what they are now dealing with. Supply chain

and logistics pressures have been experienced in every sector in every corner of the globe because of wild weather and shipping container shortages. Now we are dealing with the uncertainty of what the future holds for countries not only in eastern Europe, but how the events in that region have an impact on a global scale.

What we can look at with more

confidence is what is happening locally in our city and region, and to be honest there are a lot of positives and a couple items that need some work. According to the most recent Lethbridge Brighter Together business survey, 74 per cent of respondents felt positive about the health of their business, which was up from 63 per cent in 2020. Most businesses in southern Alberta feel

the worst of the pandemic is behind them; they have weathered the storm so to speak and over 60 per cent of businesses are expecting to be busier than normal over the next six to 12 months. This is great news for our region, and organizations like Economic Development Lethbridge are working with businesses in the region to offer tools and resources for the business community to succeed. Our recent survey found that businesses are looking for help developing digital tools to automate processes, simplify systems, and market themselves online.

After seeing some of the lowest unemployment rates for any Census Metropolitan Area (CMA) in the country over the final few months of 2021, levels have risen steadily into early 2022. In August of last year, the Lethbridge CMA unemployment rate sat at 4.5 per cent, compared to the January 2022

number of 7.5 per cent. Having a look into employment by industry over the past couple of years has seen the health care and social assistance sector grow by 4,800 jobs in our region since January of 2020. This industry has seen the highest increase over the past two years while the wholesale and retail trade sector has experienced the biggest drop in employment since January 2020, with 4,200 jobs lost since that time.

The construction industry has also seen a significant drop in employment over the past couple years. With 3,400 less people working in the construction sector in the Lethbridge CMA than there were in January of 2020, this sector can hopefully rebound in the back half of 2022. The lack of “major” projects in the region may be one of the contributing reasons for the decline of employees in the construction industry.

The Lethbridge CMA had 639 housing

starts in 2021. This number includes 361 single dwelling starts and 278 multi-unit starts. Although this number was higher than 2020, Lethbridge housing starts remained even with the 2019 number. That recent stall in growth placed Lethbridge last in housing start growth compared to all other Prairie CMA's.

Economic Development Lethbridge knows that additional investment into our region combined with helping existing businesses to expand leads to more work in the construction industry. We continue to collaborate with all levels of government, partner organizations, associations such as the Lethbridge Construction Association, and others to make Lethbridge a bright choice for businesses of every sector and industry. Whether it is finding solutions for the high cost of energy or advocating for a regulatory change – please let us know how we can be of service. ▲



Construction continues at Exhibition Park, the new Agri-Food Hub is expected to be completed in 2023. PHOTO COURTESY OF EXHIBITION PARK LETHBRIDGE.

# TOASTS

We would like to give a big thank you to **DMT Mechanical** for always getting the job done successfully and on time. It is always a pleasure to work with you and your team.

The past year has been tough on a lot of industries, but with the help of **Simpson Plumbing** we have continued to be able to provide the best. We couldn't have done it without you.

A toast to **D.A. Electric**. Thank you for the professionalism shown on and off the job sites. We appreciate all of your hard work and dedication to our projects.

Special thanks to **1st TechniCall**. Whenever we have problems with our security system, they are very quick to send someone over to deal with it. Their installation of the cameras is done very professionally, and they really seem to know their stuff.

A Toast to **Zero Gravity**. I know how hard it is to coordinate contractors while trying to keep everyone happy. They are always on schedule, prepared, and ready to work when they show up. They do an amazing job which is not easy given some of the locations they work in.



Have a Toast? Email LCA your submission now so you don't forget for next year!

# TOASTS

To all the staff at **Nitro Construction** – everyone is a pleasure to work with and we appreciate all the hard work you put into your projects.

A **Toast to the industry in general**. The last two years have been challenging and the fact that no major COVID outbreak happened on a construction site is amazing. With our trades and crews bouncing from jobsite to jobsite, the potential was there for a super-spreader event, but we all managed to keep the virus at bay. We are not out of the woods yet, but hopefully a lot closer to the edge of it.

A Toast to **1st TechniCall Systems Inc.** Their response time, efficiency, and knowledge always make it easy to resolve our issues. With the change in ownership, and want to say a big thank you to Dan & Doug Sawatsky for all their hard work, patience and care they put into the industry over the years. Good luck in your retirement and all the best to the new owners!

A toast to **all members of the LCA**. These last few years have been very challenging. It is remarkable how everyone has worked together on projects to overcome the many obstacles we have had to face because of COVID-19. Great work to all as we adapted to complete these projects and carry on as an industry.



# TOASTS

I want to give a shout out to **Tollestrup Construction Inc.** They are providing the City of Lethbridge and surrounding area with high-quality infrastructure that is out there for all to see and will be for years to come. They are a proven competitor to McNally Contractors Ltd., and healthy competition only serves to make us all better at what we do. All the best to the Tollestrup team.

To all the amazing trades and their suppliers that helped make the re-construction of 3rd Avenue South a success. **Whissell Contracting, D.A. Electric, Bos Scapes, Martin Geomatic Consultants, Wood, Line West, MPE Engineering, Drain Master, Inland Concrete, and Badger Daylighting.**

Toast to **Zero Gravity** for always going the extra mile to accommodate last-minute work that pops up.

To **Chris Boehme at Ward Bros. Construction** for being an excellent project manager and making sure projects run smoothly.



Have a Toast? Email LCA your submission now so you don't forget for next year!

# TOASTS

A Toast to the **LCA staff (Erin, Alex) and President Darren Guenther** for a great AGM. I have been to a lot of past AGMs, and I found this one to be highly informative and entertaining. The guest speakers were great, and the presentations were timely and effective. Thanks and keep up the good work.

To **Deltec Power & Control Systems** for always having the expertise and manpower to meet project deadlines.

To **Rick at Airtech Heating & A/C Ltd.**, you're just awesome and we appreciate your good cheer! I can't find the right toast for Rick; he's just my favourite person that I deal with personally. So, I'll leave it at that.

To **Wayne Wylie of Silver Ridge Construction** for the hard work and dedication to clients and subtrades, and for collectively coming together during changes and modifications to keep the project moving to avoid delays. Wayne is always on-site and has a positive attitude.



# LCA HIGHLIGHT REEL

We are proud to be able to show off all the great work that our members accomplish every year. Check out some of the fantastic projects that our members do every day.



Agri-Food Hub & Trade Centre  
*Ward Bros. Construction*



AHS Claresholm Roof Replacement  
*Nitro Construction Ltd.*







AHS Crowsnest Pass Lab & ECG Reno  
**Nitro Construction Ltd.**



AHS Mental Health Phase 2  
**Nitro Construction Ltd.**



Capstone LLP Chartered Professional Accountants  
**Silver Ridge Construction**



Canyon School Washroom Upgrades  
**Nitro Construction Ltd.**



Dennis Dirtworx office addition  
**Nitro Construction Ltd.**



KPMG Lethbridge  
**Silver Ridge Construction**

Legacy KFC Basebuilding  
**Silver Ridge Construction**



Fee Simple Law Office Renovation  
**Ward Bros. Construction**





Foster's Jewellers renovation  
**Ward Bros. Construction**



Lethbridge Shooting Range Upgrades  
**Ward Bros. Construction**





McDonald Nissan addition & renovation  
**Ward Bros. Construction**



Nicolas Sheran Ice Slab Replacement  
**Ward Bros. Construction**

Medicine Hat Mint Express Car Wash  
**Silver Ridge Construction**





Nikka Yuko Bunka Centre  
*Neu-lite Electric Ltd.*



Pincher Creek DQ Grill and Chill  
*Silver Ridge Construction*



Precon Precast Products Plant Renovation  
*Ward Bros. Construction*





Post Office renovation  
**Zero Gravity Crane & Rigging Inc.**



Six08 Health  
**Neu-lite Electric**



Taber MNP  
**Nitro Construction Ltd.**



Private Shop & Playground  
**Nitro Construction Ltd.**





Syncline Barnaby Trail and Bridge  
**deGraaf Excavating**



The Bridge - Sports Therapy &  
Training Lethbridge  
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Spark Power O & M Building  
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### ***Travers Solar Project***

The Travers Solar Project began development in 2017 and includes approximately 3,330 acres of land located eight kilometres southwest of the Village of Lomond, in Vulcan County, on privately owned, cultivated and grazing land. The project area has a strong solar resource, which is characteristic of Alberta's resource, and the project will generate clean energy over its 35+ year lifetime. The project is expected to be fully operational by Q4 2022.

The project will be 465 megawatts (MW) in size and started construction in 2020. The project involved installing solar PV modules, power conversion stations, an electrical collection system, access roads, and the construction of the Little Bow Project Substation to connect to the Alberta Interconnected Electric System.





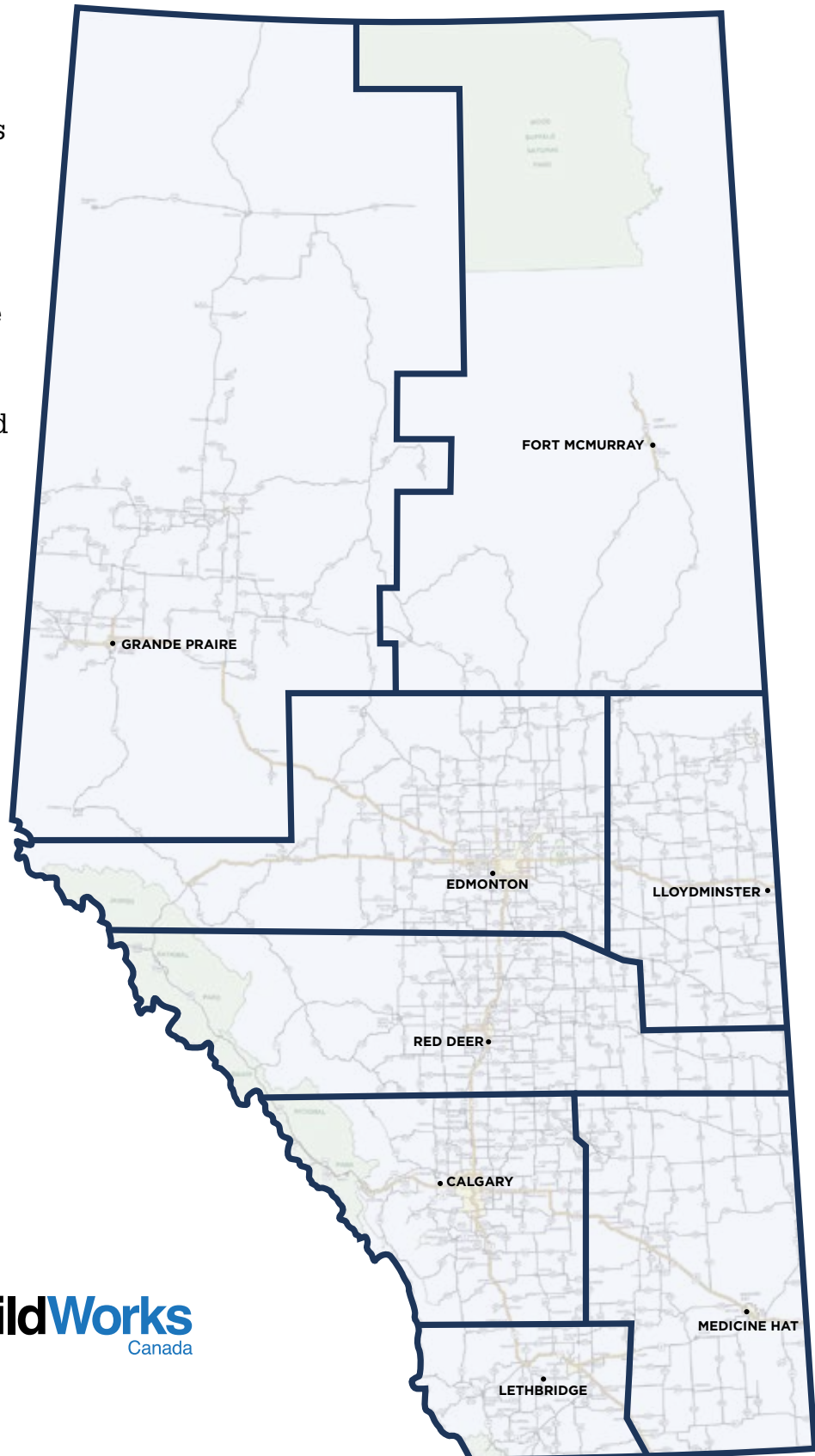
Tilley School  
*Ward Bros. Construction*



Don't see your project? Be sure to send us your project photos for next year's issue!

# SERVING SOUTHWEST ALBERTA

The Lethbridge Construction Association (LCA) is one of eight regions in Alberta. The LCA region proudly serves Southwest Alberta south to the U.S. border, west to the B.C. border, north to Staveland, and east to Taber.



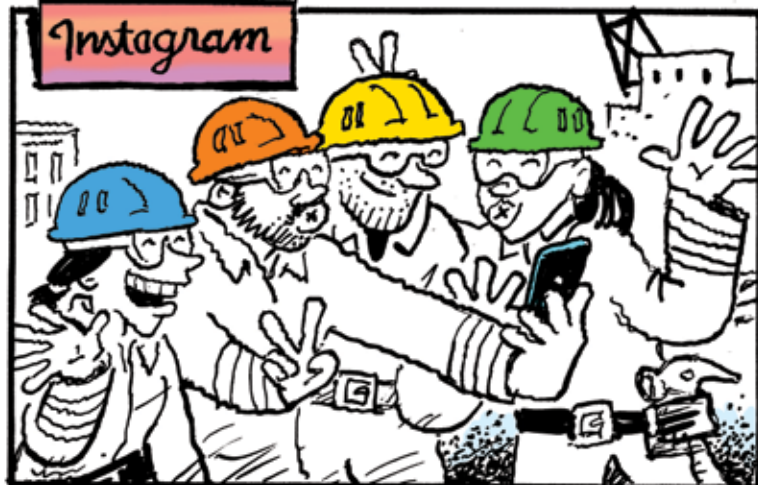
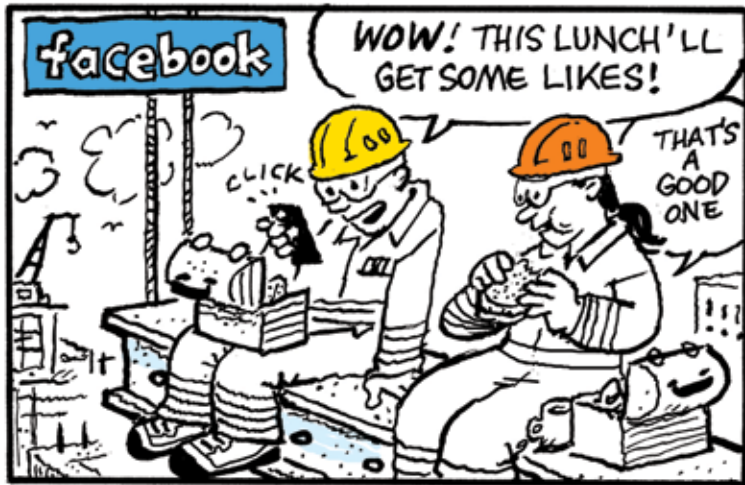
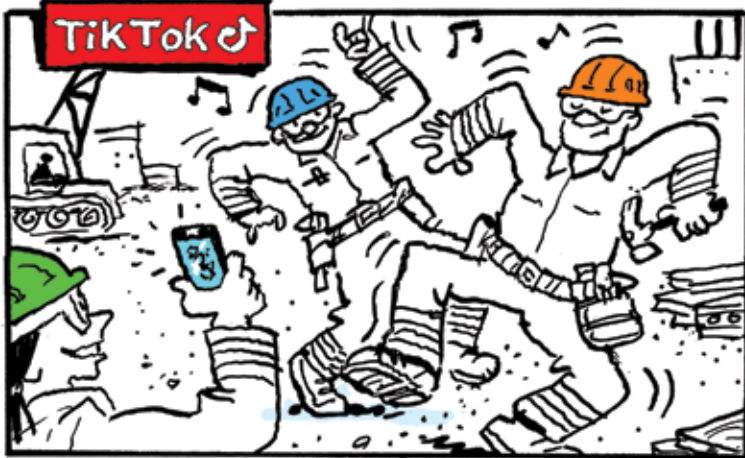


Lethbridge Construction Association  
PRESENTS...

# The DIRT

YES FOLKS, IT'S TIME FOR NAVIGATING SOCIAL MEDIA ON THE CONSTRUCTION SITE

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Rasmussen '22

# WOMEN IN THE TRADES

**As more women choose a career in the male-dominated construction industry, the rules are starting to change, but there are still hurdles that need to be overcome**

By Lisa Kopochinski

**Whoever said the construction** industry is a man's world hasn't met Meighan Moffitt, Courtney Stinson, or Carly Frew.

These three impressive women are journeymen—or rather journeypersons—who continue to prove themselves and are respected by the industry and the communities they live in.

## MEIGHAN MOFFITT

Meighan Moffitt is a journeyman refrigeration and air conditioning mechanic who works at Airtech Heating & Air Conditioning as a service technician in Lethbridge, Alta. Born and raised in Brandon, Man., she moved to Alberta when she turned 18 largely because her mother wanted her to have a chance to succeed.

"She didn't think I would do well with the direction I was going straight out of high school," recalls Moffitt. "I moved to Lethbridge at 20 and studied criminal justice. I worked at the University of Lethbridge in security for eight years until I had my twin boys. I was then hired by Airtech for my refrigeration and AC mechanic apprenticeship when my twins were one and a half years old and haven't looked back."



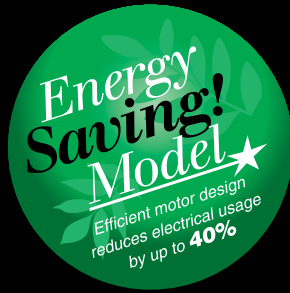
*Meighan Moffitt is the first female journeyman south of Calgary and has been with Airtech Heating & Air Conditioning for 11 years.*

*continued on page 54*

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Moffitt studied at the Southern Alberta Institute of Technology (SAIT) in Calgary in a four-year program to attain her accreditation. As the first female journeyman south of Calgary—a huge achievement—she has been with Airtech for 11 years and loves her job, where she performs regular maintenance and repair work on HVAC and refrigeration equipment. The scope of her role is large and diverse and includes wearing many hats—diagnosing and repairing equipment, scheduling jobs, billing, providing customer service, teaching apprentices, and much more.

“We are in many different businesses and homes and get to visit with all types of people,” says Moffitt. “Every day is a new adventure. I enjoy the customer relationships I have built over the years. And, I have lots of little old ladies that just *love* having a female technician.”

As much as she enjoys her job, she says being a woman in this field has been challenging at times and has required her to have a thick skin. For example, Moffitt was forced to learn things faster because customers—mostly older men—didn’t believe she could fix it and questioned everything she did. They would call her boss and question her diagnosis on a regular basis. Others would call and complain about her—without reason—because they thought a woman shouldn’t be allowed to do work like this.

“I couldn’t believe there were men out there that believed I should be at home with my kids not leaving the kitchen,” she says. “I proved myself time after time and believe I have made a positive influence altering this old perception.”

Moffitt is also thankful to Airtech and her boss, Lance—who went to bat for her many times—and feels lucky to have a great group of men who have treated her like one of the guys. For women who are considering a career in a male-dominated field such as construction, Moffitt offers this advice.

“It takes a lot of time to gain their trust and confidence in your work, but you will get there. Be prepared to work hard and the payoff is fantastic,” says Moffitt. “We are made and built differently for a reason, and that’s okay. We find different ways to do the same job. Because you are a woman, you will have customers that will be ecstatic that you are at their house. These customers are the ones that make your job so much better.”

### **COURTNEY STINSON**

Courtney Stinson is a Red Seal journeyman refrigeration and air conditioning mechanic who has been working as a service technician at KB Heating and Air Conditioning in Lethbridge since April 2018. She started in the trade in 2013.

Born in Lethbridge, but raised in the country 25 minutes from the city, she recalls spending a lot of time outside exploring, in addition to playing every sport her school offered. She says this gave her a sense of team mentality that has helped in her career.

In her job, Stinson diagnoses, repairs, and maintains HVAC (heating, ventilation, and air conditioning) equipment in residential and commercial buildings.

“I’m the person who comes to your house or business to fix and maintain your furnace, ventilation, or air-conditioning systems,” says Stinson. “Some of my responsibilities include maintaining relationships with my customers. That is, to educate, inform, discuss, and alleviate the fears about the equipment.”

Other responsibilities include maintaining her work vehicle, reporting any problems to the company’s mechanic, and communicating with coworkers, office, and dispatch to ensure jobs are done and when help is needed. She also helps out with parts to keep the trucks and shop stocked and rolling.

Stinson studied at SAIT in its four-year program where she was the only woman in her class every year, and one of perhaps 30 in the building. A self-described tomboy, she had a lot of guy friends growing up, so she never felt out of place.

“Most people I’ve met actually love seeing ladies in the field and wish there were more. I’ve had nothing but support from my coworkers and people on job sites over the years,” she says. “There will always be people who will give you grief no matter what you do, but the schooling and hands-on training gives you the confidence you need to deal with that. I’ve had comments made and looks from some stubborn customers, but I’ve chosen to ignore it and be professional. My team and friends have always had my back.”

What Stinson likes most about her job is having the knowledge to help people and make them feel safe, whether it’s helping a grandmother when it’s cold, or educating a new



*Courtney Stinson is a Red Seal journeyman refrigeration and air conditioning mechanic who has been working as a service technician at KB Heating and Air Conditioning. In her job, she diagnoses, repairs, and maintains HVAC equipment in residential and commercial buildings.*

*continued on page 56*



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homeowner about their equipment, systems, and mechanical components.

She is also pleased that she has the knowledge to do most basic electrical and plumbing work around her own house. This was evident one day when she came home from work and found a pipe had burst and flooded three floors. She immediately knew what to do and had it fixed with the water back on within an hour.

As for advice to other women who are interested in learning a trade, Stinson doesn't miss a beat.

"Get out there and try it! There is nothing wrong with not liking it and changing your mind. One thing about the trades is that you can get paid to try it and maybe learn something practical even if you don't end up going with it," says Stinson. "The knowledge, independence, and friends I've met along the way have been unbelievable. Let the haters hate. You will be proud of yourself and that's all that matters."

### **CARLY FREW**

Carly Frew is a lead journeyman electrician and communications technician at South Alta Communications in Lethbridge, who says her upbringing on a hobby farm near Trail, B.C. helped prepare her for her career. Not only did it enable her to become handy with different types of tools and machines, but it also made her realize she did not want an office job.

"When graduation came, I really was unsure of my future direction," she recalls. "I signed up for a week-long program

called STEPS [Skilled Trades Exploratory Program] for women at a nearby college. Upon completion of the course, I decided to pursue becoming an electrician."

In her position at South Alta, some of her responsibilities include business telephone systems; structured network cabling; single-mode and multimode fiber optic cabling, and fiber fusion splicing; VoIP and cloud-based and hosted IP telephones and peripherals; and IP video surveillance systems, among others.

"I enjoy the diversity in the work that I do. I get to travel all over southern Alberta and B.C. and get the opportunity to apply my skills in every applicable fashion," says Frew. "The places I work can range anywhere from late 1800s to early 1900s heritage sites, new state-of-the-art buildings, feedlots, jails, hospitals, police stations, and small communication stations hidden in plain sight all over the province."

While it's evident Frew loves her career, it has not been without its challenges—largely because she is female. She recalls an early unpleasant experience when she went to Alberta to apply for jobs. She dropped resumes off at electrical companies, but often never heard back. She was also told "no" flat out and even had one company owner laugh at her and walk away. However, when Frew applied at Dorren Electric in 2007, her boss hired her on the spot.

"I did my apprenticeship through Dorren and was then offered a job at South Alta in 2014," she recalls. "I wanted to switch up my career to more of the communications end of things. However, on my first day on the job as an apprentice at Dorren Electric, I was asked if I was a lesbian or bisexual. Apparently, you can't be straight in order to be a female electrician. It was pretty comical."

She adds that at nearly every job she was sent to, customers would ask her male apprentice questions. "He would respond that he had no clue, and they would have to ask his journeyman as she's in charge, and he would point to me."

Unfortunately, there were other incidents over the years. For example, Frew's boss at South Alta wanted her to start taking over some of his clients. She recalls that they blatantly stated they did not want a female to do the work. Her boss didn't really give the customers a choice, as he knew Frew had quite a thick skin and could deal with the guys when needed. On her first service call, the guys were a bit unpleasant. However, after a few experiences like this, they warmed up to her and started calling the shop just to ask questions and get some assistance. What started as something unpleasant turned into something positive.

"The biggest thing that matters is who you work for and who you work with," says Frew. "This will 100 per cent dictate your career. Lean into the people who will take you under their wing and show you the ropes. Some of my co-workers became my biggest supporters throughout my apprenticeship and still are to this day. Do not be afraid to take a stand for anything you see that you believe is not appropriate or acceptable. In all, have fun, and don't be afraid to get your hands dirty!"

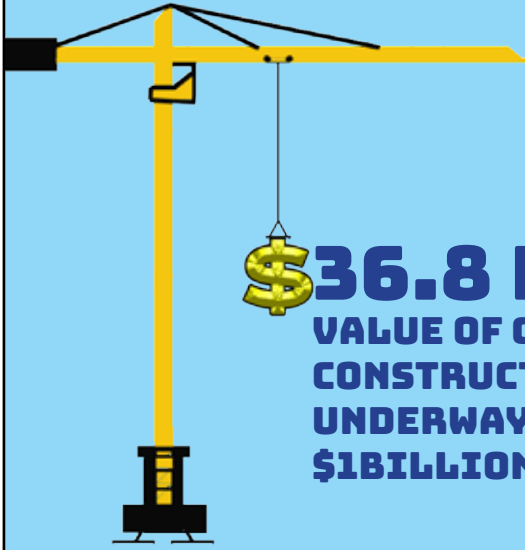
Wise words indeed. ▲



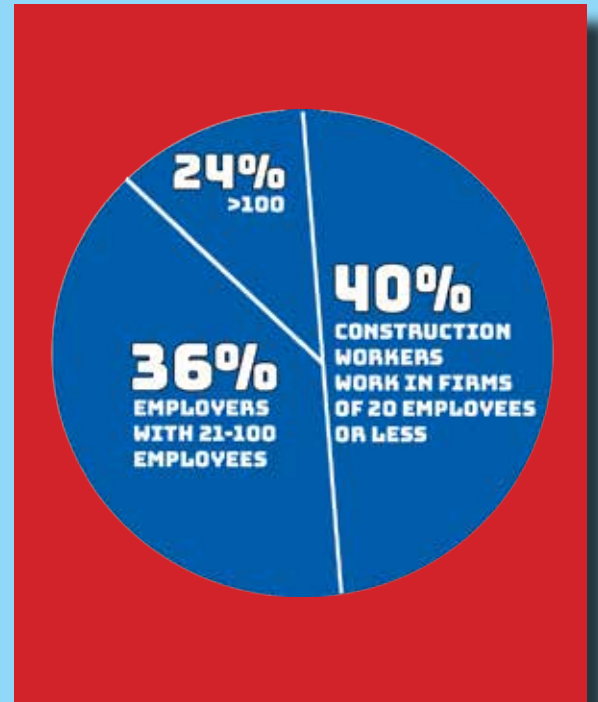
*Carly Frew is a lead journeyman electrician and communications technician at South Alta Communications in Lethbridge.*



# ALBERTA CONSTRUCTION PROFILE

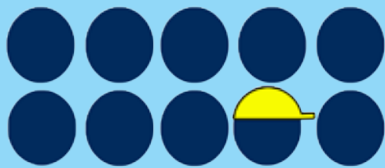


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# UPDATE FROM BUILDWORKS CANADA

By Wm (Bill) Black B.Sc., CEC, LEED AP, President & COO, Calgary Construction Association

**After an unscheduled switch** made in record time back in 2020, and thanks to an unprecedented “all-hands-on-deck” effort, BuildWorks was able to continue to provide our members with access to opportunities by way of supporting them in the pursuit of business.

Despite the many interruptions and distractions of COVID, BuildWorks has continued to move forward. We now have a stronger working relationship across Alberta with all eight partners and, while there are still some features being finalized, there is probably more alignment and attention on this valuable service now than there has been for

some time. Particularly around what the future needs to be.

This renewed focus is all about maximizing the scope of this service for industry in its current and future form, and we also have the benefit of some fresh eyes that will potentially bring new perspectives and input for future enhancements.

All this is happening while, at the same time, municipal, provincial, and federal procurement groups are engaging in and exploring their own initiatives and upgrades to their platforms. This ever-shifting backdrop presents yet another context that we have to constantly

monitor and track in order to understand. We also have to then manage around their changes as they often present new challenges and opportunities in our mission to remain integrated with these platforms.

Our very heritage as construction associations is steeped in the Builders Exchange and the Plans Room service. As a former user of the Plans Room in Calgary – when it was still actually a “room” – its importance is well understood and consequently its future is a priority for us all. ▲



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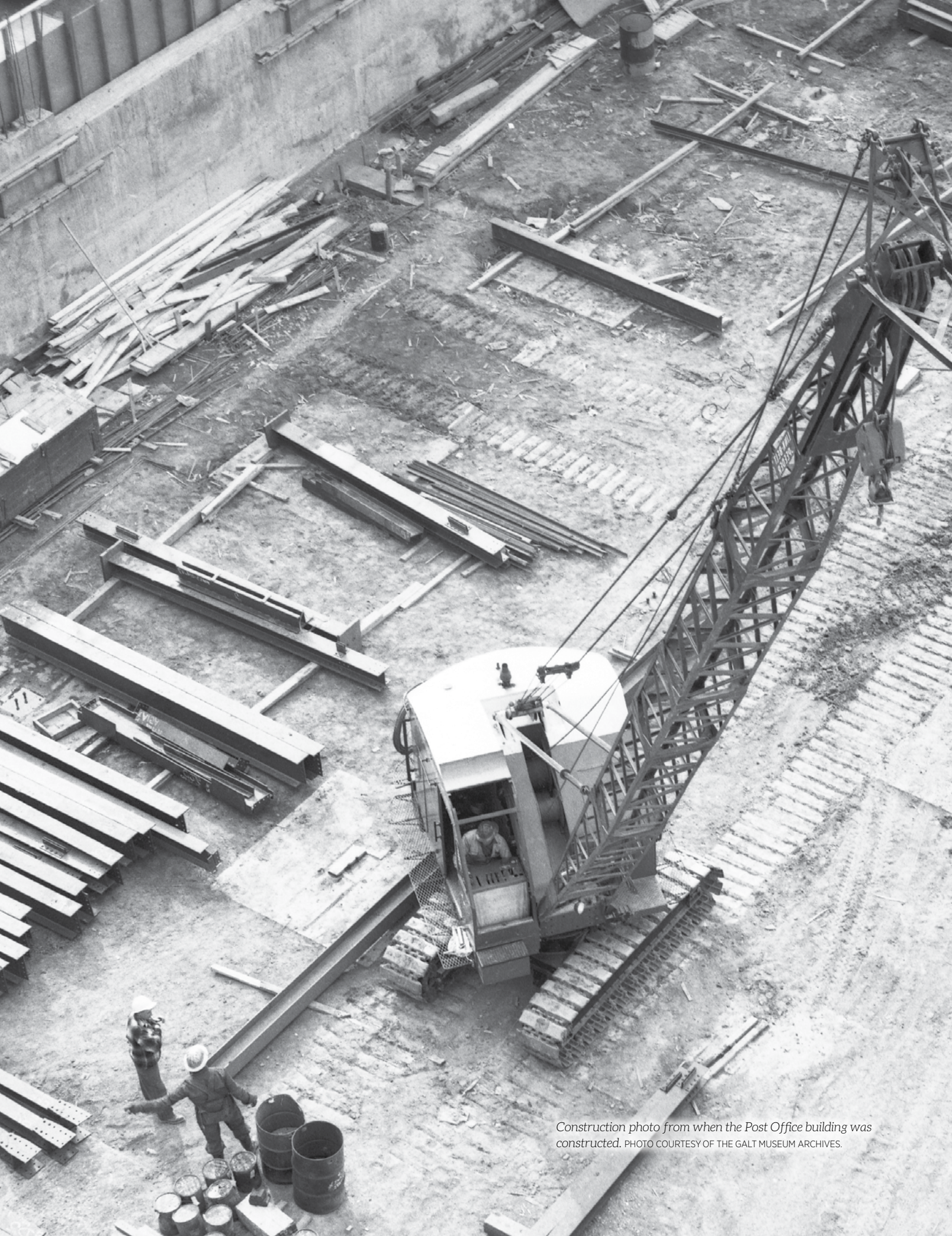
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Construction photo from when the Post Office building was constructed. PHOTO COURTESY OF THE GALT MUSEUM ARCHIVES.



# COMING BACK TO LIFE

## Construction almost complete on the redesigned Post building in downtown Lethbridge

By Shayna Wiwierski

**An historic building** in downtown Lethbridge is getting a new lease on life.

The John D. Higinbotham Building, also commonly known as the Federal Building or Post Office building, was originally built in 1913 and was one of many buildings that the federal government built in that era in Western Canada. The building originally housed many federal functions, including the post office, Customs and Excise, Immigration, Revenue, Corrections, and Employment, as well as the Dominion Land and Crown Timber office.

In 2019 the building was purchased by a local ownership group, led by Sumus Property Group, who became the first private owners of this historic property.

“Over the years, the federal government has often done operational reviews to determine if they should own buildings and which buildings they should own. Generally, they are preferring to own very specific cultural [buildings] or museums versus the ones that house corporate services or offices,” says Kendal Hachkowski, managing director at Sumus Property Group. “So, they listed the building for sale and through that process, there were groups worried about what would happen to the building and who would own it. We put a couple of ideas together and what we ended up assembling worked.”

Sumus Property Group started the process of modernizing the building in 2019 and construction is expected to be fully complete by the end of 2022. The project was worked on through various phases, with the first one in May 2020 working on the third-floor interior improvements. That was completed in December 2020, where contractors then started on the base building improvements, which were substantially complete for December 2021. As of time



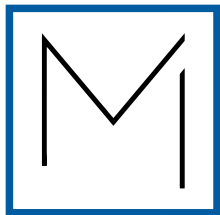
Sumus Property Group started the process of modernizing the Post Office Building, now known as Post, in 2019 and construction is expected to be fully complete by the end of 2022.

The newly reimagined building will include various conversation zones, a tenant lounge, technology-filled boardrooms and meeting rooms, a wellness studio, fitness studio, showers and change room, and on-site bicycle storage.

of print, they are working on the interior improvements for leased and sold units on the second floor.

Ward Bros. Construction Ltd. are the general contractors on the project with Ian Moxon Architect Inc. and SONGER Architecture Inc. as the architectural team selected through competitive competition. Other LCA members who worked on the project include Deltec Power & Control Systems Ltd., Reive Plumbing Ltd., Airtech Heating & A/C Ltd., Derochie Painting Ltd., Cabinet Expressions Ltd., McNamara's Flooring Studio, and Zrim Masonry Ltd.

The four-storey plus basement building is around 105,000 gross square feet, however, 88,000 square feet of that is saleable and leasable due to thickness of walls, mechanical, and storage space. Although they didn't add on to the building, there will be a common rooftop patio and two private patios which weren't there previously. The newly reimagined building will also include various conversation zones, a tenant lounge, technology-filled boardrooms and meeting rooms, a wellness studio, fitness studio, showers and change room,



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and on-site bicycle storage. The total construction budget for the project is \$12 million and it's being funded through a combination of local investment and financing.

The building was originally designed by architect David Ewart and is an example of Second Empire/Beaux-Arts principles, which establish a strong, yet dignified urban presence. The two principle facades show a strong Renaissance influence in their detail and are anchored by a corner clock tower. The building received a modern addition in 1958 on the east and south side, which was designed to distinguish it from its original construction.

For its newest remodel, Hachkowski says they broke apart the two buildings on the west elevation so they have their own identities and look, while recladding the northeast entrance for a modern but complementary balance. They also reconfigured the entry on 7th Street, which would enter into the 1958 addition on the far southwest, making it seem like the building has its own identity. Adding exterior lighting to celebrate the historic 1913 building and clock tower was a final feature element.

Although the Post Office Building, now known as Post, is a more modern take on the 1913 classic design, it still has certain elements that are preserved.

"They are known as character-defining elements. Features like the terrazzo flooring, the original crown molding, the coffered ceilings on the main floor, some of the marble... and of course the exterior stonework and clock tower. We found ways to keep those and introduce new modern elements around it to celebrate those pieces," says Hachkowski. "It's about keeping what's there and making sure that what we introduce is clean, fresh, and modern, but works with and celebrates what has been there for over 100 years. I think that adds a lot of warmth and character."

Of course, in modernizing a 109-year-old building, it doesn't come without its challenges. Colin Ward, chief operating officer at Ward Bros. Construction, says



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The building features a new building management system which is fully smart and digital.



The Tenant Lounge at Post.

that working downtown was a challenge since there was lots of pedestrians and traffic around. The post office in the building is also still functioning so they had to work around delivery vehicles and transportation trucks that were coming in. He says that they redid a glass curtain wall, heated windows, and a heated ramp, all of which was done around pedestrians and general traffic. They also had to pour concrete in the early morning so no businesses were disrupted.

Ward also adds that establishing a new heating system while maintaining the old one was also a challenge.

“Different areas are colder than others and hotter than others during the whole process. Heating and air conditioning is never a fixed system until the system is 100 per cent finished, so that was a major issue for tenants,” says Ward, adding that construction noise was also an issue. “Luckily the building wasn’t fully occupied and also one of the blessings of COVID was that a lot of the building was empty since people were working from home, so you could make noise and not bother anybody.”

The building features a new building management system which is fully smart and digital. The air handling unit and boiler pumps were put in place to work with the new system to increase energy efficiency. Although they didn’t go for any green certifications, the modernization includes several sustainable features, including LED lighting with occupancy sensors, as well as energy efficient fixtures for the plumbing, drainage, and washrooms.



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Currently, Post is around 68 per cent occupied and Hachkowski says that they are expecting those numbers to increase to around 80 to 90 per cent by year end. Once construction is fully complete later this year, the building will be a vibrant new hub in the downtown area.

“Lethbridge, like a lot of downtowns, has had some challenges over the years and I think one element that is always important is where do people identify with as the centre? Where do people meet? We wanted to accomplish that with Post and I think we did that,” says Hachkowski. “One of the unique qualities of this building is the iconic recognition, even if you don’t care about real estate or construction, you care about the building and you know about the building. So, I think seeing that renewed appreciation for historic architecture, the fact that it’s now lit up in the evening and people can appreciate some of the detail and the ambiance. It adds to our downtown in the day or evening and provides a true sense of place.” ▲



Currently, Post is around 68 per cent occupied and Hachkowski says that they are expecting those numbers to increase to around 80 to 90 per cent by year end.



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# EXCEPTIONAL WOMEN IN CONSTRUCTION

*When deciding that this year's magazine feature would include three prominent local women, we were overwhelmed with support by our industry and by member companies wanting to include their amazing female staff as well. We wholeheartedly agree that all of these exceptional women in construction should be included, so we put a call out to recognize anyone else who should be recognized. We know there are likely many other women who were not included in this feature, and wish we could have found everyone!*

## KRISTEN SANDERS



**12**  
YEARS

**Wil-Sand Custom Woodwork Ltd.**  
OFFICE MANAGER/ESTIMATOR

**Why she was nominated:** Kristin does so much for me in the office, payroll, general bookkeeping, paying the bills, estimating take-offs, keeping me on task, and so much more. She does not receive nearly enough gratitude and recognition for all that she does for Wil-Sand.

**What inspired you to choose this career:** My Dad. He had an interest in making things from wood for as long as I can remember. He made toys, furniture, and then got into cabinet making. He never turned down an opportunity to show us kids how to use tools or make things from wood. He then started his own business and I made the decision to follow him once the opportunity presented itself after I graduated college.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** I've had to go further in proving my knowledge and skills. We are a small business so I have to wear many hats; I'm the first face you see when you come through the door, and because of that I now have to work harder to prove I know what I'm talking about.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** I would tell any woman, girl, or female-presenting person that it will be hard, but you deserve it just as much as any other person. If you want it, go out and get it!

**Why she was nominated:** Candace's work ethic is outstanding, she excels at everything she does with outstanding management and organizational skills. She does this all while being a single mom! We are extremely grateful to have her as a part of our team.

**What inspired you to choose this career:** I started with residential construction because all of the many moving parts of a build intrigues me. I then moved into commercial construction to gain a broader understanding of the overall complexities of construction.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Stereotypes have been the biggest challenges as there has always been an underlying assumption that men are the only knowledgeable contact.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Don't be intimidated. You have to get outside of your comfort zone to grow both personally and professionally.

## CANDACE WOLCHUK



**14**  
YEARS

**Tollestrup Construction (2005) Inc.**  
JUNIOR PROJECT MANAGER

## CHERYL BERES



35  
YEARS

Tollestrup Construction (2005) Inc.  
CONTROLLER

**Why she was nominated:** Cheryl has been with Tollestrup for 35 years! Not only is she a loyal employee, but she is our go-to person when anyone has a question. We are grateful to have Cheryl as part of our team.

**What inspired you to choose this career:** I enjoyed accounting and job costing, as well as a variety of job-related duties. The company also has great people as management and a fast-paced environment.

**What challenges have you had to overcome as a female in a largely male dominated industry?**

Acceptance that you understand not only the operations of the business, but the industry as well.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Believe in yourself. Always do what is right and stand up for yourself. Don't let anyone walk all over you. Finally, make sure to maintain your sense of humour.

**Why she was nominated:** Jaylene has a great easy-going personality, easy to work with, and great motor skills to pick up and run several pieces of heavy equipment such as loader, motor scraper, dozer, just to name a few. She's a hands-on person who came up from the bottom in the industry and is now a great asset to anybody who gets to work with her and know her. Two-thumbs up!

**What inspired you to choose this career:** What inspired me was my dad. My dad and grandpa had their own construction/concrete company, so growing up I would go to work with them. I just wanted to continue following in my dad's footsteps.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Honestly, I just had to prove myself to my co-workers and to myself that I could do it. Some challenges I would have are that some men won't listen to a woman's opinion or what they have to say. I may not be as strong as a man, but whatever a man can do, a woman can do it too if she puts her mind to it and vice-versa. Some men believe women shouldn't be in this industry, but honestly some women can do certain things better.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** The best advice I've received is to just do it! Prove yourself and believe in yourself and don't worry about others' opinions. Show that you can or will be a valuable asset to the company. My best advice for other women wanting to get into this industry is honestly just go for it, it's scary at first but after a while you learn more each day and it gets easier. It's a man's world, that's what they claim, but it's really not. I believe more women should get into this industry to prove it can be a women's world too.

## JAYLENE VANDEBEEK



7.5  
YEARS

Dennis Dirt Worx  
HEAVY EQUIPMENT OPERATOR

## EMILY HANSEN



**1.5**  
YEARS

**Platinum Lighting**  
SECOND-YEAR ELECTRICIAN

**Why they are nominated:** In 2021, Susan was promoted to associate of the firm due to her demonstrated exemplary leadership to the industry. She shows incredible commitment and exceptional knowledge to her leadership role as a job captain of several multimillion-dollar projects. Susan's extensive management of multi-disciplinary design teams, in-depth knowledge of various technologies, and experience in energy auditing demonstrated in all these projects earn her the well-deserved respect of multiple consultants, clients, and contractors she works with.

**What inspired you to choose this career:** When I was at high school, I used to walk past an office with a drawing board in the window every day, and I thought that would be an interesting thing to do. I always liked to understand how things go together. Creating something from the design stage (hand drawn when I started), right through to construction and managing the site portion is really fulfilling.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** It has definitely been a challenge to convince those around the table that you know what you are talking about. When I started out, it would be common for me to be the only woman in the construction meeting and that it would be assumed I was only there to take the minutes. Thankfully things have moved on and there are many more women on-site in the trades on the various consultant teams and even owners. The amount of biases and prejudices against women has reduced, but it has not been entirely eliminated and more can be done to make the construction industry more diverse and inclusive and ultimately equal.

**Why she was nominated:** Emily has an amazing positive attitude towards everything she does (I have never seen anyone happier to dig a hole or get in an attic). She makes our journeyman's lives easier by being an amazing apprentice and a ray of sunshine.

**What inspired you to choose this career:** My father passed when I was five and he was a jack of all trades. I wanted to follow in his footsteps.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** None.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Do what you love and you'll never have to work a day in your life.

## SUSAN ANDERSON



**21**  
YEARS

**FWBA Architects**  
ASSOCIATE/SENIOR ARCHITECTURAL  
TECHNOLOGIST

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** The construction industry has its challenges, and one of those challenges is ensuring you're being heard and another is convincing everyone that you know what you are talking about. Therefore, always know your information inside and out. Know your project better than anyone else around the table. It often takes a few attempts before your information is taken on board but have trust in yourself that you know your job. It takes more effort, however, there is nothing better than seeing a project completed and knowing you were part of the process.

**Why she was nominated:** Brooke keeps the wheels of the organization moving forward. She is our office manager, safety administrator, bookkeeper, office administrator, and supports our team, which can grow to as many as 40 people in the busy season. She does the job of three people and makes the rest of our jobs in the office and the field flow smoothly. Brooke is an essential piece of our company that can be taken for granted, but her positive impact is enormous.

**What inspired you to choose this career:** It was a great opportunity for me to change careers and work with an amazing team.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Assumptions. Women are definitely still put in a specific box in my opinion. Fortunately, Vitae is very progressive so it isn't really an issue for me on a day-to-day basis.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Be strong and speak up! Know your stuff and know it well. You have to be able to back yourself up with documentation and credible information.

## BROOKE BONERTZ



9  
YEARS

**Vitae Environmental Construction Ltd.**  
OFFICE ADMINISTRATOR, HEALTH &  
SAFETY ADMINISTRATOR

## COURTNEE VANCE



11  
YEARS

**Nitro Construction Ltd.**  
PROJECT COORDINATOR

**Why she was nominated:** Courtnee is great at her job and knowledge in the construction industry.

**What inspired you to choose this career:** I have had a passion for interior design and architecture as long as I can remember. I have been fortunate enough to work my way up from residential to commercial projects, both allowing me to integrate what I love doing within my day-to-day.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** I have had challenges at times having my voice heard. Ninety-nine per cent of the time it has been great, but there has been the odd time where some feel a woman doesn't necessarily know what she is talking about when it comes to construction and would rather hear it from a man.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Just because something is deemed "male dominated" doesn't mean you need to shy away from it. If it's something you are going to love doing, you need to go for it.

## LAURA FOLDEN



1.5  
YEARS

Platinum Lighting  
OFFICE MANAGER/ADMINISTRATOR

**Why she was nominated:** Louise exemplifies impeccable leadership in the industry and is a valued colleague to all team members at the firm. Louise has a strong technical background and brings an international dynamic to projects she works on, providing high attention to detail in all aspects of the projects she manages – from managing tenders and detailed designs to production drawings and construction follow-ups, making her a vital resource for clients and our firm. These, and many others of Louise’s qualities, have earned her the well-deserved respect of her colleagues, contractors, clients, and consultants.

**What inspired you to choose this career:** I have always been fascinated by buildings and how the different components go together. I am inspired by the desire to help create beautiful spaces for people to enjoy, live, and learn in. It is a very rewarding industry to be a part of.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Things are certainly better now than when I started out, especially due to more women working on-site in the trades. Representation in all aspects of the industry helps everyone. There are still changes though, and being heard and taken seriously is still not always a given. Women still have to work harder to gain respect and trust when it comes to their opinions and knowledge being accepted and heard.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** I would encourage women to get into the construction industry as it is a highly rewarding industry. I also encourage men to advocate for having more women included in decision making at all levels. Women are 50 per cent of the

**Why she was nominated:** Our office could not run without Laura’s help, she dispatches, does admin and answers phones, all while keeping a smile on her face. Laura also does a thousand other things, I just do not have enough space to mention them all!

**What inspired you to choose this career:** I’ve always loved organization and paperwork.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Coming into a new position, the challenges I faced were regarding needing to gain knowledge about electrical. The team we have has been greatly supportive of my role.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Do what you love – life is too short to live with regret!

## LOUISE DRYSDALE



22  
YEARS

FWBA Architects  
SENIOR ARCHITECTURAL  
TECHNOLOGIST/ASSOCIATE

population and need to be represented at all levels in an industry that literally builds the spaces we all live in. My best advice would be to trust your instincts and have confidence in yourself. Women are typically not as confident as men in meetings, even though they may be the only one in the room that knows the answer to the question. Don’t be afraid to have your voice heard, even if you need to speak a bit louder than the others in the room.

**Why she was nominated:** Courtney is an excellent safety officer and has excellent attention to detail. When Courtney is asked to do something, she will do it immediately and it will be well done. We appreciate her.

**What inspired you to choose this career:** My career was inspired by my mentors, they are the reason I changed from an equipment operator to a safety professional. They are two individuals who were so knowledgeable, understanding, and amazing in all aspects of construction. They always took the time to listen and to actually consider your suggestions; they never judged a person, they always set everyone up for success, and they had your back if it was with a client or with your higher ups. They also never played the blame game and always took the time to explain everything in depth.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** To be honest, working in a male-dominated industry I really never had any challenges to overcome. I have always worked at companies where this was not a problem. The biggest challenge, which I think is always a challenge as a safety professional, was getting the older employees to respect a young female safety professional. This takes time, but was just a matter of showing them respect and that they were heard. Also, that you knew what you were talking about.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** Don't be afraid to pursue what you want to do in life! You have just as much right to be out there than anyone else does, everyone started from the bottom and worked their way up. Take your time, learn everything you can, be a sponge, ask questions (especially to the older generation), and do not get discouraged. You will accomplish anything you want to with hard work and perseverance!

## COURTNEY STOCK



15  
YEARS

Zero Gravity Crane & Rigging Inc.  
HEALTH & SAFETY OFFICER (10 YEARS)

## HAYLEY FEYTER



17  
YEARS

Zero Gravity Crane & Rigging Inc.  
OPERATIONS MANAGER/OWNER

**Why she was nominated:** When Hayley began in the crane industry more than 20 years ago, women simply weren't welcome to speak at the table. She has paved a pathway for other brilliant women to enter trades and be respected and heard.

**What inspired you to choose this career:** My dad has worked in the crane industry for as long as I can remember. When they decided to start Zero Gravity, I saw it as an exciting challenge.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** I had to prove that I was good at my job and not just there because of my dad. I had to gain the trust of our staff and customers in a world where women don't typically dispatch cranes.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** It helps to have thick skin. Men are actually easier to work with most of the time. If you succeed it feels very rewarding.

## MARIANA HEINZ



14  
YEARS

Ward Bros. Construction Ltd.  
PROJECT MANAGER

**Why she was nominated:** As a project manager with Ward Bros. Mariana plays an integral part of our operations team. Bringing past experience in industrial construction, she has successfully completed multiple projects, including the Tilley School, which was a LEED project. She is willing to take on any project and has played a key role in the development and execution of our quality control programs. Mariana is a pleasure to have on our team, her wit and personality are enjoyed by not only our team, but subtrades and clients as well.

**What inspired you to choose this career:** My dad. He had a civil engineering degree and was a millwright. He would always tell me “fun facts” as I was growing up. It peaked my interest and I decided to try out the civil engineering technology program.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** I noticed that I sometimes had to prove myself a bit more than a male to earn the same amount of respect. I had to develop a thick skin and not take everything to heart.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** If you're scared to get into the construction industry just know you won't be treated much different than a male when you start. Make sure you know your stuff, be confident and you will be fine!

**Why she was nominated:** Over the years of my involvement in the construction industry, I've witnessed the gradual increased involvement of females performing the actual field work throughout all the trades. The initial surprise of field interaction quickly changed to mutual respect and appreciation of the work performed. Since that eye-opening experience, I've worked alongside numerous females, from equipment operators, rod busters, safety managers, plumbers, to concrete finishers and many more.

**What inspired you to choose this career:** The career chose me actually. I was looking for something to fill my time with my two kids in school and a friend of mine suggested I could help out at his concrete company. I began by sealing exposed concrete and through the years have learned to form, lay, and tie rebar, as well as help with concrete pours. I am so glad this job fell into my lap and I enjoy it so much!

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Sometimes the guys I work with like to “take over” for me because I'm smaller and obviously not as strong as them. They don't do it to be dominant, they are just wanting to be helpful. And there are times I do need help, just like anyone does! It's hard to find that balance I guess. My crew always has my back, just like I have theirs.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** It might sound cliché, but good communication is key, speak up and give your opinion. Everyone has strengths and weaknesses-men and women alike, know your strengths and use them. And just have fun!

## TANYA REURINK



9  
YEARS

ProRoots Developments Ltd.  
LABOURER



**Why she was nominated:** Erin is being nominated because she is our quiet hero in the construction industry of Lethbridge. Erin's hard work might go unnoticed by some with a lot of what she does being behind the scenes but, most of us know that without her, our construction association in this area would be in complete chaos! Erin is always ahead of the game, making sure everything we need is available and if it's not, she will do everything in her power to supply it for us or get us all the information we need to get it ourselves. Erin always has a smile on her face, welcomes everyone into the association with open arms, and encourages everyone to get involved and go after what they want! Thank you Erin from all of us in the Lethbridge construction industry, without you we would be lost!

**What inspired you to choose this career:** My education and experience is largely in recreation management, but my experiences opening three different large aquatic and leisure facilities made my transition into the commercial construction industry much easier. Being actively part of the entire process from design, construction, and then operating each facility, allowed me to understand the construction lifecycle and be able to keep up with construction terminology and hold my own in construction meetings. Although I don't actively work with construction crews, I speak with general contractors and trades every day and get to know their concerns and successes directly.

**What challenges have you had to overcome as a female in a largely male-dominated industry?** Much like many of the other responses, it takes more effort to have to prove that you know your stuff and belong there like everyone else around the table. Be confident in what you know, believe in yourself, and don't ever allow yourself to be bullied. Stick to your guns and speak up for yourself, especially when others won't or

**ERIN LOW**

**8 YEARS**

**Lethbridge Construction Association**  
**EXECUTIVE DIRECTOR AND**  
**CHIEF OPERATING OFFICER**

when you get glared at by men who don't like to be challenged or questioned in front of their peers or employees.

**What is the best advice you have received or what advice would you give to other young women wanting to get into the construction industry?** I have no doubt that women can be absolutely anything they want to be. Go for it and remember, it doesn't matter what anyone else thinks about you, it only matters what you think and what makes you happy! ▲



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# A REAL CENTERPIECE

Parks Canada's Waterton Lakes Visitor Centre officially opens to the public

By Shayna Wiwierski



The new Waterton Lakes Visitor Centre is located in the middle of the Waterton townsite and will be open year round. PHOTO BY GRAHAM CONSTRUCTION.

**Those visiting Waterton Lakes National Park** now have a new visitor centre to add to their trip itinerary.

The Waterton Lakes Visitor Centre officially opened to the public on February 16, 2022 and is located at 404 Cameron Falls Drive in the Waterton townsite. The new centre replaced the

original one, which was built in 1958 and was much smaller in size and located just outside the village.

"[The former visitor centre] could not support our visitation. We are getting around 500,000 visitors a year now, which for a small place like Waterton, it's really quite a few visitors," says Salman

Rasheed, superintendent for Waterton Lakes National Park and Bar U Ranch National Historic Site. "If you think about it, over the next 20 years let's say, with that kind of visitation, there's going to be 10 million people that cycle through this visitor centre. It's really exciting."

The new centre is located in the middle



The centre was designed to blend into the surroundings and not be obtrusive to the mountain views that surround the townsite. PHOTO BY PARKS CANADA.

of the Waterton townsite and will be open year round. The centre itself is 751 square metres and also includes two other buildings – a gender-inclusive washroom facility and an administration building. The total square metres for all three facilities is 991 square metres.

Construction started in May 2019 with a sod turning and blessing ceremony with the Blackfoot Confederacy Tribal Council and several elders. Graham Construction were the general contractors on the project with FWBA Architects doing the design. Other LCA members who worked on this project included Cabinet Expressions Ltd., Derochie Painting Ltd., Floor Designs (2010) Inc., KB Heating & Air Conditioning Ltd., Southern Excavating & Trucking Inc., Southwest Concrete Products Ltd., and Waterproofing Roofing Ltd.

The single-storey building features raised ceilings and an angled roof. The centre was designed to blend into the surroundings and not be obtrusive to the mountain views that surround the townsite. It features a number of sustainability considerations, such as efficient plumbing fixtures, as well as a sustainable rainwater management system. They also hope to achieve LEED certification in the future.

The building itself is a structural-steel structure with laminated glulam beams. It also features lots of ornate stone work, as well as concrete slabs on the floor, which are mostly polished or exposed. The building has lots of glass so visitors can see the surrounding area. The glass itself

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Outside there is a public plaza with an outdoor walking garden featuring some hand-painted interpretive displays. PHOTO BY PARKS CANADA.

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is bird friendly thanks to a design of dots meant to deter birds from flying into it.

Outside there is a public plaza with an outdoor walking garden featuring some hand-painted interpretive displays. There is also ample public parking on site. Inside the building there are many interpretive exhibits that were developed in collaboration with Waterton Lakes' Indigenous partners, such as the Night Life Theatre, which gives visitors a glimpse into Waterton Lakes' nocturnal wildlife and starry skies. The national park is also an International Dark Sky Park, along with Glacier National Park in the United States. Dark-sky friendly lighting found throughout the Waterton townscape allows for world-class night sky viewing, even in town.

The visitor centre also features the Forces of Nature exhibit, which shows how the elements shape Waterton Lakes' environment and highlights the 2017 Kenow wildfire, which affected the previous visitor centre, as well as 80 per cent of the hiking trails in the national park. Finally, there are also biodiversity walls, which are three-dimensional murals that show the park's different ecosystems, as well as the animals and human history you can find there.

"In Waterton, we are a place where mountains meet the Prairies, so we have a tremendous amount of biodiversity. We have animals from mountain ecosystems and animals from prairie ecosystems, as well as animals from the foothills ecosystems," says Rasheed. "So, you see all kinds of critters that you normally wouldn't see from elsewhere. These biodiversity walls are really a showcase piece."

Construction was substantially complete for the project in October 2021 and Gary Tallon, operations manager for Graham Construction, says that the \$17.3 million project featured a number of challenges, most notably the remoteness of the building.

"We try to keep the subtrades as local as possible, which meant drawing from Lethbridge, Medicine Hat, etc., but unfortunately for what was required, there was also a number of subtrades coming out of Calgary, and it [entailed a lot of planning]," says Tallon. "We had to make sure that the subtrades were there when they say they were going to be there since the following day there was another subtrade that is counting on the previous one to be finished. It was a constant planning exercise from a general contractor's perspective."

Rasheed also adds that the weather was also a challenge. The wind in Waterton Lakes can be very intense and contractors had to be vigilant and mindful on how they treated the site so no pieces of litter or materials would blow into the park. He also mentions

the challenge of getting supplies into the remote location during the short construction season, as well as the effects of the COVID-19 pandemic on construction in general.

Now that the building is officially open, it is a centerpiece in the townsite and will be an economic push for the region.

"Over the next few years, if visitation keeps going the way it is, upwards of 10

million people will have the opportunity to learn about Parks Canada and they will have the opportunity to learn about protected areas across the country and understand a bit better about the partnership we have with our Indigenous partners locally and nationally," says Rasheed. "Locally, it gives us a chance to showcase Waterton and Parks Canada to Canadians across the country." ▲

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# MORE THAN A FACILITY: KAINAI WELLNESS CENTRE IS A HOME



*Kainai Wellness Centre is comprised of 21 offices, a ceremonial room, a family therapy room, a youth group room, two staff lunchrooms, a fully operational kitchen, 12 workstations, seven barrier-free washrooms, multiple seating areas and a two-storey elevator.*



**At Nitro Construction, we** believe that the key to a successful project is to understand our client and their vision of success. By working closely, we utilize each others' expertise and various experiences to provide the user group and the community with a high-quality and smoothly executed project. Our commitment to integrity defines our approach to client relations. We strive to serve our clients, our employees, and our community in providing exceptional service; catering to each organization's and project's needs in ways that are best suited for them.

In 2017, Nitro Construction Ltd. had the pleasure of working closely with the Blood Tribe Department of Health to construct the 11,000-square-foot Kainai Wellness Centre. The wellness centre included multiple users and stakeholders, including the National Native Alcohol & Drug Program, Mental Health Program, Contracted Clinical Therapists, Crisis Intervention Unit, Brighter Futures, and Prevention of Family Violence. It was our goal to ensure that this facility was a warm and welcoming area for all users coming and going. Rather than focusing solely on addiction, the centre addresses the person's life in its entirety, including career, physical, familial, and spiritual aspects.

The centre is comprised of 21 offices, a ceremonial room, a family therapy room, a youth group room, two staff lunchrooms, a fully operational kitchen, 12 workstations, seven barrier-free washrooms, multiple seating areas and

It was our goal to ensure that this facility was a warm and welcoming area for all users coming and going.

a two-storey elevator. Throughout the course of construction, it was a must that cultural aspects were included in every step of the way. We were able to successfully emulate this by the beautiful exterior colours, each having a significant meaning to the Blood Tribe, as well as the exterior beams to recreate the appearance of a teepee – to name a few.

Nitro Construction Ltd. has since been fortunate enough to be awarded another similar project, the litai'taamaop'p Group Home, a child and youth residential space, this time for the Piikani Nation in Brocket, Alberta. One of our biggest goals on this project is to make it more than a facility, we want it to feel like home. The difference for us on this particular project is it is a design build, so Nitro has been a part of its inception since day one.

Therefore, we have had the privilege to be meeting extensively with board members, elders, and cultural advisors to ensure we capture the incredible heritage of the Piikani Nation both inside and out of the group home.

This facility will include 10 suites, six barrier-free patient washrooms, a state-of-the-art sensory room, staff offices and support desk, ceremony room, large living and dining area, fully operational kitchen, three activity areas, and a learning circle off the foyer for guests and children to dive into their heritage. Weather pending, we hope to begin the construction of the litai'taamaop'p Group Home facility in March 2022. Stay connected with us via Facebook or our website, [nitroconstruction.ca](http://nitroconstruction.ca), for updates and photos of the progress. ▲


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# LCA EVENTS RECAP

The LCA was excited to return to some in-person events over this past year. Here are some highlights.

## LCA Golf Tournament

Last year due to COVID restrictions, we were unable to host our annual June Golf Tournament, but were able to squeeze in a last-minute beautiful golf day at the Henderson Lake Golf Club on September 10, 2021. The weather was great and a fun day was had by all.

Once again, net proceeds from the Annual Golf Tournament fund the LCA's Apprentice Scholarship Awards Program. Congratulations to Joe Schwark of Alpine Drywall (Lethbridge) who is the first ever winner of Select Recruiting Chip to Win game prize! Thank you again to our fantastic hole sponsors who generously donated cash and prizes to this event. We could not have done it without you!



Winner Joe Schwark and Tara Lennox of Select People Solutions.



The Neu-lite Electric team.



Jack's Mechanical team.



The FWBA team.



The KB Heating team.



## LCA Annual General Meeting

On February 24, 2022, the Lethbridge Construction Association held its annual general meeting of its members. It was great to meet in person after hosting a virtual AGM in 2021.

This year's keynote speaker was Todd Hirsch, vice-president & chief economist for ATB Financial, who joined us remotely to talk about the future of Alberta's economy post-COVID. He was a fantastic speaker and his thoughts on the economy and how it relates to our construction industry were very insightful.

This year we said farewell to board member Tara Lennox of Select Recruiting, who sat on our board for the past two years. We also welcomed back to our board of directors for another term Dan Wood, MPE Engineering; Jonathan Hamilton, Tollestrup Construction Inc.; and Francis Rankin, Southwest Design & Construction. We also welcomed new board members Chad Borne, Borne Industries; Peter Principalli, McNally Contractors (2011) Ltd; and Ryan Hubley, Link Builders.

LCA president Darren Guenther thanks Tara Lennox, Select Recruiting who stepped down from the board this year.



Todd Hirsch, keynote speaker at the LCA annual general meeting.



The thank you presentation to Tara Lennox at AGM.



**Curtis Dodd Memorial Award 2021**

The Curtis Dodd Memorial Award is generously sponsored by Zero Gravity Crane & Rigging Inc. and Norm & Heather Dodd, parents of the late Curtis Dodd. This year's \$1,000 award recipient is Andrew Anderson of Airtech Heating & A/C who finished his fourth year in refrigeration & a/c mechanic.



*Andrew Anderson, the Curtis Dodd Memorial Scholarship Award winner along with Norman & Heather Dodd, parents of the late Curtis Dodd.*

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## 2021 LCA Scholarships

Every year the LCA awards 12 scholarships of \$500 each to trade apprentices who are currently completing their training. Congratulations to the following scholarship award recipients:

Award Recipient	Trade	Member Company
Taylor Ingleton	Sheet Metal	KB Heating & A/C
Reese Maldaner	Carpenter	Silver Ridge Const.
Andrew Anderson	Refrigeration & A/C	Airtech Heating & A/C
Jordan Lemay	Sheet Metal Worker	Airtech Heating & A/C
Kyle Fillmore	Millwright	Mid-West Pump Ltd.
Jared Vander Linden	Carpenter	Ward Bros. Const. Ltd.
Trevor Ferguson	Heavy Equipment Technician	Zero Gravity Crane & Rigging inc.
Ken Hoytos	Carpenter	Southwest Design & Const. Ltd.
Jason Thompson	Iron Worker - Metal Bldg. Systems Erector	Southwest Design & Const. Ltd.
Joel Kazeley	Plumber	Reive Plumbing & Heating
Gregory Johnson	Plumber	Reive Plumbing & Heating
Victor Ducharme	Sheet Metal Worker	Airtech Heating & A/C
Austin Maslen	Heavy Equipment Technician	Dennis Dirtworx Ltd.



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