Adam Humphrey



MARCH 7, 2018

It is with great sorrow that we announce the unexpected passing of our son, Adam Humphrey. He will be deeply missed and lovingly remembered by his parents, Andrew Humphrey and Cynthia Shewchuk (Russ Scott); brother, Tanner; grandma, Olga; girlfriend, Halley; as well as aunts, uncles, cousins, and many friends. Adam was a personal trainer and competitive bodybuilder , and was previously awarded 3rd place in the men's senior division and 1st place in the junior division. He also had a great love of animals. We will miss his kind and gentle nature and, once you got to know him, his gregarious sense of humour which would have everyone laughing. A Celebration of Adam's life will be held at Fresh Start Recovery Centre, 411 41st Avenue NE, Calgary, on Thursday, March 22, 2018 at 7pm. In lieu of flowers donations may be made in Adam's honour to Fresh Start Recovery Center (www.freshstartrecovery.ca) or to an animal shelter of your choosing.

Messages of Condolence

Dear Andy, Cindy, Tanner and family,

I am extremely saddened to hear the news of Adam's passing last week. As you know, we spent the formative part of our youth together in Woodlands, and most of the memories of what I consider the greatest part of my life I share with Adam.

While we were not in frequent contact for the last several years, when we did pick up our conversation it was as if we left off from the last time we spoke. There would be no doubt that when I received a message from Adam, I knew that I would be laughing hysterically or at the very least smiling. He was a very special person and truly one of a kind.

Unfortunately I won't be able to attend the Celebration of Adam's Life ceremony on the 22nd as I no longer live in Calgary, but know that my thoughts and prayers will be with your family and everyone in attendance on that evening.

Please feel free to reach out if you need anything.

Sincerely,

James Ragan

jamesragan@shaw.ca

— James Ragan

Dear Cindy, Andy, Tanner and family,

We are deeply saddened by your loss.
Alex and Adam were the best of friends growing up. It is almost impossible to remember one without the other. Adam was always a joy to have around and we will cherish our memories of your sweet boy.
Our hearts go out to all of you.

Ray and Joanne Martin

— Ray and Joanne Martin

Cindy, Andy, Tanner, and family:
John and I were so sorry to hear of Adam's passing. It was a great and unexpected shock.
Our thoughts are with all of you. James and Adam were close friends from childhood right through into adult years. We will remember Adam with fond memories as we watched him and James mature.
We are not in the country at the present so will be unable to attend the memorial service but we are thinking of you all.

— Carol and John Ragan
