

January 2017

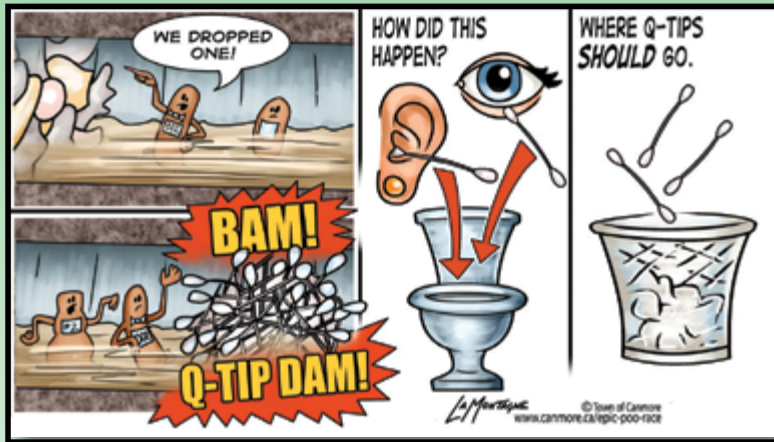
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CANMORE *connection*



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 THE TOWN OF CANMORE PRESENTS A NEW SERIES
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January 2017



On the Cover

Moon Plume
 Photo by Steve Baylin
www.stevebaylin.com

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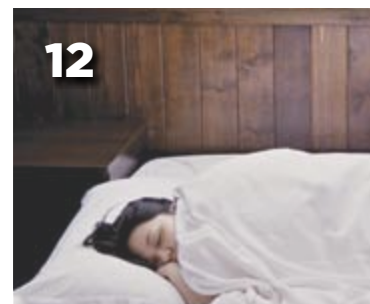
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ALL EMERGENCY CALLS 911	
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RCMP	403-678-5519
SCHOOLS	
Elizabeth Rummel School	403-678-6292
Lawrence Grassi Middle School	403-678-6006
Canmore Collegiate High School	403-678-6192
Our Lady of The Snows	403-609-3699
École Notre-Dame des Monts	403-609-0002
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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



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mayor@canmore.ca



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🐾 PET TALK

Open Eyes and Minds for Healthy Pets

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

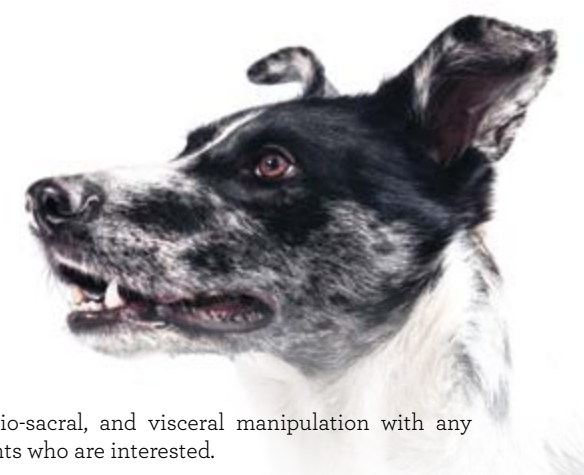
Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior.

If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members.

I discuss conventional treatments for aging pets, but I also never dismiss alternative medical modalities. My mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic,



cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations.

Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

Roasted Butternut Squash Soup

Recipe by Nancy Gammack, nutrition student at the University of Alberta

This soup is made with fresh vegetables and delicious spices. It works well for a main dish for lunch or supper, and freezes well for an easy meal later!

Ingredients

Olive oil
 3 cups butternut squash
 (1 medium squash)
 3 medium carrots
 1 cup onion (1 medium onion)
 1 medium red bell pepper
 2 cloves of garlic
 1 ½ cup whole milk or small
 (370 ml) can of evaporated milk
 ½ cup chopped walnuts
 1 teaspoon ginger
 ½ teaspoon Nutmeg
 Italian seasoning (optional)

Supplies: Blender, immersion
 blender, or food processor.

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a large baking sheet with parchment paper and spread a thin layer of olive oil on top.
3. Dice the butternut squash, carrots, onion, pepper and garlic. Mix together and spread out on the baking sheet.
4. If desired, season lightly with Italian seasoning.
5. Drizzle a layer of olive oil on top and bake in the oven for 25-30 minutes, stirring halfway through.
6. When vegetables are soft and can be easily cut, remove from oven.
7. Pour contents into blender and add milk or evaporated milk, blend until smooth (or use an immersion blender or food processor).
Tip: if mixture is too thick to blend well, add chicken broth or more milk.
8. Once smooth, add walnuts into blender and pulse 2 or 3 times.
9. Pour soup into pot and heat on medium, add ginger and nutmeg.
10. Pour into bowls and sprinkle some extra walnuts on top. Enjoy!

Serve with whole wheat buns.
 Makes 4 cups

Tips and variations:

For extra protein and still a creamy taste, try adding plain greek yogurt to your serving.

If you are allergic to, or do not like walnuts, try adding almonds, or pine nuts.

foodsavvy.org



Community Events



Open Jam Night

Thursdays 9 p.m. – 2 a.m.
 at Tavern 1883
 709 9th Street, Canmore
 ☎ 403-609-2000
 🌐 tavern1883.com



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



FIS World Snow Day

January 15, 2017
 Kids ski for free
 Canmore Nordic Centre
 1988 Olympic Way, Canmore
 🌐 canmorenordiccentre.ca



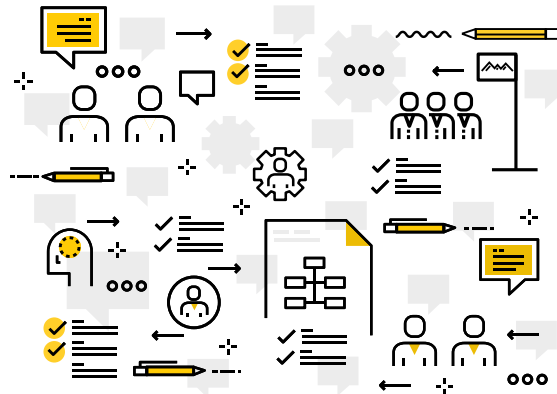
Snowy Owl Kid N' Mutt Races

February 12, 2017
 Canmore Nordic Centre
 1988 Olympic Way, Canmore
 🌐 canmorenordiccentre.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

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LEVEL
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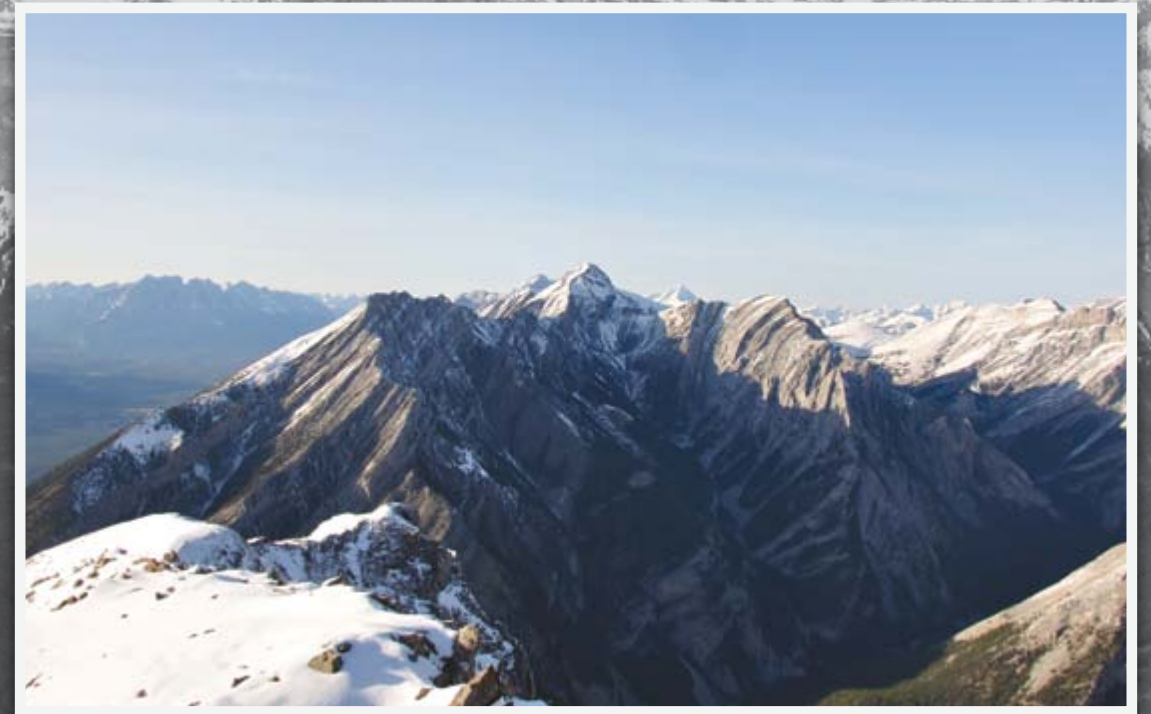


DURATION
5-8 Hours



GETTING THERE

Drive along Bow Valley Trail and turn left onto Benchlands Trail. Follow the road until you see the parking lot on the left side of the road, just before the Cougar Creek Bridge.





It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.
4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



ARTS AND EVENTS

www.canmore.ca | events@canmore.ca



Mayor's Spotlight on the Arts

This is an evening to celebrate and honour those who have contributed to the Arts in our community.

Where: Canmore Miners' Union Hall.

When: January 28, 2017



Canmore Winter Carnival

Where: various venues in throughout Canmore

When: February 4 - March 12, 2017



Home is Where the Art is (Trex)

Three sisters Gallery Jan. 25 - Feb. 22, 2017



Lyndal Osborne

Transfiguring Materials

Works focused on issues of global climate change.

When: February 3, 2017 at Canmore artsPlace

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Submit your best photos to can@great-news.ca



Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client: The reverse is also true - transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction - the buyer or the seller - they have legal responsibilities, which include:

- Undivided loyalty to their client.
- Acting in their client's best interest at all times.
- The duty to avoid conflicts of interest.
- The duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller.

The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate

professional will provide facilitation services to you and the other party. These services include:

- Helping the buyer and seller negotiate an agreement.
- Giving the buyer and seller property statistics and information, including comparative information from listing services and local databases.
- Providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions.

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.

Armadillo Games

Armadillo Games was established in 2013, as a result of the board games and jigsaw puzzle sections outgrowing our sister store, Hi Jinx toy shop.

Armadillo has rapidly gained the attention of residents and visitors alike, in and around the Bow Valley. The appeal stems from the large and diverse selection of games and puzzles and also the entertaining and creative staff members that work here.

At Armadillo we consider it is important to not only know what games people are looking for, but to also help them find new and exciting challenges to try.

Taking positive and constructive customer feedback and some creative criticism, our store has developed into a Canmore destination for the classic (Monopoly), the weird (Kittens in a Blender), and the wonderful (Van Gogh Starry Skies puzzle).

Who says staffing is all work and no play? Here at Armadillo, the staff is readily encouraged to try out and learn our games in order to give helpful and enthusiastic feedback, and as much personal service with our customers as possible, to help them find that perfect game. There are always demos in store for customers to try, and a different new game featured each week too.

Armadillo is heavily involved in the local community; from donations to local charity auctions, Table Top Day Games, to collaborations

with other local businesses to hosting game nights for families.

Every Friday night, we host Magic the Gathering for beginners and experts alike. Also, Armadillo has a plethora of games for rental which allows visitors to play their favourites, and for anyone to try out a new game.



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www.skilouise.com



Vast and varied, pristine and inspirational, a friendly wilderness that's authentically Canadian. Here at Lake Louise Ski Resort, we welcome guests with big smiles and open chairs. Located in the heart of the magnificent Canadian Rockies, we let our renowned 4,200 skiable acres of world-class terrain speak for itself, while Mother Nature does the rest.

Our unique layout with beginner, intermediate, and expert runs from every chair allows your family or group of varying abilities to ski and share the experience together. We have endless chutes, glades and gullies, gentle slopes, cruising runs, remote bowls, and some of the most challenging terrain in the Rockies.

The history here is palpable – people have enjoyed skiing in the area for over 100 years. In 1938, Temple Lodge was built and essentially Skoki, Halfway Hut, and Temple were a ski touring operation until 1952 when the first ski tow, a 500 foot lift above Temple, was installed and bought for \$292.50. It was replaced in 1954 with the Larch Poma. In 1957, a gondola was constructed on Mt. Whitehorn, closer to the bottom valley.

The two areas operated independently as Whitehorn and Temple, although in practice skiers were already treating them as one until they officially amalgamated as the Lake Louise Ski Resort in 1971. Improvements continued, with the Lodge of Ten Peaks being finished beside Whiskyjack Lodge in 1998, a new high speed quad chair replacing the old Larch chair in 1999, a new

high speed quad chair replacing Glacier in 2000, a six person chair replacing the old Top of the World, and the addition of a six-person gondola from the base to the top of Ptarmigan Chutes in 2004.

Although they were conceived as summer-only resorts, the Banff Springs Hotel and Chateau Lake Louise opened for skiers on a trial basis during the peak winter holiday seasons of the early 1970's. A decade later the 1988 Calgary Winter Olympics would showcase Banff National Park's ski resorts to the world.

Our hype for winter 2016-17 is already high, and we're busy preparing for first chair and fresh snow. Here's what's new at Canada's #1 Ski Resort, as voted in the World Ski Awards for three consecutive years:

*The long-time skier favourite, Kokanee Kabin, has a smokehouse! Guests can sample quality smoked meats on one of the best decks in the destination for après ski.

* Our popular Snow Tubing area is about to level-up. This season, the non-ski activity in the base area will feature fire pits, lounge chairs, and a s'mores station.

*Our highly rated snowshoe tours will return this season! Guests can choose from three routes (Scenic, Wildlife, or Nighttime Tour) as our professionally certified guides lead the tours. Our head guide, Michaela Paule, was recently awarded Best New Professional Interpreter for 2016. 📸

Express Your Innate Power

By Dr. Alma Nenshi,
Family Chiropractor



The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually.

Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-

invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose.

Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride.



THE INDOOR GARDENER

PRAYER PLANT

By Cindy DeJager

marantaceae leuconeura erythronera
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it - and this one certainly does.

How does a pray plant pray

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronera (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold - so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil - make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

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Snowshoeing Alive and Well After 6,000 Years

By Ryan Draper
Photos by Kristen Draper



SNOWSHOEING

Winters in Canada have always been depicted by snow, ice hockey, snowmobiling, skiing in all of its forms, and ice fishing. Growing up in Canada, most of us took part in some or even all of these great Canadian activities at some point in time. Not many of us ever saw the need or desire for the primitive activity of snowshoeing that had been reserved primarily for hunters and trappers over the past hundreds of years.

"Historians believe snowshoes were invented sometime from 4,000 to 6,000 years ago, probably starting in Central Asia."

Some of us have vague childhood experiences on elementary school snowshoes; you know the type, they were plastic with rubber bindings and were part of the freezing cold outdoor gym class days we all dreaded.

Fast forward a few decades from elementary school and we now have some amazing new snowshoe innovations that are a big part of the snowshoe's rapid come back.

Lightweight alloys, carbon fiber, or thermo-plastic shoes with easy to use bindings, heel lifts for uphill adventures, BOA lacing systems, and various sizes for participants of all shapes and sizes are just some of the recent

improvements. Add extendable ski poles and lightweight warm winter boots to the mix and all of a sudden you're a winter hiker with no snow limitations.

Not only has gear made a huge leap forward to encourage participation, but areas like ski hills, Nordic ski centers, hiking areas, and single track mountain bike venues are also encouraging the sport. With proper signage, rental packages, and even interpretive guided walks, new venues are popping up all over in the parks and beyond.

In Canmore after a good snow fall, all the single track trails are amazing for snowshoeing and, in fact, snowshoeing on the trails right after a snow fall helps set them up for all » types of multi-use. Fat bikers, walkers, and trail runners all love the firm packed tracks left behind from a group of snowshoers. Don't take my word for it, just ask any of them and they'll tell you how amazing it really is.

Since snowshoeing requires the simple ability to walk and a base level of fitness, it has become a very popular family activity as well as an activity for seniors who love to hike in the summer and remain outdoors all winter with minimal impact. »


“Historians believe snowshoes were invented sometime from 4,000 to 6,000 years ago, probably starting in Central Asia.”



A few things that beginners may not consider before their first time are proper footwear and proper layering of clothing. This can make all the difference between loving and hating the sport.

Since snowshoes can take you as far as you desire it makes sense to be prepared for the weather and pack a small backpack with fluids to drink, a snack, and a dry pair of mitts or gloves. Leaving room in your bag to ditch a layer is also wise as it can be much warmer in the trees and temperatures can drop quickly in the open meadows or lakes.

Poles are also a good option to have if the terrain is hilly or steep. Poles are also a great tool for helping yourself up if you happen to topple over in deep snow.

So the next time it snows like crazy and you're contemplating a fun-filled winter outing, remember to consider snowshoeing as a viable option for the entire family. 



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I'd like to take the opportunity to write this month about our most precious natural resource, which is water. Alberta is fortunate to have some of the most significant headwaters in western Canada, with many of them located with the Banff-Cochrane constituency.

In order to effectively respond to a changing climate, we must take water management seriously. Climate change mitigation is about carbon, but climate change adaptation is about water. Intact ecosystems slow and moderate the impacts of climate change by preserving the water cycle. Indeed, our glaciers act as a thermostat for North America. As the world experiences and prepares for a changing climate, it is critical for our prosperity that we ensure Alberta's supply of fresh water can meet future demands.

Global water scarcity will not necessarily be defined by direct transfers of liquid water, but by how much is traded in the form of water embodied in food. This could greatly advantage Alberta's agricultural sectors, but—and this is the crucial point—only if we are able to address issues relating to land-use practices as they relate to water quality and quantity.

Alberta's water future is dependant on the ecological integrity of our eastern slopes and other public lands. Conservation of intact wild spaces like these is a deeply rooted Alberta value consistent with the goal of water security.

I am grateful for the work that is being done by individuals and organizations right here in the constituency and across the province who are valued partners in protecting Alberta's wild spaces. Our natural environment is a legacy that we can be proud of, and we owe it to future generations to make decisions today that ensure our water future is secure. I remain committed to this important goal, and value the input of constituents on how we can achieve this together.

Sincerely,
Cameron Westhead
MLA for Banff-Cochrane

SLEDDING SAFETY

Written by EMS



Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill.

Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:


Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged. 



RELATIONSHIP TIPS 101

By Dr. Tanja Haley, R.Psych.,
Certified Gottman Couples Therapist

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs.

Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



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Happy New Year! Please accept my best wishes for a wonderful 2017.

January is a time when we recover from the Christmas holidays, try to fulfill our New Year's resolutions, and look forward to the days getting longer.

It is also the time of year when I seek input from the residents of our constituency on the priorities that you would like to see put forth in the government's budget this year.

I will be hosting a series of pre-budget consultations to focus on the fiscal and economic policies needed to strengthen our local, provincial, and national economies, to promote job growth and get Canadians back to work.

Here are the details on the session here in Canmore. I encourage everyone to attend to make sure your voice is being heard.

Canmore Recreation Centre, 1900 8 Avenue
Monday, January 16, 2017 | 5:00pm - 6:15pm
Ha Ling Conference Room.

With deficits ballooning out of control, it is becoming clear that Canadians can't afford this Liberal government. Taxes have already increased, including the Trudeau Liberal Carbon Tax, and the Liberals will keep on raising them to pay for all of their reckless spending promises.

This economic reality was set in motion with the first Liberal budget which included spending nearly three times what was promised and over \$30 billion in borrowed money in 2016 alone. This spending and these deficits are being borrowed on the backs of our children's and grandchildren's futures, without creating any current full time jobs which are desperately needed right now.

Since that time, the Liberals have eliminated tax credits for families and students, introduced a national carbon tax, and raised taxes on small businesses and individuals, including a hike to CPP tax that will cost many workers and local businesses thousands of dollars each year.

I truly appreciate your feedback so that we can send a strong message to the Liberal government that they should be keeping taxes low and making it easier for our businesses to compete.

Peak Earnings at Last! The Pluses and Pitfalls

By Suzanne Smith-Demers - Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:


Pay off unwanted debt Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

Identify your priorities Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

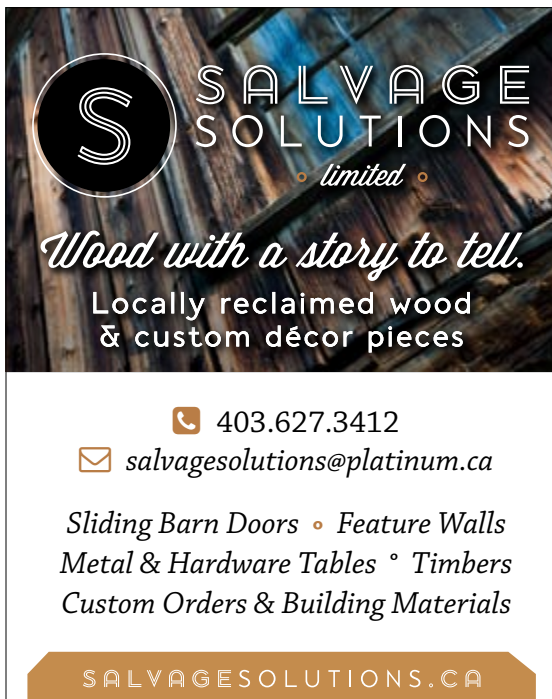
Prepare your kids It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

Support your parents As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

Plan to retire How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheque means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.



“ Take the time to identify your priorities and budget realistically to achieve them. ”



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Local Content

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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



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

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

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Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

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