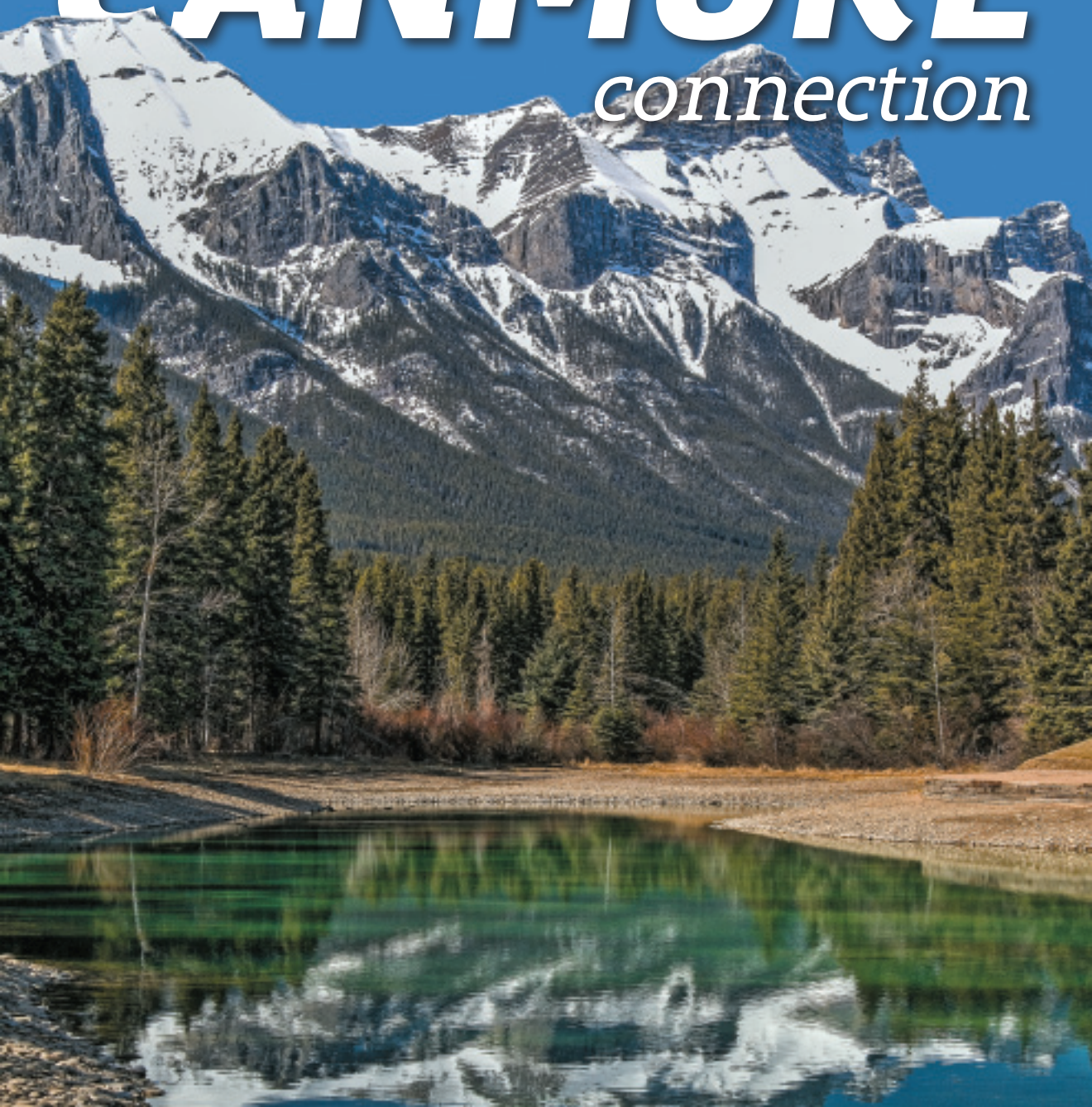


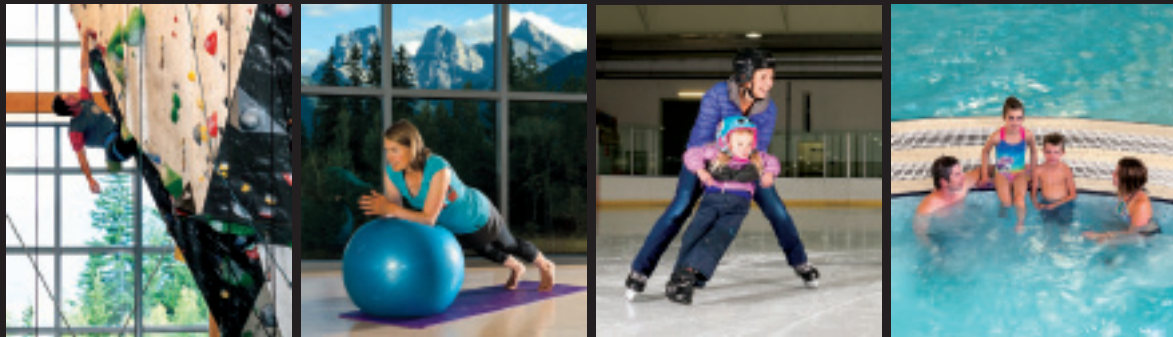
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April 2017



On the Cover

Canmore Golf Club
Photo by Steve Baylin
www.stevebaylin.com

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Canmore Connection

110,000 distribution copies annually

About Canmore Connection

Canmore Connection is a dynamic local magazine with insightful content which is widely accessible in print and digital formats www.canmore-connection.ca. Our goal is to engage local residents and business owners and to provide travelers a local perspective that encourages interaction with the amazing experiences that Canmore offers.

Advertising Opportunities

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Editorial Submissions

canmore@great-news.ca

Direct requests for copies to:

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Email: canmore@great-news.ca

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Community Events

Tartan Day Ceilidh

April 8, 6:00 – 11:00 p.m. @ Canmore Opera House

Join us for a Tartan Day celebration, a spirited evening in honour of the 'Declaration of Arbroath', Scotland's declaration of independence.


Featuring live Celtic music by Cabot's Crossing! Real fun, Celtic-style! Kilts encouraged – wear your tartan!

 canmorehighlandgames.ca

Pine Tree Players present Nunsense

April 19 – 29 @ Canmore Miner's Union Hall

Join Mother Superior and her talented troupe of nuns for a comical evening of singing, dancing and unforgettable convent humour at Nunsense, the Musical by Dan Goggin, Pine Tree Players' spring production on April 19 to 29.

 pinetreepayers.com

West of Mabou

April 20, 7:30 – 10:30 p.m.

@ St. Michael's Anglican Church

With masterful musicianship, energetic rhythms, and a passion for fiddle and pipe tunes, Saskatchewan-based and Nova Scotia-named West of Mabou bring their unique brand of Celtic music to Alberta. One of CBC Saskatchewan's Artists to Watch in 2017, the band will play 3 Alberta shows, which include stops in Canmore, Calgary, and Edmonton.

 westofmabou.ca

Canmore Little Warriors Prevent It! Workshop

April 22, 9:30 a.m. – 12:30 p.m.

Little Warriors invites you to Take Action and attend a FREE Prevent It! workshop in your community to learn how to protect your children or children in your organization from child sexual abuse.

 register.littlewarriors.ca

RMCC "Rampage" Bike Swap


April 30, 9 a.m. – 3 p.m. @ 1160 Railway Ave

Hosted by Rundle Mountain Cycling Club

Bike Check-in: 9 a.m. – 11:30 a.m.

Bike Swap: Noon – 3:00 p.m.

Cheque Pick-Up: 5:30 p.m.

 rundlemountaincyclingclub.com

Dune Rats from Australia

May 3, 8 p.m. @ The Drake Inn in Canmore

909 Railway Ave, Canmore, AB

Crazy Aussie party band from Brisbane, Queensland, originally formed by Danny Beausa, BC Michaels and Brett Jansch.

 drakeinn.com

Canmore Uncorked Wine Festival

May 3 – 13

Canmore Uncorked, the multiple award-winning food festival, returns to Canmore on May 3, 2017 for another 12 days of remarkable dining experiences!

Enjoy daily special menus at 40 of Canmore's finest restaurants, plus signature events including wine and beer festivals, the Long Table, and much more.

 canmoreuncorked.com



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



CONTACT INFORMATION

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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	
Crossway Community Church	403-678-9801
Our Lady of the Rockies Catholic Parish	403-678-5022
Ralph Connor Memorial United Church	403-678-5354
Rocky Mountain Victory Church	403-678-9807
St. Michael's Anglican Church	403-678-5191
Trinity Bible Church	403-678-5063

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ARTS AND EVENTS
www.canmore.ca | events@canmore.ca

First Thursdays are insightful and informative arts and culture talks, from 7 to 9 p.m., on the first Thursday of every month! In partnership with the Town of Canmore.



Katherine Govier
Three Sisters Bar & Hotel
April 6, 7:00 p.m.

Join Katherine Govier as she discusses her book, *Three Sisters Bar and Hotel*, set in the fictional town of Gateway on the eastern slopes of the Rockies.



Kari Woo - Creating Space
From Pretending to Professional
May 4, 7:00 p.m.

From Pretending to Professional: transforming the myth of the starving artist.



Upcoming Events at the Three Sisters Gallery
2nd floor, Elevation Place

Along the Bow 2
Alberta Craft Council
April 7 - May 9

Plein Air Sessions
Canmore/Calgary Exchange
May 11 - June 8



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PHOTO ARTISTRY
PHOTOGRAPHY BY STEVE BAYLIN
WWW.STEVEBAYLIN.COM

Seared Ling Cod And Red Beet

Recipe by Chef Marco



For me, spring/summer is about getting your produces from local farmers instead of from the States. Having the chance to talk to somebody in-person from a farm is always a highlight.

A combination of fresh-pressed, red beet juice (lowers blood pressure and is rich in antioxidants), mixed with Chia seeds (low-carb and high protein, plus antioxidants), makes this dish so interesting. July is the time to discover the abundance of beautiful red beets from our local farmers.

At this time of the season, beets taste exceptionally good, with a delightful sweetness to them. Summer beets do not compare to the red beets we draw on through the winter into spring with their heavy, earthy taste.

Once you've selected your sweet, young beets, you only need to make a decision as to which type of fish you would like to serve with them.

There are so many choices to finalize your nutrition 'bomb' and you'll find a variety of flavour in our summer recipes. Seared Ling Cod, smoked Albacore tuna, or a nice salmon bursting with Omega-3 will boost your meal's vitamin and mineral content, while impressing your guests' palate.

PREP

Juice 1kg of peeled red beets (should produce approximately 300ml juice).

Season with salt and pepper to your liking.

Stir in 60g Chia seeds and place in 4 bowls.

Allow it to settle for approximately 50 minutes.

Clean and wash your favorite lettuce and herbs for the garnish salad.

PLATING

Cut Ling Cod in 4 pieces.

Season with salt and pepper, then sear to your preferred level.

Place Ling Cod on the firm red beet reduction and garnish with salad.

Drizzle lemon-olive oil on top and grate fresh horseradish on the dish. 🍴



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Bicycle Helmet Safety

by EMS, Alberta Health Services

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it’s the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

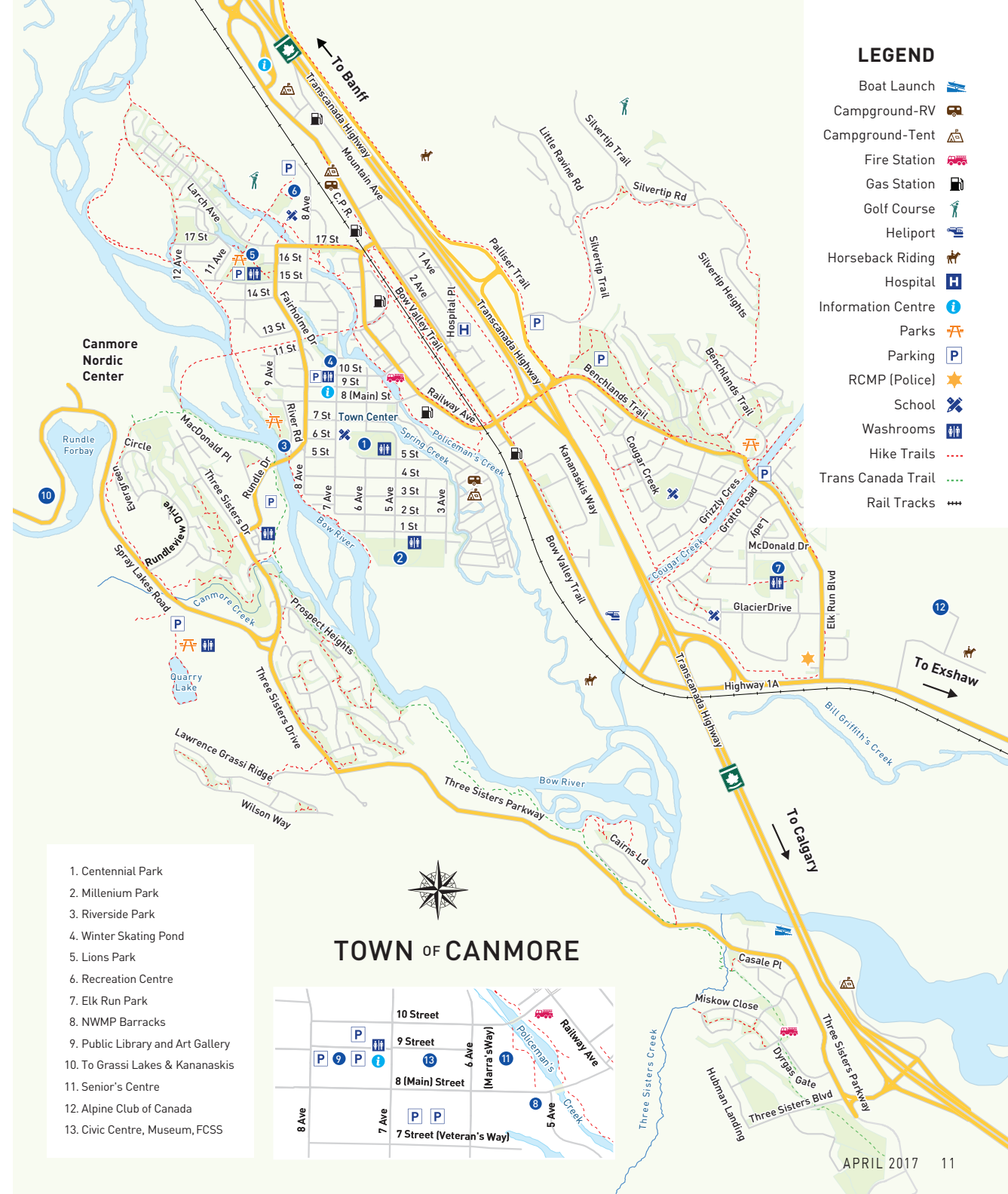


COUNCIL MEETINGS

www.canmore.ca | chyde@canmore.ca



First Tuesday of each month	5:00pm	Regular business meeting
Second Tuesday of each month	1:00pm	Committee of the whole meeting
Second Tuesday of each month	evening	Reserved for the scheduling of special meetings, including public hearings
Third Tuesday of each month	5:00pm	Regular business meeting
Fourth Tuesday of each month	evening	Reserved for the scheduling of special meetings, including public hearings



BIKE LIGHTS

by Ryan Draper



If you commute in the early mornings or late evenings by bike, or love trail riding after dark, you've probably found yourself shopping for a set of lights at some point in time. With terms like burn time, lumens, and lithium-ion technology and usually a hefty price tag, finding the right lights for your purpose can become very daunting.

As an avid nightrider that rides in all weather conditions 12 months of the year, I have learned a thing or two about lights and can offer some sound advice for when you find yourself shopping for your next set.

Lights fall into two main categories, the first is the need to be seen safety category. This category is most common with commuters who are in a city environment with streetlights and other light sources lighting the way for them. The intent for them is to be seen by others. Lights for a commuter might need a few key functions like a flash mode, available in front and rear specific, need to be inexpensive, or possibly USB chargeable for workstation charging. Commuter lights are usually 100-700 lumens in brightness, come in a variety of battery configurations, and are fairly inexpensive.

The second category of bike lights is the need to see everything on the trail category. This category has a wide range of needs from racing at night, bike packing trips, or shredding the local single track on a group ride. Lights in this category are powerful, to say the least, and usually offer battery life and run time that is between 1.5-4 hours in duration. With the innovation in lithium-ion battery technology, batteries in this category are lighter and last longer than ever. Still, most trail lights have various settings for battery conservation as most riders will only need a low setting for slower up hill climbing and higher settings for descending when speeds are getting higher.

Brighter lights and the more lumens make it harder to out run your lights while on faster sections of trail. Higher-end trail lights usually come with a few extras for versatility like both handlebar and helmet mounts or even a headband-style mount for running, cross country-skiing, hiking, camping, or even dog walking.

Most higher-end lights come with a wall charger, case for your storage, are more weather resistant, and typically come with an extended warranty. 🏠

Here are a few of my favourite lights and a few key features of each:



Bontrager Ion 800
Commuter / Bike Path
800 Lumens
Burn time: 1.5-20hrs
Mounts: Bar or Helmet
Retail: \$135



Lezyne Super Drive XXL
Commuter / Basic Trails
1200 Lumens
Burn time: 1.5-34hrs
Mounts: Bar, Helmet (Helmet mount not recommended)
Retail: \$219



NiteRider Pro 1800 Race
Racer / Trail Shredder
1800 Lumens
Burn time: 1.5-25hrs
Mounts: Bar, Helmet, Head Band
Retail: \$499



Olympia 2100
Trail Shredder / Bike packer
2100 Lumens
Burn time: 2.5-6.5hrs
Mounts: Bar, Helmet, Headband, Wireless Remote control
Retail: \$399

If the sticker price of these units alarms you, most of the cost is associated with the battery quality and all the research and development that goes into the durability and life span of the units. Personally, I have lights that are seven years old that still hold a charge and burn time like they were brand new. As the old saying goes, you really do get what you pay for.

Why your pets and their vets need your help!

by Dr. Sylvia McAllister - Canmore Veterinary Hospital



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

We are all supposed to have our teeth checked and cleaned at least once a year, right? How many of us actually get it done? I do now, since I suffered a couple of excruciatingly painful root abscesses, one of which allowed me to meet a charming Mexican dentist (but that's another story).

We all know that our pets suffer from the same ailments as we do, including gingivitis, plaque, cavities, tartar, fractured teeth and root abscesses. This is my chance to remind you that dental disease hurts. A lot. And it can cause health problems such as blood poisoning, heart valve disease, kidney and liver problems. And no, your pet will not complain if they have a sore mouth. And yes, they will keep eating if they have a painful tooth (I still ate my fish tacos in Mexico with a mind-numbingly painful tooth. Thank goodness for tequila). Dogs and cats, like their wild ancestors, are genetically programmed not to show pain in order to avoid getting preyed upon by something bigger. Just because they do not show signs of pain and continue eating does not mean that it doesn't hurt.

We perform many dental procedures at the veterinary hospital. Some of these are routine dental "prophyls" which are equivalent to your teeth cleaning at the dentist's. These prevent serious oral disease from happening and can be budgeted on a yearly basis. Others are emergency procedures when the oral disease is bad enough that either the owner can no longer stand the smell, the root abscess has ruptured through the bone into the face, or the pet is in so much pain they can no longer function normally. This kind of treatment is long, difficult, painful and costly.

We would much rather take care of your pet's teeth before it becomes an emergency. A dental exam done at the time of your pet's annual physical exam can detect dental disease before it becomes advanced, and it is included in the cost of your pets check up.

If we detect a problem, we will recommend either home care or in hospital treatments. Home care involves daily brushing with pet tooth paste (seafood, beef, chicken or peanut butter flavour!), dental diets that are made as a much bigger kibble with an enzymatic cleaning matrix that cleans teeth as your pet chews, and/ or daily dental chews that last 3-5 minutes and remove plaque. We recommend training your pet to accept tooth brushing from an early age, using positive rewards and treats.

In hospital treatments generally involve anesthesia. It is impossible to do a good job without it as our pets won't stay still. Sharp objects around a pet's face when they are wiggling are dangerous. Cleaning under the gum line, post cleaning polishing to remove enamel damage and dental X-rays cannot be properly done on an awake pet. Diseases such as dental abscesses, cavities and fractured roots can't be detected or treated without anesthesia. Our anaesthetics are state of the art, safe and humane; we routinely anesthetize older pets. Many pets need dental procedures every year, something you probably didn't bargain for when you adopted that adorably cute puppy or that rescue kitty!

Prevention and early treatment can save your pet pain, save you money and prolong your pet's life. Your pet and your veterinarian will thank you!

When I talk to families in our community, one thing that often comes up is the high cost of mandatory school fees. I know that every September it can be a real scramble for a family to cobble together the funds to get their kids out the door and into their schools. For families, this can cost hundreds if not more than a thousand dollars. That's why I campaigned on reducing school fees, and I am proud today to give you an update on fulfilling this promise.

In the Throne Speech delivered on March 2, the government announced our first piece of legislation which will significantly reduce school fees for families. Across the province, this will save families hundreds of dollars. This legislation will be implemented this spring, so that when your kids go back to school in September, your fees will be reduced. The fees will be reduced by an average of 25% across Alberta, with more work to do in the future.

I know that the downturn in the economy has been hard on many families. That's exactly why we support reducing school fees, starting with the instructional supply and material fees. These will be eliminated. As well, we support eliminating busing fees for the children that are travelling to their designated school. I am happy to share that the government is taking action to reduce them.

As the economy recovers, Albertans expect their government to help them through the downturn to make things better for them. Reducing school fees will mean one less thing that families have to worry about to make ends meet. I am proud to stand up for quality education and to make sure it's affordable for all families.

Sincerely,
 Cam Westhead, MLA for Banff-Cochrane

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EVOLUTION

OLIVE OILS • VINEGARS • TASTING BAR

Are you a foodie or looking for a unique tasting experience in the Rockies? Evolution is a must-stop along Main Street Canmore, offering extra virgin olive oils crushed from the freshest olive harvests all around the world, and an amazing variety of delicious, aged balsamic vinegars from Modena.

Locally owned and located at 710 Main Street, Evolution is your gateway to an amazing tasting experience. With staff experts on hand, Evolution prides itself on providing an outing that focuses on both education and taste so that customers get the most enjoyment out of their products.

Evolution's olive oils come in both flavoured and unflavoured varieties. Their flavoured olive oils are either fused or infused with flavour. Fused olive oil is made by crushing olives with ripe, in-season fresh fruits or herbs - be it blood oranges, lemons, rosemary, or chili peppers.

The result is an intermingling of fresh olive oil with the bright and tasteful essential oil of the fused fruit or herb. Infused olive oils are all-naturally flavoured herbal infusions that blend olive oil with essential oil and include varieties such as Tuscan herb, herbs de Provence, and mushroom and wild sage.

Evolution's unflavoured varieties of olive oil are sourced using a two-hemisphere solution. Northern hemisphere olive oils are sourced after the fall crush in late-October and November around the Mediterranean and California.

Southern hemisphere olive oils, which come from countries as diverse as Australia, Chile, and South

Africa, are sourced after the spring crush in May. Freshness is key when it comes to olive-oil-quality, and the two-hemisphere solution ensures that Evolution is always carrying the freshest olive oils available in the world.

Whether flavoured or unflavoured, all of Evolution's olive oils are extra virgin so that customers get the best of both worlds: amazing taste, and all of the important health benefits that come with consuming extra virgin olive oil.

Evolution carries a broad selection of all-natural balsamic vinegars to pair with their olive oils. Evolution balsamic vinegar is made in the traditional Solera method in Modena, Italy. This means the vinegar is naturally aged in a series of different fruitwood barrels for up to 18 years until it has reached a wonderful richness and complexity that is the signature of good balsamic.

Evolution's balsamics include an organic variety, and a selection of all-natural flavours. A favourite Evolution vinaigrette mixes two parts Basil Olive Oil with one part Strawberry Balsamic. It's delicious on salads, berries, and desserts as simple as vanilla ice cream.

Complementing their oils and vinegars, Evolution carries a line of spices, herbs, and blends supplied exclusively by The Silk Road Spice Merchant, in Calgary.

Evolution also has an eye-catching salt bar featuring smoked, gourmet, and fused salts that add a kick to any dish.



**Always carrying the
freshest olive oils
available in the world.**



With all it has to offer in quality and flavour, it's no wonder that some of Canmore's best dining establishments incorporate Evolution olive oils and vinegars into their dishes.

You can find Evolution olive oils and vinegars in dishes and cocktails on the menus of Blake, PD3, The Range, Tavern 1883, and Where the Buffalo Roam.

As a community focused on health and wellness, Evolution has fit nicely into the Canmore lifestyle. Extra virgin olive oil is the cornerstone of the Mediterranean diet and well-known for its myriad of health benefits. It is rich in powerful, natural antioxidants and comprised mainly of oleic acid, a monounsaturated omega-9 fatty acid that contributes to the heart-healthy effects of olive oil.

Evolution is open seven days a week, until 7pm on Friday and Saturday, and 6pm the rest of the week.

**Set your
taste buds
on an
adventure
at evolution.**



evolution.ca | **evolution**
olive oils • vinegars • tasting bar

710 Main Street, Canmore, AB

Chester Lake Snowshoeing Trail

Spray Lakes / Smith Dorien Road



LEVEL
Easy



DISTANCE
10 km roundtrip



ELEVATION GAIN
300 m



GROUP SIZE
35 max



DURATION
3-5 hours



GETTING THERE

Follow signs up to Nordic Center in Canmore, then go past for 38km down the Spray Lake Road (Smith Dorien Trail) until you see the Chester Lake parking lot across from the Burstail Pass parking lot (approximately 10 mins past Mount Engadine Lodge).



A classic snowshoeing trail with spectacular scenery. The trail immediately begins to climb in elevation before leveling out in a valley and ending at a mountain lake. This trail is shared with cross-country skiers for the first 200m, then splits off into separate trails for snowshoeing and cross-country skiers. Make sure to follow the signs. 📍

Planting Spring Bulbs

by Barbara Shorrock

As I write this in March for your reading pleasure in April, I think ahead to preparation for spring, even though our gardens are still snow covered. If you have empty spaces in your flower garden or large pots waiting for something showy, why not consider tender summer-blooming bulbs? Now remember, “tender” means they are tropical species who like warmth and cannot survive freezing temperatures, so you will either plant them in pots in the house about 6 weeks before last frost date (June 1 in Calgary, plus or minus 2 weeks, depending upon Mother Nature’s whimsy each year) or directly into the garden a week or two before that unreliable date. If you are a thrifty gardener, you will bring these bulbs inside (basement or heated garage) before they freeze in the fall, to be stored for enjoyment the next year. If that isn’t your thing, treat them as annuals and buy new each year.

Dahlias offer a dazzling range of size and colour ranging from tiny Mignons to enormous Giants (think “Dinner Plate”). They start at white and continue all through the warm shades of yellow, red, orange, and so on. Breeders have been successful in producing extravagant varieties that look like a crazy painter has been at work on each bloom. The taller ones will need staking as they become top heavy later in the summer and I don’t need to tell you what our July storms can do. Smaller bushier ones need nothing more than sunshine and lots of water (dahlias are thirsty). Native to Mexico, the dahlia is not a true bulb, but has a tuberous root which multiplies and grows through the summer. You must dig this up before it has a chance to freeze, dry it, and store in sand, vermiculite or peat moss over the winter.

Gladiola corms may be planted directly into the garden or started indoors a few weeks early. The second most popular cut flower (second only to roses) they belong at the back of the flower bed where their tall spikes can be appreciated over their neighbours. There are over 10,000 varieties, so you will be spoiled for choice at the garden centre. The giants will produce one spike with multiple blooms; others will be smaller with several stalks and can be most charming in pots on the patio.

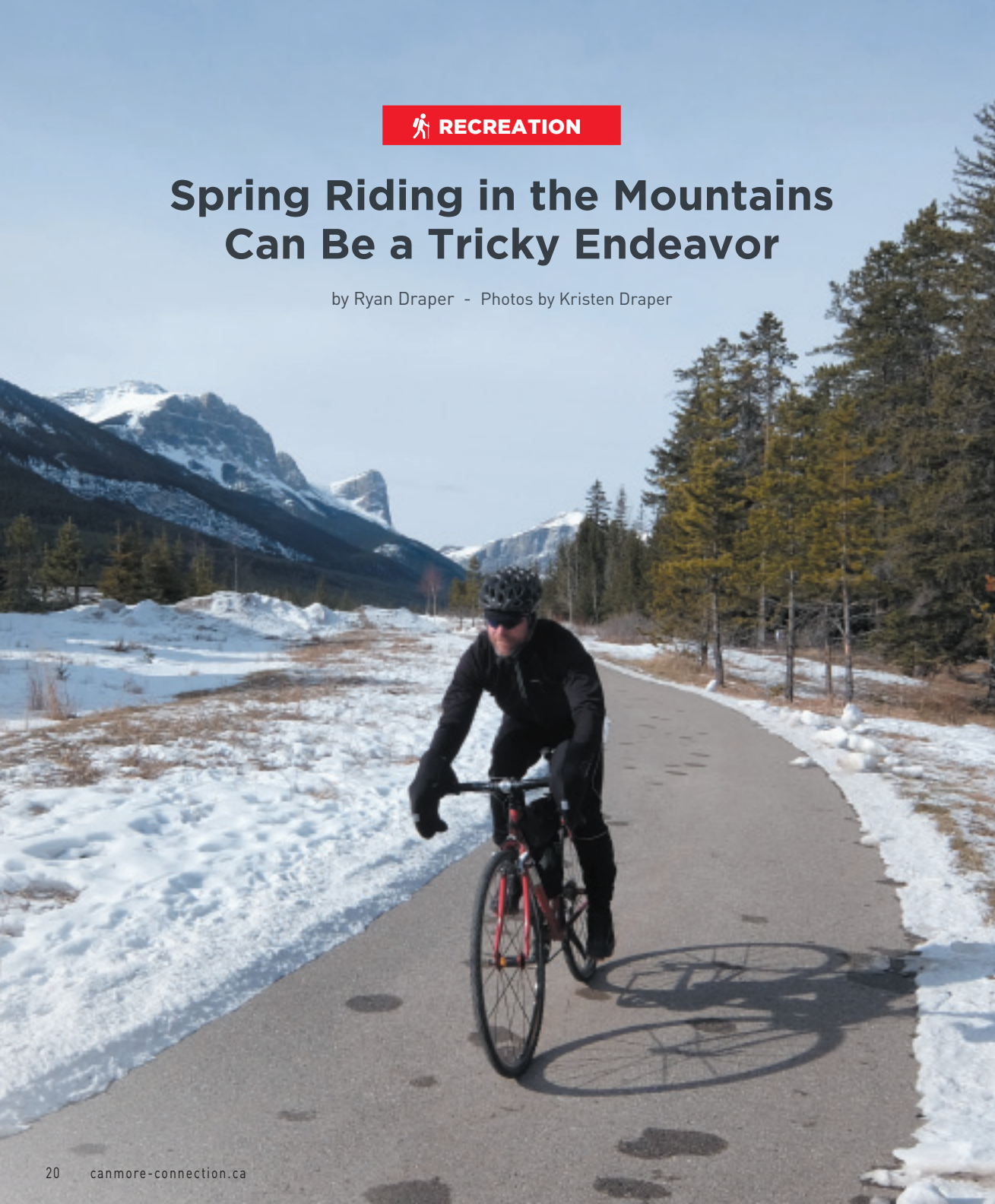
Begonias have a roundish tuber, and present a dramatic display of colour for weeks and weeks, most effective in pots and hanging displays. If you are buying them for the first time, be aware that size really does matter with begonia tubers, the bigger ones producing the most numerous and voluptuous blooms. This is one plant that doesn’t need full sun to be happy and will produce a lovely display on a partially shaded deck or patio. Note: begonias come with fibrous roots, rhizomes and tubers, so be sure you know what you are buying. The first two are best treated as annuals in our climate, but you can store tubers for next year.

Canna and **Calla Lilies** are also becoming more popular in our gardens as newer hybrids are developed. These are often grown to spectacular effect in large pots, shared with lower growing annuals. Like all the others in this article, the rhizomes should be dug up and stored over the winter, as they are also native to the tropics.

If you are looking for some new and dramatic colour in your garden, check out spring bulbs. Some are already in the garden centres. 📍

Spring Riding in the Mountains Can Be a Tricky Endeavor

by Ryan Draper - Photos by Kristen Draper



Some people have embraced winter riding as hard as they do summer riding. Those hearty soles know a trick or two about staying, warm, upright, and happy on those chilly spring rides that may have been better suited for a ski or indoor trainer session.

Major considerations need to be given to the weather when looking to get out in temperatures in and around the zero Celsius mark. Looking at the outside temperature on your phone is only part of the calculations you need to be making for a well-calculated experience. When riding a road, cross, mountain, or fat bike, average speeds and terrain come into play for so many decisions you have to make.

As average speed raises, our creation of wind shear increases, and so does our need for warmer gear. Calorie consumption and hydration are also influenced by the difficulty of the terrain and duration of the ride.

A few pieces of gear I have found to be invaluable on these types of rides are bar-mitts, thermal winter riding boots, merino wool neck tube and beanie, bottle bots, embrocation, and disposable hand warmers.

Bar mitts are neoprene covers that keep the wind off your hands and they can be bought in road or mountain bike handle bar configurations. When they are not needed, simply roll them back on your bar for an easy storage solution.

Cycling footwear is primarily designed for summer use, so investing in a good pair of winter riding boots is key. Using booties or shoe covers never addresses the true problem of warmth as heat escapes via the sole of the shoe through the metal cleat that attaches your foot to the pedal.

Covering the back of your neck and head can keep your core temperature nice and warm, so having a merino wool neck tube and beanie for your head can really help trap in the heat. Both can also be removed rather easily to let excess body heat out on the fly.

Bottle bots are a relatively new concept using a neoprene cover that encloses your entire water bottle and cage from the elements. This keeps your sports drink from freezing and can even be used to keep hot liquids nice and warm over a ride that lasts a few hours. »



One item I never leave home without during this time of the year on my bike is a couple of disposable hand warmers. These little things are cheap and have an incredible number of uses. In extreme cold I'll place one on the backside of my cell phone to keep the battery from freezing. Aside from the obvious heat source they can be for your hands and feet, these packs can be used inside bottle bots to keep liquids warm or placed in jersey pockets to keep your kidneys warm aiding in keeping core temperature up.

Adding a pack to your chew or gel stash can also keep your calorie from freezing up and becoming useless blocks of sugar.

Taking extra gear can sometimes seem excessive, but now with an amazing line up of bike packing bags you can store all types of precautionary items on your bike without even knowing they are there.

So, if you're heading into the shoulder season with longer rides in these temperatures on your agenda, take a few extra precautions like a spare base layer and second pair of gloves. Sometimes it's the cold after you're sweating that gets the best of you, like descending after a big climb or when you turn around only to discover you're now facing a cold head wind. It's always a better choice to be over prepared than hungry, cold, and dehydrated. 🍷



Gardening by the PHASES OF THE MOON

April 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

April 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

April 19 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

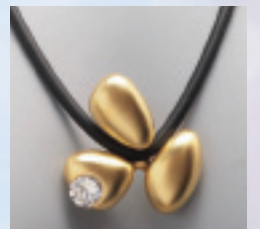
April 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, repotting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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Giving People a Voice in Mental Health Research

by Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that.

This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

“Someone with lived experience will likely have a different perspective than someone doing the research,” explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project’s advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. “This will allow the voice of people living with and caring for mental illness to influence research projects,” adds Babins-Wagner.



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3,598 - number of Canadians who died at Vimy Ridge
 7,000 - number of Canadians wounded at Vimy Ridge

These are the numbers, the statistics. But we must always remember they are not just numbers or statistics; they represent real people, who laid down their lives for our freedoms. They left behind families. They were someone's brother or sister, son or daughter, father or mother, cousin, aunt or uncle.

World War One, from a Canadian perspective, was both our greatest sorrow and our finest hour. Perhaps no single battle symbolized this better than Vimy Ridge. During four days in April of 1917, four divisions of Canadians fighting together as a unified force for the first time did what many felt was impossible.

They took Vimy Ridge. It was our coming of age as a nation and April 9, 1917 is a date that all Canadians should know well. It was a defining moment in Canadian history and we all have the responsibility to make sure this history is never forgotten.

On April 9th this year, we commemorate the 100th anniversary of this historic battle. Unfortunately, a recent poll conducted by the Vimy Foundation shows that while four out of five Canadians knew it was a famous battle, only 47 percent of those surveyed knew it took place in the First World War. That is why it is critical to do what we can to ensure that the memories of our brave Canadian soldiers live on.

This Vimy Day, as we remember the battle that shaped our great nation, please take a moment to share the story with your children or grandchildren, support your local Legion, wear a Vimy pin and spread the message on social media.

Most importantly, remember the cost of war and the soldiers that served our country so bravely. Think of the 3,598 Canadians who made the ultimate sacrifice at Vimy Ridge, the families they left behind, and the 7,000 wounded.

Having had the opportunity to visit Vimy Ridge with my son a few years ago, it is an experience that has a profound effect upon you. If you ever have the opportunity to visit this site, take a few moments to reach down and feel the grass. This is the life that grows from the dirt and mud soaked by courageous blood; shed by young men in the cause of freedom.

The taking of Vimy Ridge was a galvanizing moment for Canada – helping us forge the bonds of nationhood. Over the decades since, those bonds have been tested, however, like the courage of our soldiers at Vimy Ridge, they continue to hold strong.

Lest we forget.

CALLING ALL NEIGHBOURS!

To have your family profiled (story & professional pictures) in the next edition of this newsletter, please email canmore@great-news.ca



♥ WELLNESS

STRESS & AGING

by Dr. Alma Nenshi, Family Chiropractor

Is it possible to stop aging? Of course not, but research shows you can slow and in some cases reverse the aging process. First you need to identify and adapt well to the physical, chemical, emotional and electromagnetic stresses in your life and then you need to reduce inflammatory effects of stress in your brain and body!

First, how many of these stressors do you have?

Poor posture, sitting too much, sports injuries, car accidents, being overweight, sleeping on a poor mattress, bad footwear, lifting improperly, lack of exercise and text neck and computer strain causing digital dementia?

Food colouring and additives, sugar, caffeine, nicotine and smoke, alcohol, cleaning supplies, cosmetics, pollution, drugs (street or prescribed), poor nutrition, electromagnetic frequencies and dehydration?

What about anxiety, worry, fear, loss of control, loneliness, depression, financial stress, time challenges, peer pressure, family stress, addictions, work stress, frustration and disappointment, exhaustion, traffic and weather?

Here are four ways to help you slow down the aging process.

First, stop eating crappy carbohydrates, it's an addiction that some believe is harder to shake than cocaine. Excess glucose within a cell not only blocks the production of ATP (cellular energy), it is linked to neurodegenerative diseases like Alzheimers and dementia. Drinking soda pop everyday is as just as bad as smoking. But drinking orange juice or apple juice is worse than soda pop. Your daily sources of plant nutrition should be 75-90% vegetables and only 10-25% fruits.

Second, supplement your diet with essential vitamins and minerals to protect the brain, specifically Omega-3's, Vitamin D3 and Magnesium. The healthiest sources of Omega-3's are from fresh water arctic fish like salmon. Omega-3's reduce inflammation and fibrosis in the body, which in the joints leads to reduced mobility and in the

blood vessels it leads to high blood pressure, reduced oxygen and poor energy. Vitamin D3 is necessary for bone and joint health and slows osteoporosis and bone demineralization. Magnesium blocks the influx of calcium into cells thereby slowing cell death. Do not consume anything with MSG, aspartame or other artificial sweeteners as they will cause cellular damage and accelerate aging.

Third, become more active! Exercise moderately for 30 minutes most days of the week, or everyday at high intensity for 5 minutes. Too much exercise will create free radicals in the body that accelerate cell aging so be mindful of the time and intensity of your workouts.

Finally, incorporate regular chiropractic care into your lifestyle as a way of enhancing the electrical communication pathways to and from your brain and your body. Recent studies show spinal manipulation reduced pain by activating anti-inflammatory proteins in the spinal cord, while a program of high-velocity, low-amplitude spinal manipulation treatments twice weekly for 5 weeks showed increased health benefits and anti-oxidant and analgesic effects in the body. Chiropractic adjustments also increase the activity of your pre-frontal cortex (your executive centre for intelligence, reasoning and planning) and your hypothalamus (your centre for hormone regulation, appetite, temperature, immunity, sleep, sex drive, memory and energy.)

Of the four strategies, getting regular chiropractic care is the most important because you need healthy communication pathways for your brain to neutralize the harmful effects of constant, chronic, low levels of physical, chemical, emotional and electromagnetic stress on your body's tissues. Chiropractic enables you to enjoy functional health as you age and the potential to heal tissues faster than they degenerate.

Most insurance companies have coverage for chiropractic care. 📄

📷 GALLERY

Photo Credit Susan Gerrior





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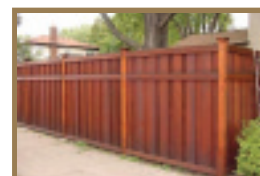
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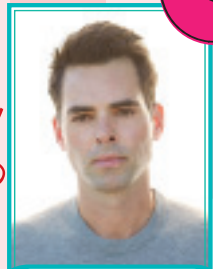
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