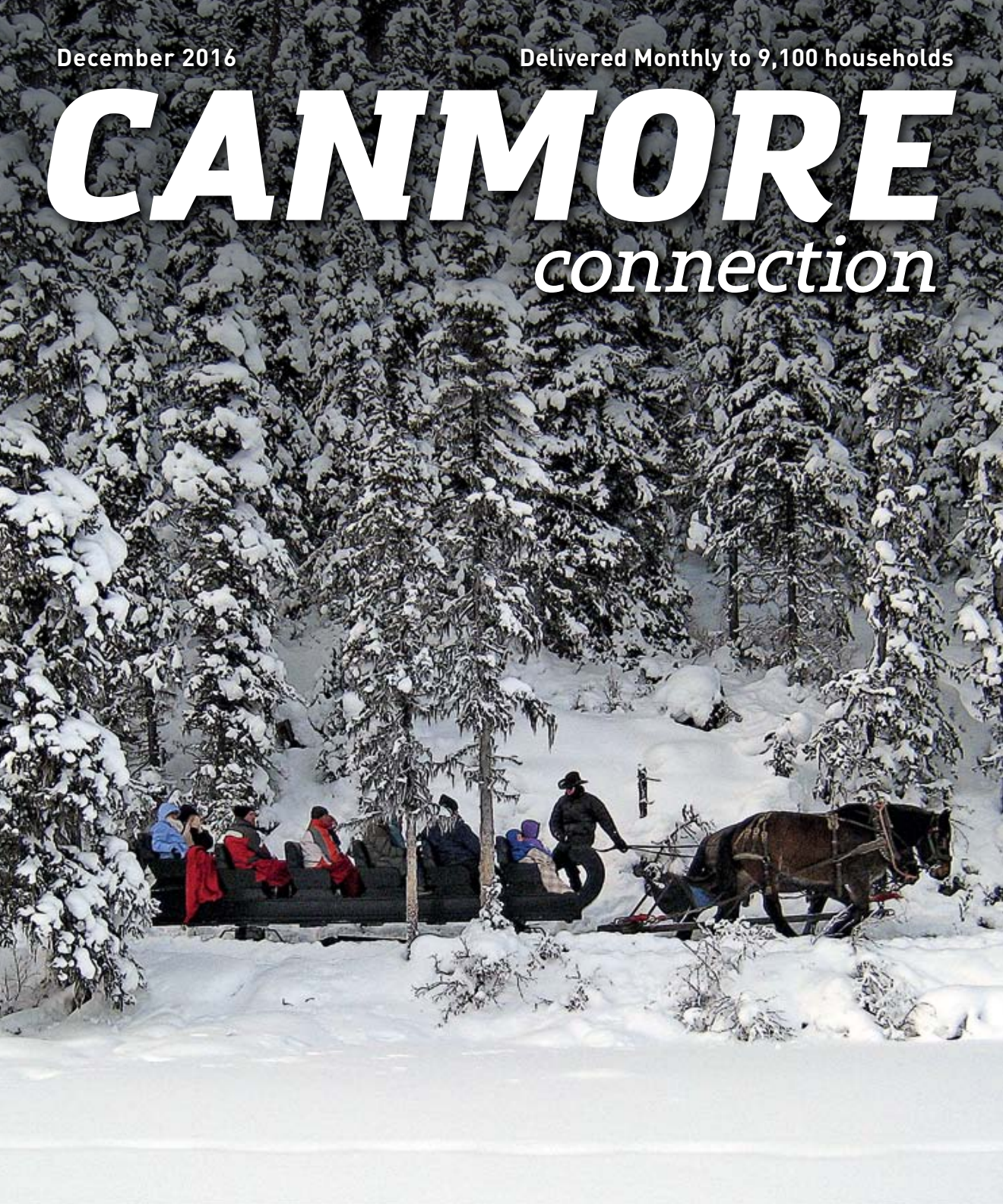


December 2016

Delivered Monthly to 9,100 households

# **CANMORE** *connection*





**YOUR Adventure STARTS HERE**

REBOUNDCYCLE.COM  
403-678-3668  
INFO.REBOUNDCYCLE@GMAIL.COM



**SHOP LOCAL**

**STARLIGHT LIGHTING CENTRE**

SAVINGS FOR THE HOLIDAYS

**UP TO 50% OFF ON SELECTED PRODUCTS**  
December 1 – 24th, 2016

Suite 113, 829 - 10 St  
Canmore, AB

**403.678.3319**

www.starlightlighting.ca

LAKE LOUISE • CASTLE • PANORAMA • RED MOUNTAIN • REVELSTOKE • SCHWEITZER • SILVERSTAR

**Lake Louise PLUS + CARD**  
16/17

**7 Top Resorts** **3 Free Days** **NEW!**

+ Save \$20 on additional lift tickets

**\$109** +tax  
\$10 Lake Louise bonus included with FREE Direct-to-Lift upgrade

SALE ENDS DEC 31/16

1-877-956-8473  
skilouise.com/card

December 2016



On the Cover

Sleigh Ride  
Photo by Steve Baylin  
www.stevebaylin.com

CONTENTS



**7 PET TALK**

Does Your Puppy Have A Good Bite?  
by Jennifer L. Scott, D.V.M



**9 CULINARY FILE**

Smoked Paprika Roasted Chickpeas  
by Rae-Ann Hagen



**10 AT A GLANCE**

Community Events Calendar for the coming months

**12 FEATURE**

Proposed changes to the Canada Pension Plan - What you need to know  
by Suzanne Smith-Demers

**14 FIVE WINTER DRIVING TIPS**

www.newscanada.com

**15 BUSINESS OF THE MONTH**

Hi Jinx Toy Shop



**24**



**27**



**16 POINTS OF INTEREST**

Sunshine Village  
Ski Hill Profile

**19 MOODY BLUES**

by Elisabeth Fayt

**20 RECREATION**

The Allure of the Mini Adventure  
by Ryan Draper

**24 HOME GARDENING**

Forcing Bulbs  
by Barbara Shorrock

**25 POLITICIANS REPORT**

Cameron Westhead  
MLA for Banff-Cochrane  
  
Blake Richard  
MP for Banff-Airdrie

**27 COLD WEATHER SAFETY**

Alberta Health Services EMS

# ELEVATION PLACE

## CALLING ALL NEIGHBOURS!

To have your family profiled (story and professional pictures) in the next edition of this newsletter, please email [CAN@great-news.ca](mailto:CAN@great-news.ca)

### Canmore Connection

Delivered monthly to 9,100 Canmore households and businesses

#### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

#### Editorial Submissions

[CAN@great-news.ca](mailto:CAN@great-news.ca)

All advertisements and editorial submissions must be submitted by the 1st of the previous month for the following month's publication.

#### Published by Great News Publishing

Serving Calgary communities for 27 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*




## PUSH YOURSELF IN OUR WEIGHT ROOM AND FITNESS AREA

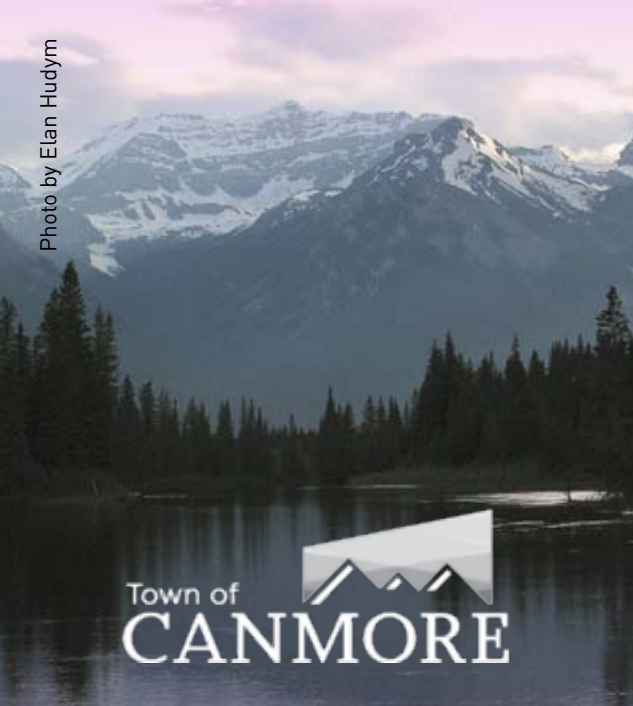
Fitness Core Classes are part of your **membership** at Elevation Place.

For full information and hours go to:

[www.elevationplace.ca](http://www.elevationplace.ca)

700 Railway Avenue, Canmore  Elevation Place





Town of  
**CANMORE**

## CONTACT INFORMATION

### CANMORE CIVIC CENTRE

902 7th Avenue  
Canmore, AB T1W 3K1  
Phone: 403-678-1500  
www.canmore.ca

### ELEVATION PLACE

700 Railway Avenue,  
Canmore, AB T1W 1P4  
Phone: 403-678-8920  
www.elevationplace.ca

### CANMORE RECREATION CENTRE

1900 8 Avenue,  
Canmore, AB T1W 1Y2  
Phone: 403-678-8920

### PUBLIC WORKS

100 Glacier Drive  
Canmore, AB T1W 1K8  
Ph: 403-678-1580

## IMPORTANT NUMBERS

CITY	
Town of Canmore	403-678-1500
Bylaw Services	403-678-4244
ALL EMERGENCY CALLS 911	
Canmore Fire & Rescue	403-678-6199
RCMP	403-678-5519
SCHOOLS	
Elizabeth Rummel School	403-678-6292
Lawrence Grassi Middle School	403-678-6006
Canmore Collegiate High School	403-678-6192
Our Lady of The Snows	403-609-3699
École Notre-Dame des Monts	403-609-0002
CHURCHES	
Canmore Community Church	403-678-2399
Our Lake of the Rockies Catholic Parish	403-678-5002
Ralph Connor Memorial United Church	403-678-5354
Rocky Mountain Victory Church	403-678-9807
St. Michael's Anglican Church	403-678-5191

## ELECTED POLITICIANS



Mayor of Canmore  
**John Borrowman**  
Canmore Civic Centre,  
902 7<sup>th</sup> Ave  
Canmore, AB T1W 3K1  
403-678-1517  
mayor@canmore.ca



MLA for Banff-Cochrane  
**Cameron Westhead**  
102, 721 Main Street,  
PO Box 8650  
Canmore, AB T1W 0B9  
403-609-4509  
banff.cochrane@assembly.ab.ca



MP for Banff-Airdrie  
**Blake Richards**  
Suite 16, 620 - 1<sup>st</sup> Avenue NW  
Airdrie, AB T4B 2R3  
403-948-5103  
blake.richards@parl.gc.ca



**PET TALK**

## Does Your Puppy Have A Good Bite?

By Jennifer L. Scott, B.Sc., D.V.M.

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly.

This occurs in domestic dogs because we have bred them to exaggerate certain traits, to get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.



## Smoked Paprika Roasted Chickpeas

By Rae-Ann Hagen, Registered Dietitian

**R**oasted chickpeas are a great way to add fibre into your day while providing you with that satisfying crunchy snack. My sister in law has been making these for years and inspired me to try them for myself. They truly are super quick to prepare and much more delicious than any store bought versions.

Chickpeas are so versatile and can take on any flavour you desire. Below is a recipe for a mild smoked paprika roasted chickpea, this one is perfect for kids that don't like strong flavours.

I would also recommend trying: honey and cinnamon if you like sweet, chili powder if you like spice or Parmesan cheese and truffle oil for a special occasion. Eat alone as a snack or sprinkle them on a salad to add a nice crunch.

### Ingredients

- 1 can chickpeas
- 2 tsp olive oil
- 1 tsp lime juice
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp salt



### Directions:

1. Preheat oven to 450 F° (230 C°)
2. Drain and rinse chickpeas.
3. Blot dry.
4. Toss with olive oil, lime, smoked paprika, cayenne pepper and salt.
5. Spread on a baking sheet.
6. Bake for 30-40 minutes, until browned and crunchy.



# Community Events



## Rotary Club of Canmore Festival of Trees

Dec 1-31, 2016  
 Canmore Civic Centre,  
 902 - 7 Avenue, Canmore  
 ☎ rotaryfestivaloftrees.ca



## Bring your own Vinyl and Games night

Wednesdays 8-12 p.m. at  
 Where The Buffalo Roam Saloon  
 #2 626 MAIN ST. Canmore, AB  
 ☎ 403.675.2222  
 ☎ canmoresaloon.ca



## Open Jam Night

Thursdays 9 p.m. – 2 a.m.  
 at Tavern 1883  
 709 9th Street, Canmore  
 ☎ 403.609.2000  
 ☎ tavern1883.com



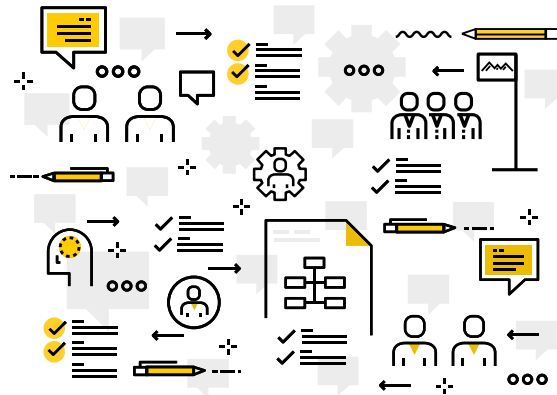
## Wine Down Wednesdays

Wednesdays 5-10 p.m.  
 at Tapas Restaurant  
 633 10 St, Canmore  
 ☎ 403.609.0583  
 ☎ tapascanmore.ca



## COUNCIL MEETINGS

www.canmore.ca | chyde@canmore.ca



1st Tuesday of each month	5 pm	Regular business meeting
2nd Tuesday of each month	1 pm	Committee of the whole meeting
2nd Tuesday of each month	evening	Reserved for the scheduling of special meetings, including public hearings
3rd Tuesday of each month	5 pm	Regular business meeting
4th Tuesday of each month	evening	Reserved for the scheduling of special meetings, including public hearings

## ADVENTURE

## HA LING PEAK

★★★★★



**LEVEL**  
Advanced



**ALTITUDE**  
2,408m



**ELEVATION GAIN**  
741 m



**DURATION**  
3-4 Hours



**GETTING THERE**

Head up the Spray Lakes gravel road passed the Nordic centre, approximately 6 km from Canmore. Park at the Goat Creek day use area parking lot located on the west side of the road. Ha Ling Peak is located across the road east of the parking lot.





## Proposed changes to the Canada Pension Plan What you need to know

By Suzanne Smith-Demers – Consultant

The federal and most provincial and territorial governments reached a tentative agreement to amend the Canadian Pension Plan (CPP) scheduled to be phased in starting in 2019.

For most Canadian employees, the proposed amendments mean receiving higher CPP benefits when they retire, compared to the benefits they would receive under CPP as it is now structured.

Currently, the CPP retirement benefit is 25% of average adjusted earnings. The proposed amendment will increase this benefit to 33% and will be phased in over a six-year period starting in 2019. The current limit on insured earnings covered by CPP is \$54,900 rising to a maximum amount of \$82,700 by 2025.

Starting in 2019, contributions from employees and employers will increase by 1% to 5.95% of

wages, phased in from 2019 to 2025. To somewhat offset the increase in contributions, there will be a federal tax deduction for employee contributions. Additionally, the CPP contribution on income between \$54,000 (2016 limit) and the new maximum of \$82,700 is expected to be lowered to 4% rather than 5.95%.

It will take 40 years of contributions to realize the full enhancement of benefits. Here are some examples\*:

Although the amended CPP will enhance CPP retirement benefits for many Canadians, the new benefits will undoubtedly fall far short of your pre-retirement income. That's why it's still important that you have a comprehensive retirement savings plan in place.

\*Source: George and Bell Consulting Inc.

Age in 2016	Salary in 2016	Current CPP benefit at age 65	Enhanced CPP benefit at age 65	Annual increase with enhancement
20	\$20,000	\$17,844	\$23,544	\$5,700
40	\$40,000	\$19,752	\$23,888	\$3,636
60	\$55,000	\$15,000	\$15,216	\$216



### ARTS AND EVENTS

www.canmore.ca | events@canmore.ca



#### Multicultural Potluck

This will be a wonderful evening of amazing international dishes from our local community.

Where: Canmore Legion, 834 7 St, Canmore

When: Friday, December 9, 6 p.m. to 9 p.m.



#### New Year's Eve Party on the Pond

Location: the Pond – 7th Ave and Mallard Alley

December 31, 6 p.m. to 10 p.m.

Skate to music under a starry sky. Sip on hot chocolate as you warm up by the bonfires.

Need a snack? Grab a hot dog at the Save On Foods tent. DJ on site, Bonfires

8:30 p.m. - Family fireworks at the Pond



#### New Year's Eve Fireworks at Millennium Park

Midnight at Millennium Park  
(short walk from the downtown pond)

## HEALTHY EYES AND VISION

By Sarah Thomson

Your eyes, like the rest of your body, benefit when you eat well. Did you know that certain foods can help keep your eyes healthy, and protect your vision?

There are three key nutritional groups to help protect your vision.

Vitamin C and beta carotene are antioxidants, which help to absorb some of harmful rays generated by the sun. The best food sources include colorful fruit and veggies such as grapefruit, strawberries, bell peppers, and broccoli. Kiwi is the highest fruit source of vitamin C. Vegetables such as carrots, yams, and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Lutein and zeaxanthin are also antioxidants that help protect against the damaging effects of UV rays. The best food sources of lutein and zeaxanthin include dark leafy vegetables such as spinach, collard greens, and kale. Slightly cooked greens are best, since the heat helps release more nutrients.

Omega 3 fatty acids help reduce inflammation and can help prevent age-related macular degeneration and dry eye. They can be found in oily fish such as salmon, trout, and sardines as well as oil rich plant sources, such as flaxseed and nuts. Try to mix 1 tablespoon of ground flax seed or wheat germ into your daily diet for a big boost of eye nutrients.

To learn more about eye-health and nutrients to help protect your vision, ask your eye care professional.

# 5 WINTER DRIVING FUEL-EFFICIENCY TIPS

With its cold winds, long nights, and merciless snows, winter can be an ordeal for both you and your car. But beyond all the extra windshield washer fluid and maintenance your ride will need, your fuel budget will likely see the biggest bump — gas use can spike by over 25 percent, adding more to an already-too-large chunk of your budget.

This is because the cold winter air puts more aerodynamic drag on your vehicle and your engine has to work harder to plow through all that snow and slush. But you can fight back with a few surprisingly simple tricks:

1. Chill out and go easy. Aggressive driving uses much more gas than you'd expect. Speeding up and slowing down suddenly makes your engine work harder than it should, so take it smooth and steady behind the wheel to see some savings.
2. Plan ahead. Beyond driving more gently in general, you can cut down on gas use with some simple planning. By keeping a careful eye on traffic ahead and keeping your speed down, you can save yourself the painful start-stopping that drives up your gas use, and still arrive on time. Working to curb those bad habits can save you time at the pump and aggravation on the road. And whenever possible, plan your route ahead of time using radio traffic alerts or a smartphone app that helps you avoid any gas-guzzling jams.

3. Don't idle to start up. Are you using a remote starter or starting your engine then running back inside to let your vehicle warm up? Don't fall for the driveway-idle trap — not only does it suck up gas and increase emissions, idling for more than 30 seconds doesn't give any extra benefit. All you need to do to warm up your car is to drive it gently for a few minutes. You'll be warmed up and on your way in no time.

4. Keep an eye on your tires. Tire pressure changes with air temperature, so check your tires at least once a month to make sure they're inflated correctly. Driving on tires that are under-inflated by as little as 8 psi can cut their life by more than 10,000 km and drive up your gas use to boot.

5. Use a block heater. Block heaters warm up your car's engine before you start and can cut down on gas use dramatically by eliminating the need for you to warm up the engine at all. Use a timer on the block heater for added convenience; just set it to turn on about 2 hours before you need to drive, and you're off to the races with a pre-warmed engine, gas in your tank, and money in your pocket.

Find more information online at [vehicles.gc.ca](http://vehicles.gc.ca).

[www.newscanada.com](http://www.newscanada.com)



## HI JINX Toy Shop

Since Hi Jinx was established in 2005, it has been known as a unique store, where the residents of the Bow Valley come to find specialty toys as well as treasures they can't easily find elsewhere. Visitors to Canmore come back year after year to find a special gift to take back home.

What makes Hi Jinx unique? The owner is a speech language pathologist, now retired, who makes every effort to stock toys that are not only safe, good quality, competitively priced but also have exceptional play value. Play value means that a toy is not a disposable, one-time only toy. It means that the toy is rewarding in more than one way, and that it can be played with beyond the child's current age, or stage of development. Play is a significant part of a child's overall development.

Play develops social, emotional, cognitive and sensory skills. From as early as a few weeks old, babies learn that engaging in playful communication is very rewarding, and they quickly become curious and want to explore their environment. This curiosity leads to play with toys, and every interaction contributes to learning.

Of course toys don't ALL need to be educational, but many of them are, even though they are not necessarily designed to be. Also some toys are just for fun! Hi Jinx has many novelty toys in the pocket-money price range that are crazy, silly, and cool!

Customer service is extremely important to us at Hi Jinx. The staff does their best to help customers find the most appropriate toy or gift. We are an exclusive retailer in the Bow Valley for many of the most popular brands such as Playmobil, Calico Critters, and Corolle. Naturally, we have a LOT of Lego... But it doesn't stay on the shelves very long! Don't forget to

sign up for our loyalty points program to earn big discounts!

Hi Jinx also has a section for mums and dads! We stock some very cool baby supplies including silicone teether necklaces, clutch diaper bags, ear protectors, sunglasses and very special gifts like Annette's Keepsakes, which are all Canadian.

So come on in; bring the grandparents and sit them down on our comfy couch, let the children play with our train table demo toys, and enjoy the treasure trove at Hi Jinx!



**A FAMILY OWNED, NEIGHBOURHOOD TOY SHOP, SPECIALIZING IN QUALITY TOYS, GAMES AND PUZZLES AT PRICES THAT COMPETE FAVOURABLY WITH ANY IN CALGARY.**

 712B Main Street

 403-678-2068

 [www.hijinx.ca](http://www.hijinx.ca)



📍 POINTS OF INTEREST

## Sunshine Village, Banff

1 Sunshine Road, Banff, AB, T0L 0C0  
1-877-542-2633 | info@skibanff.com  
www.skibanff.com



## WHAT'S NEW FOR THE 2016-2017 SEASON AT SUNSHINE VILLAGE

### Sunshine Village welcomes Chef Kelly Yarrow

Sunshine Village welcomes Kelly Yarrow as executive chef at Sunshine Village and the Sunshine Mountain Lodge. Kelly brings with him experience from across Canada including time spent in Toronto, Georgian Bay, Ontario and, most recently, the Hard Rock Casino in Vancouver. He is inspired by Mediterranean, Asian and fusion cuisine and strives to use fresh, local ingredients such as aromatic herbs, meats and farm fresh produce as much as possible.

### Ski Week = Ski Memories for a lifetime

Treat your family to a ski-in, ski-out vacation like no other at Sunshine Village. Spend five days and five unforgettable nights at the iconic slope-side Sunshine Mountain Lodge. Included in the package is four days of 2-hour ski lessons, lift tickets, hotel room, welcome reception, wine and cheese night and more.

### New Terrain Park Features

Just in time for the 2016-2017 ski season, Sunshine Village introduces 10 new features to the Great Divide Terrain Park, built by Steve Petrie and Lucas Ouellette

from Arena Snow parks. Of the 10, four are beginner, three are intermediate and three are designed for advanced skiers and riders.

### Sunshine Village Winter Sightseeing Ticket

Not a skier or snowboarder, but want to take in the incredible views, exciting events and mountain après? Sunshine's new winter sightseeing ticket is the perfect fit for you. Your sightseeing ticket includes gondola access to the village, a ride up the Angel Express Quad chairlift and a \$12 food & beverage voucher. Prices start from just \$30 for children, \$40 for adults and \$36 for seniors.

### Improved Wayfinding

Starting in the 2016-2017 ski season, Sunshine Village embarks on a multi-year project to replace our existing on-mountain trail signs giving skiers and snowboarders improved directions to their favourite ski runs. Look for the first phase including updated signage around the Teepee Town LX and Angel Express Quad areas this year. >>



**Newly renovated Eagles Nest Canadian Bistro**  
Mountain dining at 7,200 feet has been elevated once again at Sunshine Village. New hardwood floors, cozy couches and lounging chairs bring a warm and inviting atmosphere to take in delectable farm-to-table dishes, exceptional wine selections and incredible mountain views at Eagles Nest in the Sunshine Mountain Lodge.

**Fresh food and beverage offerings**  
Sunshine’s commitment to providing our guests with a variety of quality and fresh menu offerings takes it up a notch this season with a new traditional smoker at Mad Trapper’s Bar & BBQ using Applewood and Mesquite wood chips. The Lookout Kitchen & Bar will add a fresh curry station featuring vegetarian, vegan and gluten free options while the Alpine Grill will, once again, feature its popular Pho soup stations.

**Sunshine Mountain Lodge opens summer 2017**  
At 7,000 feet above ordinary, the Sunshine Mountain Lodge, located in the heart of the Canadian Rockies, will open for summer operations in the summer of 2017 from June 30 until September 23. Enjoy gondola and chairlift accessed sightseeing and explore the famous Sunshine Meadows hiking trails before retreating back to our 4-star luxury hotel.

Book your summer 2017 stay today by visiting [sunshinemountainlodge.com](http://sunshinemountainlodge.com).

**CALLING LOCAL PHOTOGRAPHERS**

**SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF CANMORE CONNECTION**

**Submit your best photos before Jan 1<sup>st</sup> to [can@great-news.ca](mailto:can@great-news.ca)**



# THE MOODY BLUES

By Elisabeth Fayt

For some, the holidays are a time of happiness. For others, they can be a trigger for moodiness and despair. Whether you are happy or not this time of year, moods affect all of us at one time or another, so let’s learn how to combat them!

I used to be moody. It wouldn’t take much for someone to push my buttons. I was never nasty or outwardly argumentative, but I could easily sink into quietness while I seethingly pondered how someone could be so insensitive!

This is so common. It’s called touchiness or over-sensitivity, and is a form of self-pity that causes much unnecessary pain.

Most people are unaware when they’ve slipped into a mood. Let’s describe it. Someone criticizes you and you feel yourself getting defensive. That’s a mood. Your least favorite person enters the room and you feel immediately irritated. You get the picture. Sometimes we shift through the day from mood to mood. It’s so unhealthy.

The first step is to become aware. Our knee-jerk reaction is often to try and change the other person or re-arrange things so that everything is the way we want it. Usually, this causes more trouble.

If something bothers you, it’s a trigger. Immediately introspect: “Why does this bother me? What desire do I have that isn’t being met?” If you’re spiritually inclined, this is also the time to pray for help in overcoming the mood. You’ll find amazing results if you’re sincere.

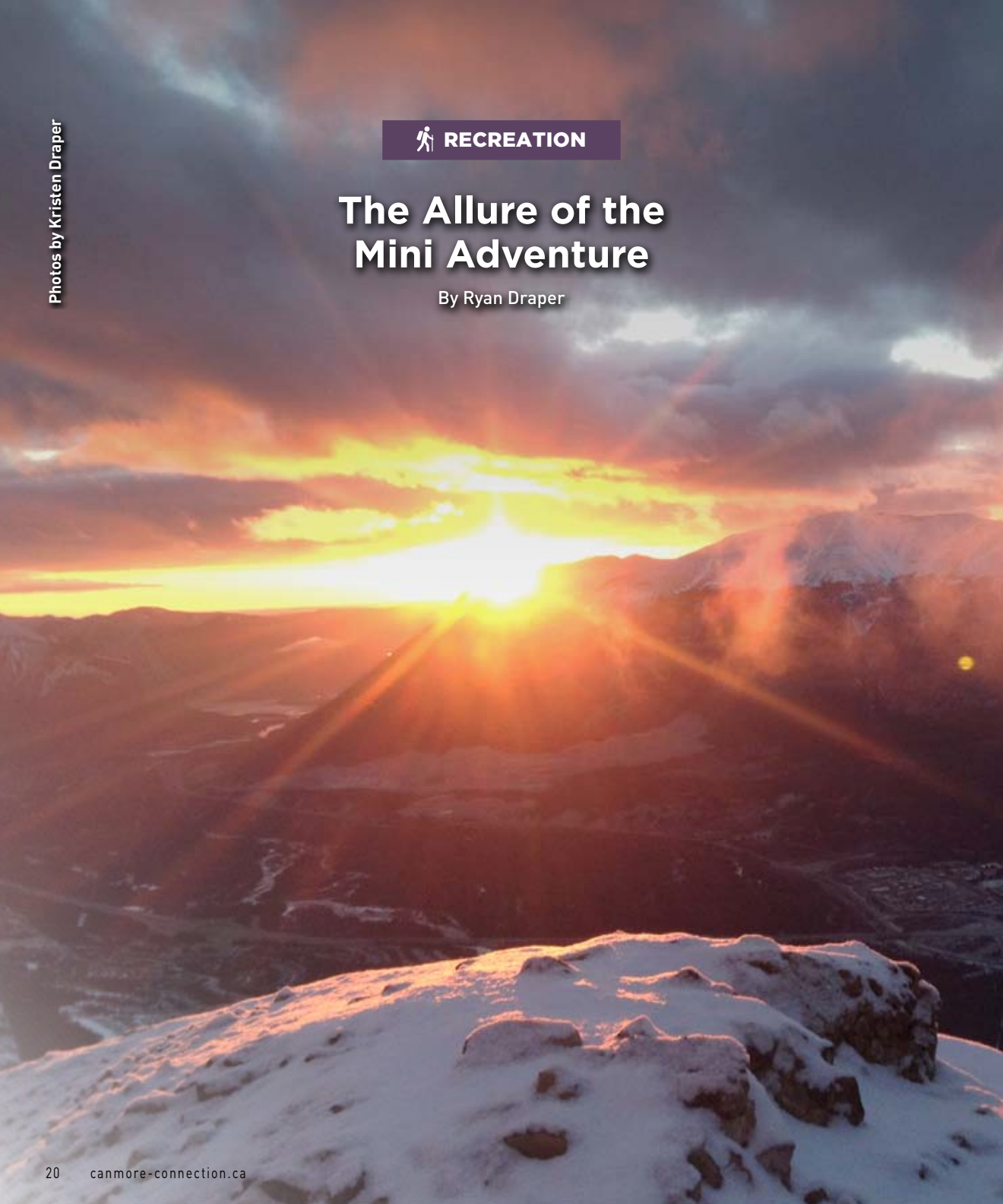
Another nugget, try this affirmation: “Change no circumstance in my life, change me.” Truly mean it. Put the behavior of the other person completely out of your mind and say to yourself: “How should I behave?” then put all your attention there.

Moods *can* be beaten. I have proven so in my own life.

Wishing you all a very happy holiday!

# The Allure of the Mini Adventure

By Ryan Draper



So, it's a Friday night and you are sitting at home admiring all the photos on social media of friends, family and coworkers vacationing around the world. Kind of a depressing evening, until EUREKA!

You stumble upon an image of a complete stranger enjoying an afternoon in the sunshine in a not so far away spot that you have always wanted to visit and that it is only a short drive and hike away.

You're inspired. You spend the rest of the evening looking for your backpack, favorite wool base layer, bear spray, water bottles and all the rest of your gear that will make Saturday a fun-filled mini adventure.

In a day and age where social media floods our lives with images of accomplishment and grandeur, it's no wonder people are starting to move outside to explore more and more.

The newly termed activity, the mini adventure, has really evolved from time-crunched individuals who still take every opportunity to get out and enjoy the great outdoors. All of

us can attest to seeing images or hearing stories that spawn a new adventure that can be executed in 6-48 hours.

A mini adventure has no rules and for everyone the adventure is as complex or as simple as they make it. It's not a race, it does not have to be life threatening or come with extremely high risk. What is guaranteed to come, if done right, is a sense of adventure, freedom, escape, motivation and vitality.

For some, a casual hike with the kids on a local hiking trail with a picnic lunch, playing with sticks and tossing stones in a nearby pond or stream can be their mini adventure.

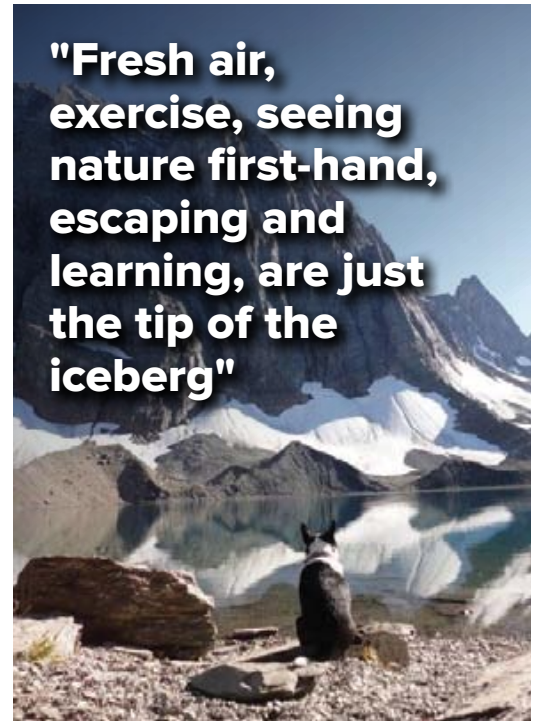
While others may choose to trail run or bike ride a high mountain pass carrying the basics of survival and spending the night on a mountaintop, only to return to civilization after watching an awe-inspiring sunrise in the mountains.

Renting gear for a day or weekend is also a great adventure; try renting a stand-up paddle board, canoe or snowshoes. It's cheaper than »

buying and gets you exposed to activities you may not know you have a hidden passion for.

Regardless of what your mini adventures look like in your mind while planning to get out and enjoy the beauty around us and escape the digital world for even a few hours, it can be refreshing. The benefits of the mini adventure approach are numerous: fresh air, exercise, seeing nature first hand, escaping and learning are just the tip of the iceberg.


Gaining confidence to be outside in the backcountry, gaining fitness and motivation to go further or longer and ultimately to share the experience and show others is priceless. Your mini adventures can be as frugal or as expensive as you want and over time you will be able to execute a mini adventure on the fly in destinations all over the world, saving you time, money and the need to attend basic guided tours.



**"Fresh air, exercise, seeing nature first-hand, escaping and learning, are just the tip of the iceberg"**

Hey, you never know, those selfies, instagram and facebook posts from your mini adventure might just motivate someone else to get out and enjoy their own back yard.

**Top Mini Adventure Activities:**

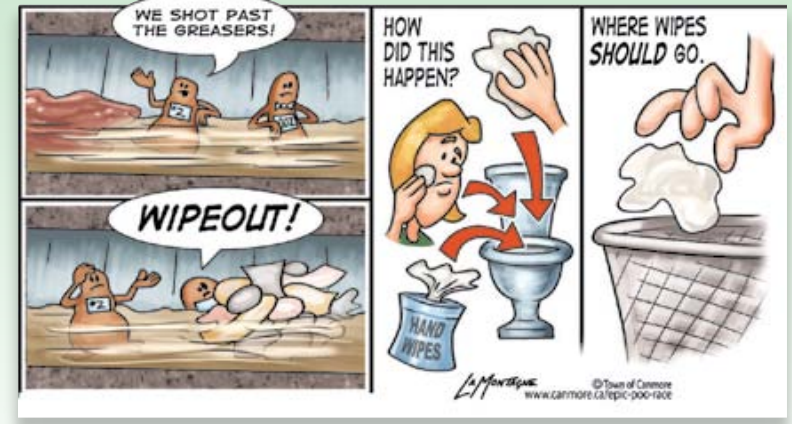
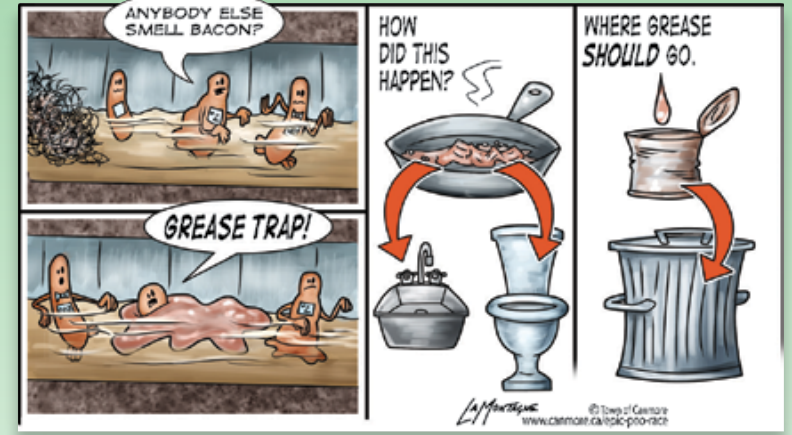
-  Walking
-  Hiking
-  Snowshoeing
-  Biking
-  Camping
-  Backpacking
-  Trail running
-  Stand up paddle boarding
-  Canoeing
-  Via Ferrata

**Don't forget to check these before heading out**

- Weather in the area
- Local map
- Animals in the area
- Cell phone reception in the area
- Food and water source
- How long it may take
- Notify a friend of your trip and approximate return time



# THE EPIC POO RACE!™



**WHEN THE WRONG STUFF GETS FLUSHED, RATES GO UP...**  
 Rates go up to pay for increased repair and maintenance costs at the treatment plant. That costs you money.  
 To learn more visit: [www.canmore.ca/epic-poo-race](http://www.canmore.ca/epic-poo-race)



# FORCING BULBS

By Barbara Shorrock



After a brief bout of snow during the first week, we have experienced quite a decent October and most gardens are in excellent shape with warm days encouraging us to get out and do a thorough fall cleanup. We are not so lucky every year, as early snow and wind often discourage this task.

So, now what? A very satisfying project during the winter is the forcing of bulbs for indoor bloom. It sounds aggressive but “forcing” is merely a term for encouraging growth of a bulb indoors that would normally emerge from the ground in spring. You can do this with many different varieties, such as crocus, tulip, muscari, amaryllis, and hyacinth. The easiest, however, is the **Narcissus Paperwhite**. Because Paperwhite bulbs do not need the weeks of cold temperatures some of the others do, you can pot them up for instant gratification almost any time.

This member of the daffodil family requires no chilling, no soil, and will grow in any container in moderate light. What you need are some containers (minimum 3” deep), a bag of stones, marbles, beads or sand, and some raffia to tie them up when they get tall. For a great display, plant one bulb per inch of pot diameter (ie: a 10 inch round pot needs 10 bulbs.)

Fill your container with stones, placing the bulbs just below the surface with the tips up and covered with more stones. Put enough water in the container to just touch the bulbs’ roots. Bulbs sitting in water will rot. Place in a well lit window and you should have growth in a few days. Once they come into bloom, they will last longer in a cool spot.

For constant bloom, plant a new pot once a week for

several weeks. With careful planning you will have blooms for weeks and weeks during the darkest part of winter. Some sources say to simply throw out the bulbs when they have finished blooming, but others suggest tucking them into the garden to enjoy again another spring. They all agree that you cannot force a bulb twice. That sounds too hostile for my kind of gardening anyway. A recent magazine article suggests a bit of alcohol in the water (gin? vodka?) will make the growth shorter. I don’t know if that works, but will maybe try it this year - perhaps a purpose for that Tequila that no one likes.

If you crave dramatic color, go for Hyacinths. The bigger the bulb the better. Place several snugly in a pot, cover with sterilized soil, dampen, and put in a cold place such as the basement refrigerator or a garage that does not freeze. They need to be chilled for several weeks, then brought out into the bright light gradually. Once you see green growth, you are set, and Mother Nature will take over from here. I tried this with some yellow crocuses one year. They were charming, and have been blooming under the ornamental crabapple tree ever since, competing with the Siberian Squill for first appearance through the snow in the spring. (My apologies for mentioning “spring” in November).

Imagine your Christmas Poinsetta surrounded by pots of creamy Paperwhites in January – that makes a very satisfying picture.

*Barbara Shorrock is a gardener, writer, retired realtor, traveler, ESL teacher and avid reader. She can be found most first Wednesdays at the Queensland Garden Club.*



MLA for Banff-Cochrane

**Cameron Westhead**

102, 721 Main Street,  
PO Box 8650  
Canmore, AB T1W 0B9  
403.609.4509  
banff.cochrane@assembly.ab.ca

Alberta is a resilient province, so at a time when we are all facing a very significant economic shock together, it is important to take stock of how our province is doing, what we’re doing together in the face of our challenges, and to talk about some of our key interests on the national stage.

We’ve seen the price of oil go up and go down before, and we will again. Our government came to office in the face of a textbook demonstration of the economic price Alberta pays for failing to diversify. And everyone in Alberta knows the consequences of that failure.

That is why Premier Lougheed always argued for a much more considered, prudent and systematic energy development strategy so that we wouldn’t be robbed of the benefits of good times by the pressures and costs of unsustainable booms.

As we are all painfully aware, many areas of our economy have been adversely affected by the current crash in prices and investment capital. As a result, far too many Alberta families are worrying today about their employment and economic security.

Thankfully, Albertans are practical, entrepreneurial, innovative, and community-minded people. So we’re going to set a new and better course for our province. We’re going to tackle our challenges with the same hopeful optimism that built Alberta and has seen it through many challenges in the past. We are going to build a province our children and grandchildren will be proud of.

The idea advanced by some is that we should deal with the drop in the international price of oil by imposing deep cutbacks to our health care and our children’s education. That was tried in the past, and it failed. There are those who want to go back to those days. But the people of Alberta don’t. And this government won’t. Health care and education are safe in our hands.

With this being said, it does not mean we don’t face a serious fiscal situation. Provincial revenues in Alberta have dropped by almost 15%. The provincial government can serve as an economic “shock absorber”... for a time.

But as our economy improves in coming years, the provincial budget is going to have to come back into balance too. That means we can protect health care and education. But that also means we are very unlikely to have headroom for major new spending proposals until recovery arrives.

So that means stability – but not big increases – in all public budgets, until better times return. Stability is the watchword.

Asking people to do more with less has been a common refrain in many sectors for years. But asking people to do that with erratic and volatile funding levels is not right and bound to fail. That’s been our history in Alberta, but it doesn’t have to be our future.

As we do this work, we remain focused on the jobs and economic diversification that will help us emerge from this downturn stronger than ever. But we’re not going to diversify our economy and make it more resilient overnight.

Our government has been speaking out clearly on these issues since we were elected. We will be working with focus and determination to get the job done. That is what the people of Alberta are looking for from their provincial government.

They want a government that keeps its promises, and works in the public interest with focus and determination to get the job done. Together, we are addressing the real issues that lie before Alberta: the need to diversify our economy, to do a better job on education, and the need to act decisively on climate change.

We’re working together to build a better future for our families, our children and our grandchildren. Building on the legacy of those who came before.

We all share a love and pride of Alberta. Our home. A cornerstone of Canada. A province that has led before, and will lead again.

Sincerely,  
Cameron Westhead  
MLA for Banff-Cochrane



MP for Banff-Airdrie

**Blake Richards**

Suite 16, 620 - 1st Avenue NW  
Airdrie, AB T4B 2R3  
403-948-5103  
blake.richards@parl.gc.ca

Christmas is a time for joy and reflection and as the Christmas season approaches, we can look forward to gathering with family and friends in celebration of generosity, peace, and hope.

The holidays are an excellent opportunity to catch up with loved ones. Whether you're hitting the outdoor rink, racing your kids down a snowy bank, or greeting guests under the glow of Christmas lights, make sure to pause and reflect on the full meaning of this season of goodwill.

More than any other time of the year, Christmas is marked by generosity. Spontaneous acts of kindness are just one of the wonderful things about the holiday season. It is a time to be thankful for all that we are blessed with, and to lend a hand to those who are less fortunate.

A lot of local charitable organizations need help around the holidays and spending some time volunteering to help to make Christmas a little brighter for those in need is truly what the season is all about.

The weeks leading up to Christmas are busy and can sometimes be hectic. Parties, last-minute shopping, and making travel arrangements can make the days fly by in a whirlwind.

As you make your preparations, I hope that you can find time to take part in some of the great events in the community, like visiting the Canadian Pacific Holiday Train when it stops in Canmore on December 12th. Don't forget to bring a donation for the local food bank!

It is also important to take time during the rush of the holidays to enjoy the things in life that really matter.

While the Christmas season always seems to go by too fast, it is my hope that we can keep the spirit of the season alive throughout the weeks and months that follow.

Merry Christmas and all the best for a happy and prosperous New Year.

★ MERRY ★  
**Christmas**  
— & —  
**HAPPY NEW YEAR**  
★★★



# COLD WEATHER SAFETY

Alberta Health Services EMS

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency.

It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

## Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

## Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

## Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

 **GALLERY**

Photo credit: Shivan Boodoo

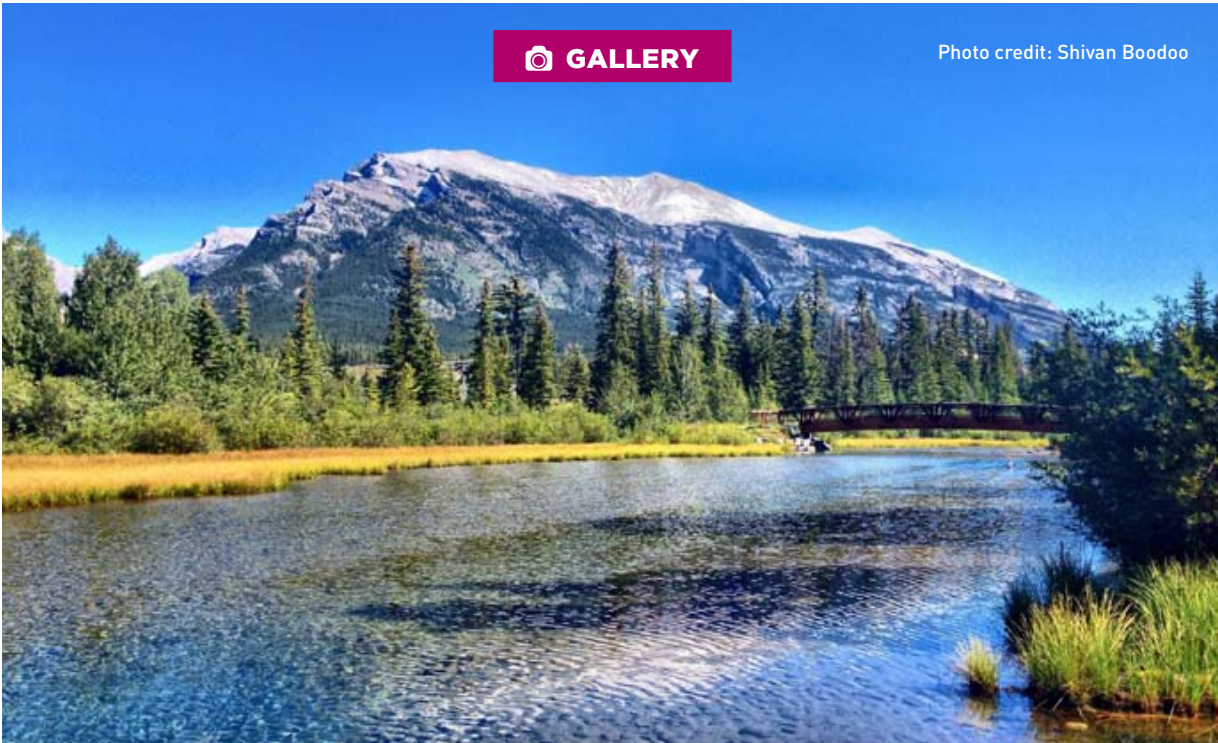


Photo credit: Elan Hudym



Photo credit: Mark Berger



Photo credit: Tom Scrace

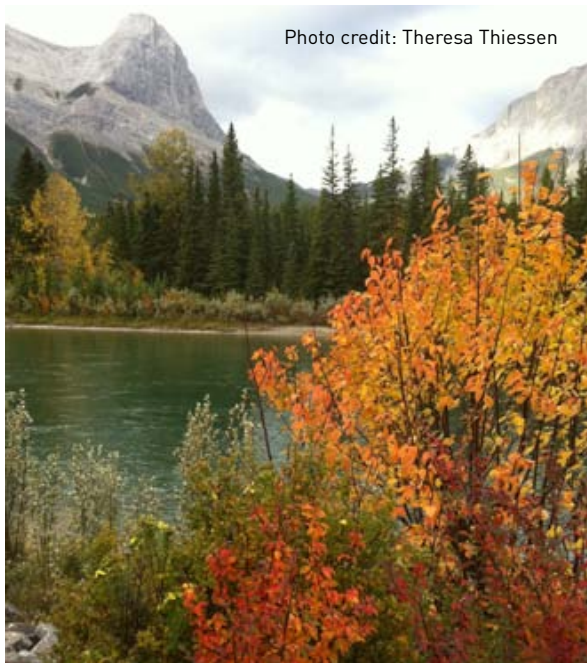


Photo credit: Theresa Thiessen



Photo credit: Steve Baylin

# BUSINESS CLASSIFIEDS



For business classified ad rates call us at 403-263-3044 or email sales@great-news.ca

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks & Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

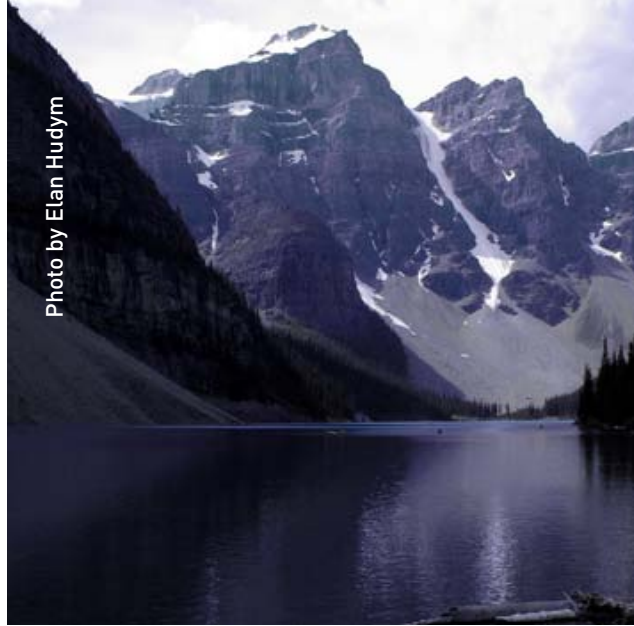
**TILE AND STONE INSTALLATION:** 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.



**Information sessions** on Thursdays, from 6:00 to 7:00 PM, throughout December, January and February. Contact Véronique at 403-493-5142.

- 10-day tours in southwest France
- All inclusive | Private | Hosted | Guided
- Min. 1, max. 8 guests. We don't combine different parties. Claim your own tour!

**www.ExperienceMyFrance.com**



## Local Content

Great News Publishing is looking for local photo enthusiast and writers/bloggers that want to submit content for the Canmore Connection.

Do you have some photos of the town that you are proud of? Do you feel passionate about any of the amazing activities available in the mountains and want to share it with others? This is a great way to get your name seen and your story heard.

Email us today at can@great-news.ca to learn more about how you can get published!

\*photo credit provided in the newsletter

**SALVAGE SOLUTIONS**  
*limited*

*Wood with a story to tell.*

Locally reclaimed wood & custom décor pieces

☎ 403.627.3412  
✉ salvagesolutions@platinum.ca

*Sliding Barn Doors • Feature Walls  
Metal & Hardware Tables • Timbers  
Custom Orders & Building Materials*

SALVAGESOLUTIONS.CA

*Tranquility Awaits*

**15% OFF your first order with this ad!**

**Serenity BATH BOUTIQUE**

CALGARY'S PREMIER BATH BOUTIQUE

#1 6025-12 Street SE, Calgary, AB T2H 2K1  
403 453 0622 | serenitybathboutique.com  
Open 7 days a week for your convenience

**PHOTO ARTISTRY**  
PHOTOGRAPHY BY STEVE BAYLIN

**WWW.STEVEBAYLIN.COM**



## HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



## HOW CAN YOU HELP?



### JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



### GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



### HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



### VOLUNTEER

We couldn't do what we do without the support of our volunteers.



### BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



### DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at [diabetes.ca/donate](https://diabetes.ca/donate).