

March 2017

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CANMORE

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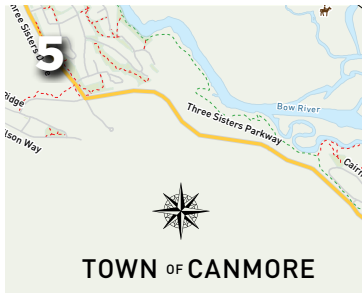
www.elevationplace.ca



climb

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swim



TOWN OF CANMORE



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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

403-263-3044 | sales@great-news.ca

Editorial Submissions

canmore@great-news.ca

Direct requests for copies to:

Phone: 403-263-3044

Email: canmore@great-news.ca

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www.great-news.ca

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LEGEND

- Boat Launch 
- Campground-RV 
- Campground-Tent 
- Fire Station 
- Gas Station 
- Golf Course 
- Heliport 
- Horseback Riding 
- Hospital 
- Information Centre 
- Parks 
- Parking 
- RCMP (Police) 
- School 
- Washrooms 
- Hike Trails 
- Trans Canada Trail 
- Rail Tracks 



1. Centennial Park
2. Millenium Park
3. Riverside Park
4. Winter Skating Pond
5. Lions Park
6. Recreation Centre
7. Elk Run Park
8. NWMP Barracks
9. Public Library and Art Gallery
10. To Grassi Lakes & Kananaskis
11. Senior's Centre
12. Alpine Club of Canada
13. Civic Centre, Museum, FCSS



TOWN OF CANMORE





CONTACT INFORMATION

CANMORE CIVIC CENTRE

902 7 Ave 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	
Crossway Community Church	403-678-9801
Our Lady 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
Trinity Bible Church	403-678-5063

ELECTED POLITICIANS



Mayor of Canmore
John Borrowman
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 403-678-1517
mayor@canmore.ca



MLA for Banff-Cochrane
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ARTS AND EVENTS

www.canmore.ca | events@canmore.ca



Three Sisters Gallery

Rain Dance Art Exhibition

March 1 - April 5
features works of art by 16 artists
that illustrate moments within
this perpetual weather cycle



Photo Credit Simon Wroot



First Thursdays Speaker Series

Three Sisters Bar & Hotel Katherine Govier

April 6, 7:00 p.m.

Bursting with heart, wit and
larger-than-life characters.

For more information visit canmore.ca
or contact Dawn Saunders Dahl
dsaundersdahl@canmore.ca



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PHOTO ARTISTRY

PHOTOGRAPHY BY STEVE BAYLIN

WWW.STEVEBAYLIN.COM



Mexican Jar Salad with creamy Avocado Cilantro Dressing

by Rae-Ann Hagen and Marisa Salon, Registered Dietitians

All of this cold weather has me dreaming of a Mexican vacation filled with sunshine and sandy beaches! This is a Mexican inspired salad that is perfect to make ahead of time so you have a quick and easy lunch during a busy work week.

For my salad I had the time to make fresh pico de gallo but in a pinch salsa will work well. The avocado cilantro dressing is similar to the dressing we used in this Cilantro Lime Chicken Salad recipe except this time it has a taco flavoured kick! People either love or hate cilantro so if you are a lover you can follow the recipe as is, if you are a hater simply omit the cilantro in the salad and dressing.

The dressing will make enough for salads all week and can be kept in a sealed container in the fridge for up to a week.

Ingredients




2 heaping tbsp of pico de gallo or any type of salsa
 ¼ cup black beans
 2 tbsp chopped red onion
 ¼ cup corn
 ⅛ cup chopped tomatoes
 ¼ cup chopped jicama
 ⅛ cup chopped peppers
 Romaine lettuce chopped
 Chopped cilantro

Creamy Avocado Lime Dressing



½ avocado
 ¼ small onion
 ½ cup olive oil
 1 tsp cumin
 ½ tsp chili powder
 2 tbsp lime juice
 ¼ cup of cilantro
 ½ cup of water to thin
 Salt and pepper to taste

Directions:

1. Assemble the salad in layers in a glass jar adding romaine lettuce at the end to fill the jar.
2. For the dressing: add avocado, onion, olive oil, cumin, chili powder, lime juice, cilantro, salt and pepper to a blender or food processor and blend until smooth.
3. Add a small amount of water and blend again, repeat this until the dressing is at your preferred thinness.
4. Pack the dressing in a separate container. Mix with the salad just before eating. 



Community Events

Open Jam Night @ Tavern 1883

Thursdays 9pm – 2am at Tavern 1883
709 9th Street, Canmore, AB
☎ 403-609-2000 🌐 tavern1883.com

Bring Your Own Vinyl and Games Night

Wednesdays 8-12 pm @ Where The Buffalo Roam
#2 626 Main St. Canmore, AB
☎ 403-675-2222 🌐 canmoresaloon.ca

Knight of Yoga

March 11, 1-5 pm @ Canmore Nordic Centre
1988 Olympic Way, Canmore, AB
📘 Knight of Yoga 🌐 knightofyoga.com

Canmore! Boldly Went: YOUR Adventure Stories Told Here

March 16 at 6 – 9 pm @ artsPlace
718 8 Street, Canmore, AB
📘 boldlywentadventures 🌐 boldlywent.weebly.com

Mountain Made Market

March 18 at 11 – 4 pm @ Elevation Place
700 Railway Ave, Canmore, AB
☎ 403-707-6788 📘 mountainmademarket

Cross Country Ski Nationals

March 18 – 25 @ Canmore Nordic Centre
1988 Olympic Way, Canmore, AB
☎ 403-678-2400 🌐 albertaparks.ca

Ultimate Race Canmore

March 18 @ 718 8 Street, Canmore, AB
☎ 587-894-4277 🌐 ultimateevents.ca

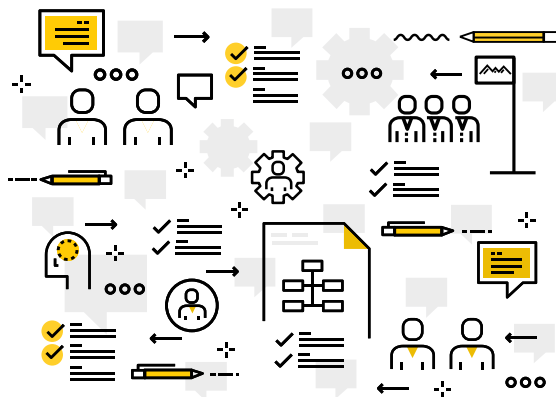
Mountain Cabin Quilters Guild Art Quilt Show

March 25 to April 11 @ Elevation Place
700 Railway Ave, Canmore, AB
☎ 403-678-8920 🌐 elevationplace.ca



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



FANCY FERNS

by Cindy DeJager

I love, love, love ferns! Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants.

A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern

Microsorium musifolium 'Crocodyllus'
Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern

Nephrolepis cordifolia 'Lemon Button'
Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern

Adiantum raddianum 'Fritz Luth'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot

Humata tyermanii
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

Platynerium bifurcatum

Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern

Asplenium nidus
Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern

Pteris cretica 'Mayi'
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern

Microsorium diversifolium
Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern

Most common indoor fern.
Nephrolepis exaltata 'Fluffy Ruffles'.
Medium to bright light and high humidity,
may grow 7 feet tall and wide (but it is usually 2-3 feet tall and wide indoors). 🌿



Ask Charles

I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?

To submit a question, email askcharles@reca.ca

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. Leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. Collecting or offering or attempting to collect money payable for the use of real estate;
3. Holding money received in connection with a lease or rental of real estate; and
4. Advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record

Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at www.reca.ca.

“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.



FLUSH THE RIGHT STUFF!
THE TOWN OF CANMORE PRESENTS A NEW SERIES
ON WHAT TO FLUSH AND WHAT NOT TO FLUSH!

PART 9

THE EPIC POO RACE!



DOES ONE FLUSH REALLY MATTER? IT'S A GOOD QUESTION.

One flush is sort of like one vote. One vote does matter and can make a difference. If you flush the wrong stuff once, you are more likely to create a habit. If your friends, neighbours, co-workers, and everyone else in town flushes the wrong stuff, it all adds up pretty quickly. **Don't let a bad habit start. Flush the right stuff.**

To learn more visit: www.canmore.ca/epic-poo-race



The Strength in the Pack

by Henri Ferguson

"For the strength of the pack is the wolf, and the strength of the wolf is the pack"

Rudyard Kipling

Hobbled in mental stupor,
spellbound,
riveted
to mind numbing incredulity as
state of emergency news flashes,
on heavy rotation replay
scenes of unimagined destruction
at the impartial hands of nature.

Critical mass of biblical proportions,
deluge of Noah's rain, the sequel
roars down saturated mountains slopes
with surgical but indifferent precision
carving gravity's swath of destruction
morphing homes and castles
in its errant path
into wakes of devastated dreams.

Stunned silence
muffled in disbelief,
capitulates to
desolate realities
displacing
wistful thoughts of otherwise.
"How can this be?" segues to;
"This... is really happening"

Stark and brutal awakenings
somewhere between fear and prayer,
trigger hardwired genes
primal mechanisms,
survival of the pack,
prompting frantic evacuations,
Plan "B"
scripted on the fly.

...and with *passage of trusting time*

Enduring faith in community
floats to this turbulent surface
forming a compassionate life raft
for those who can't swim.
resolutely connecting
the disconnected
this, the glue that bonds,
the strength in the pack.




Author Notes

June 19-21, 2013 here in Canmore, AB, we received more than 200mm of rain in less than 72 hours. Washing down saturated mountain slopes (included seasonal snow melt run off, which by itself raises river levels significantly) the proverbial flood gates swung open, inundating and devastating parts of our town, particularly the Cougar Creek area, and in a downstream domino effect barraging many other communities including Calgary with this torrent of nature's fury.

I found myself numb after hours of helplessly watching news clips of this mind boggling destruction and forecasts of doom. When the sun came out for a brief period, I went outside for a short walk and felt a thawing effect on my frozen mind. Gazing at this blue sky (albeit temporary) released me from this death grip of darkness to reveal an inexplicable gratitude for my neighbours.

In the hours and days that followed, emergency services kicked into high gear with heavy earth moving equipment to contain the destruction and effecting contingency plans for the many purged from their homes. The greater (and Great) community of Canmore wasted no time in stepping up to the plate, opening doors and hearts, rolling up sleeves and getting in the trenches to do whatever needed doing.

I marvel and beam with pride at this community that is my home and am reminded that the resilience of our social fabric becomes most apparent during times of crisis when we need to rely on the strength of the pack. 



Readers Recommend

Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us your favourite reads to news@great-news.ca

BEST BOOKS OF 2016

(compiled by Goodreads)

Fiction

Truly Madly Guilty, Liane Moriarty

End of Watch, Steven King

The Underground Railroad, Colson Whitehead

Harry Potter and the Cursed Child, J.K. Rowling

It Ends with Us, Colleen Hoover

Morning Star, Pierce Brown

The Fireman, Joe Hill

Nonfiction

Hamilton: The Revolution, Lin-Manuel Miranda, Jeremy McCarter

When Breath Becomes Air, Paul Kalanithi

Leonard: My Fifty-Year Friendship with a Remarkable Man, William Shatner, David Fisher

Are We Smart Enough to Know How Smart Animals Are, Frans De Waal

Cravings, Chrissy Teigen

Adulthood is a Myth, Sarah Andersen

The Princess Saves Herself in this One, Amanda Lovelace

The Girl with the Lower Back Tattoo, Amy Schumer

Young Adult Fiction

Salt to the Sea, Ruta Sepetys

Court of Mist and Fury, Sarah J. Maas

Middle Grade & Children's

The Trials of Apolla, Rick Riordan

The Thank You Book, Mo Willems



CYCLING-101

Driven by Passion Refined by Experience

When almost everything in your life involves cycling in some way shape or form, it makes sense that your life's work would turn into a small business involving bikes. Locally owned and operated since the fall of 2014, Cycling-101 has been providing expert solutions to riders of all ages and abilities. Founder and operator Ryan Draper has been involved with racing bikes, training, coaching, and instruction since the early 90's. With a resume that includes seven 24-hour solo mountain bike race wins, he has a wealth of knowledge and, for a small price, is more than willing to share.

Cycling-101's mission statement is clear: empower cyclists of all levels to maximize their potential through customized professional, safe, and fun interactions on and off the bike. The mission statement stems from over two decades in the cycling industry as a racer, bike fitter, and retail manager, and a bit of frustration with the industry itself. Draper says that "The bike industry has an amazing ability to create space age technology and zero interest in teaching the average consumer how to use it to its potential." That's the gap Cycling-101 looks to fill on a regular basis.

With bike technology changing so quickly, it takes a lot of time and energy to stay on top of what works well in many cycling disciplines. That's why Cycling-101 works hard to stay current in mountain biking, road cycling, fat biking, bike-packing, and even components of triathlon and cross racing. Having insider knowledge and connections through managing a local bike shop, Draper has a constant feedback loop that adds huge value to Cycling-101's offerings and credibility.

Some of the services that make up Cycling-101's offerings are coaching, bike fitting, skills instruction, and consultations. Every interaction is carefully crafted to meet the expectations of the individuals or groups involved. Many cyclists, triathletes, and

adventurers use and have used Cycling-101's services to progress in their sport of choice with expert guidance and accountability. No matter how big or small your cycling goals may be, there is a Cycling-101 solution for you.

The secret is in the sauce, says Draper: "I've spent almost two decades self-coaching and taking on challenges that are a bit out of the norm. This has led to many self discoveries, books read, and lessons learned. I've always taken a well-rounded approach to all aspects of training and racing. When most athletes are looking at power or GPS data I'm looking at calories, micronutrients, stress levels, sleep patterns, gear selection, and recovery. This well-rounded approach has been the basis of my coaching style and it remains very effective with my athletes."

For many, Cycling-101 has been a gateway to a new-found love for the sport of cycling. Draper has worked with folks from all walks of life and has the support of many local practitioners, clubs, and organizations that actively refer clients who can use his assistance. "I've had so many amazing opportunities to help others overcome challenges in the past few years and it makes me so happy I can help." Draper has worked with kids, youth with disabilities, elderly clients, and athletes of all ages, shapes, and sizes. "Cycling is for everyone and pretty much everyone can benefit from a second set of eyes that objectively help improve their experience on the bike."

Off the bike, Draper is just as effective with his clients by offering on-trail mountain bike fits as well as race day support where he gets flown to locations all over the world to assist and coach athletes while away from home. "I've been as far away as Australia to run race support and frequently do private training camps and sessions in select locations in the United States for clients." If you're looking for

" I've had so many amazing opportunities to help others overcome challenges in the past few years and it makes me so happy I can help. "



new cycling gear, nutrition, or planning out a bike packing setup, Draper is available for one-on-one consultations to help point you in the right direction. "I really enjoy hearing about people's cycling goals and aspirations and it's flattering when they ask for my insights and input. I'm very versed in the logistical end of the sport as well because of the amount of time I have spent traveling the world with a bike in tow for races in remote places." Draper not only talks about what he thinks might work, he actually uses the products and systems that he endorses and is always open minded about new advancements and technology that gets placed at his finger tips almost daily working in the local bike shop. "I have a few favorite or must-have items and resources that I shamelessly promote. Some of them I don't sell in the shop, but I have a hard time holding back sharing with others when I truly believe in something."

Rounding out some of what Cycling-101 offers are product testing and reviews, writing articles, seminars, guest speaking, photo and video appearances, work shops, and clinics.

To find out more about Cycling-101 the services and rates you can visit the website www.cycling-101.com or follow along on instagram, twitter, or Facebook. 📷

A promotional graphic for Cycling-101. At the top, the text "CYCLING-101" is written in large, bold, white letters on a black background. Below it, the tagline "DRIVEN BY PASSION REFINED BY EXPERIENCE" is written in smaller white letters. In the center, there is a graphic showing a mountain peak icon, a plus sign, a bicycle icon, and an equals sign followed by a smiley face icon. Below this graphic is a photo of a cyclist riding a mountain bike on a dirt trail in a forest. At the bottom of the graphic, there is a black box with white text: "Cycling 101 is a culmination of over two decades of ultra endurance racing, over 10 years of bike fitting, coaching, indoor cycling instruction and 14 years of bike industry experience at the retail and management level." Below this text are the website "www.cycling-101.com" and the email "ryan.cycling101@gmail.com".

CYCLING-101
DRIVEN BY PASSION REFINED BY EXPERIENCE

🏔️ + 🚲 = 😊

Cycling 101 is a culmination of over two decades of ultra endurance racing, over 10 years of bike fitting, coaching, indoor cycling instruction and 14 years of bike industry experience at the retail and management level.

www.cycling-101.com
ryan.cycling101@gmail.com

ADVENTURE



QUARRY LAKE PARK

1723 Bow Valley Trail, Canmore, AB

Open daily from 6-11 pm

Once the site of an open-pit coal mine, Quarry Lake is now one of Canmore's most cherished parks. Quarry Lake's reclaimed mining quarry boasts a 100m deep lake, picnic area, trails, swimming area, and great off-leash dog park. A

popular summer spot for locals and visitors alike, Quarry Lake is the perfect place to cool off on a hot day. The park's incredible views of Mount Rundle, Ha Ling Peak, and the Fairholme Range to provide a dramatic backdrop.



Dogs:

On-leash dogs are welcome within designated areas.

Off-leash dogs are permitted only within the off-leash dog park located on the opposite side of the parking lot.

No dogs in immediate vicinity of lake.



Wildlife

Quarry Lake is adjacent to a wildlife corridor. Do not approach wildlife and keep children within sight at all times.

Report bear or cougar sighting by calling 403-591-7755.



Fishing

Fishing is permitted in Quarry Lake. Please refer to the Alberta Guide to Sport Fishing Regulations.



Courtesy

Please respect fellow park users by:

Keeping noise to a minimum.

Using the washroom facilities provided.

Disposing of all trash and recyclables in the proper containers.



Fires

Open Fires are not permitted.



Alcohol

Alcohol is not permitted.

Hamsters, Gerbils and (the best) Guinea Pigs!

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



Small rodent-sized pets, otherwise affectionately known as pocket pets, include mice, rats, gerbils, hamsters and Guinea pigs. These little animals are not expensive to maintain and can be an entertaining pet, especially if space is limited. The basic requirements of most pocket pet species are similar and the life expectancy for most species is in the two to four year range; except for the Guinea pig which has a life expectancy of eight years.

Pocket pets should be kept in cages specially designed for their needs or aquariums with a good wire top. Openings in the wire should be small enough to prevent escape and not too large to allow a foot to be caught or twisted. Surfaces should be metal, smooth plastic or glass to allow proper cleaning. Cleaning should be done weekly with tunnels and small corners scrubbed with a bottlebrush. Chlorhexidine based cleaners are best. Many products make good bedding but avoid cedar shavings which can cause respiratory and skin problems, and never use straw.

Feed a commercial diet appropriate for your pet. Buy in small quantities and store food in sealed dark containers to ensure freshness, and that vitamin content is not diminished by exposure to light and air.

Small amounts of fresh fruits and vegetables should be provided daily. Avoid abrupt changes in diet. Avoid iceberg lettuce, fruits with pits; and outdoor grasses or dandelions possibly exposed to chemicals. Clean food dishes daily and use dishes that cannot be tipped.


Use an inverted water bottle and change the water daily. Monitor your pet's stools and urine for amount or change in appearance. This could be your first clue if a problem is developing.

Exercise is important, especially to Guinea pigs. Buy the largest cage you can and add the appropriate sized wheel for hamsters and gerbils. Exercise balls are fun but can be dangerous; I once saw a Guinea pig left in a ball in direct sunlight dead of hyperthermia. Gentle handling allows you to monitor your pet for illness and reduces stress as your pet becomes comfortable with you.

A nest box is nice so long as condensation doesn't form inside and appropriate bedding allows air circulation. Toys make a more stimulating environment. Paper towel rolls, wooden spools, and most commercial products are great.

A hamster is probably the favorite pocket pet of the pet industry but it is a solitary territorial creature. Only get one! Guinea pigs, my personal favorite, need a much larger cage but it can be uncovered. Pigs can't climb, and they are social animals, so get two and you can have them spayed or neutered. Guinea pigs are prone to scurvy, a vitamin C deficiency, and they must be given a daily source of fresh fruit and vegetables. Guinea pigs need fresh hay, preferably Timothy hay, to aid digestion.

I really like rats and they make wonderful smart pets. I had pet white rats at university, but unfortunately, it is illegal to own a pet rat in Alberta.

Obviously there is a bit to learn if you get one of these "pets in your pocket" so buy a book or get on the internet and learn about your prospective choices before purchasing. Our local Calgary Humane Society has pocket pets for adoption. Many veterinarians now treat these small exotic pets routinely as our knowledge of their care has increased exponentially in recent years. 



 RECREATION

Cross Country Skiing in Canmore a World Class Experience

by Ryan Draper | Photos by Kristen Draper



All you have to do is take a short drive from Canmore's downtown core, up the hill to the local Nordic Centre, and you will get a quick understanding of just how popular the sport of cross country skiing is to the valley and its residents.

In 1988 Canmore was selected to host the cross country skiing and biathlon venues for the Calgary winter Olympics. Since then, the site has been a legacy for the games and has seen upgrades and makeovers that keep it up to standards in order to host everything from local to world cup events in both cross country skiing and biathlon. Known as one of the most difficult venues in the world, the Canmore Nordic center has everything the sport needs to make it monumental. Long climbs, altitude, scenery, and a combination of natural and man made snow that makes for waxing nightmares. Best part is that as a local for just a small fee you, too, can have it all and feel world class in your own way.

The popularity of Nordic skiing has had its ups and downs in Canada over the past few decades, but it has always had plenty of energy and

enthusiasm in this small town. Mainly due to it being the home of Cross Country Canada and the large number of teams in cross country and biathlon that call these trails and facilities home. All of our National Team members in cross country and biathlon on both men's and women's sides call the Canmore Nordic center and its trails home. In the summer the teams use the extensive roller ski loops and training facilities as they wait for the snow to fly.

In the past few decades, the technology in cross country skiing has really evolved and become very technical at the top of the sport, but has remained very user friendly at the beginner side of the sport. Simple skis that don't require waxing, an easy to use binding system, and much warmer and stiffer boots have made the sport user friendly and more comfortable.

The sport of cross country skiing in the area has a real family feel, with kids having the ability to join Jackrabbits, an entry level ski program, or a junior race team, giving parents the opportunity to get out and explore the trails while their little ones are well taken care of. >>



If cross country skiing intrigues you and you're looking to get involved, here are a few helpful tips to get you on your way with a bit more ease.

- Decide on a type of cross country skiing first: Classic skiing is the diagonal stride type of skiing that uses the deeper set tracks on the side of trail and is the original form of Nordic skiing. Skate skiing on the other hand uses a skating motion in conjunction with a good poling rhythm to propel you forward and up hills.
- Take a lesson once you have decided which is best for you; proper technique and gear selection are critical for taking the sport on in a fun and safe way.
- Don't be discouraged by the effort it takes. Nordic skiing is one of the world's toughest sports and it involves the entire body, when done properly. From the tips of your toes to the tips of your fingers, your body is completely involved.
- The learning curve is steep, so give it some time and practice and you'll be proficient in no time.
- Dress right. Since the entire body gets involved while cross country skiing, the output is huge and doesn't take long before you're sweating and overheating.



If you don't like the crowds, well then cross-country skiing is also a great way to explore the backcountry. Once you are proficient at classic skiing, you can graduate to lesser-groomed trails or breaking trail and exploring snow covered fire roads and double track. There are many locations just a short drive from town that are excellent for these types of adventures.

So, the next time you're looking to try something new or looking for a full body workout, don't forget about the world class venue and sport that has put this little town on the map.





MLA for Banff-Cochrane

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Banff-Cochrane

Our government committed to Albertans to strengthen protection of the Castle area, part of the "Crown of the Continent."

There is still a lot of work ahead, but the establishment of these new parks sets in motion our ability to implement the values of protection, conservation, recreation, and tourism opportunities in this important region.

The boundaries of the expanded Castle Wildland Provincial Park and the new Castle Provincial Park have been set, bringing one of the most biologically diverse areas in Alberta under provincial protection.

The next phase for the 103,000-hectare park is the development of a management plan for the ecologically and culturally significant area. The Castle area is home to over 200 rare or at-risk species located on the eastern slopes of the Rocky Mountains in southern Alberta, near British Columbia and Montana.

One of our government's key priorities is supporting a vibrant tourism and recreation economy. We will continue to work with communities, businesses, First Nations, and all Albertans to protect and enrich this natural wonder.

The Castle area also has cultural and historical significance for Indigenous people.

First Nations will play an ongoing and critical role in the management of the parks, including opportunities for co-operative management.

Part of the government's move to further improve protection of the Castle parks area and its unique biological diversity is to transition off-highway vehicle (OHV) recreation use out of the new Castle boundary. Existing OHV trails within the Castle parks will be assessed for ecological risks to the area, an important source to the Oldman River Basin headwaters. Non-designated trails will be rehabilitated.

Additional work in the region includes the development of a regional tourism strategy and the completion of priority planning for Porcupine Hills and Livingstone Range vacant public lands adjacent to the Castle parks' boundaries.

A public consultation has been launched to help flesh out the new parks' features and opportunities. A draft plan has been developed in conjunction with key stakeholders.

I encourage everyone to participate by visiting www.talkaep.alberta.ca/CastleManagementPlan to view the draft of the management plan, complete the survey and be sure to send your feedback to ABParks.PlanComments@gov.ab.ca. The deadline for feedback is March 20.

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How to turn your **PASSION** into a **BUSINESS** during retirement

by Suzanne Smith-Demers, Consultant



Did you know that Colonel Sanders didn't create the Kentucky Fried Chicken franchise until he was 65? If you have a passion that you'd like to turn into a business during retirement here's what you need to know:

Your passion becomes your product If you're ready to turn your passion into a retirement career be aware that you may come to look at your passion differently, especially when things may not be going too well. The keys are to be honest with yourself about the potential for your business and to work equally hard at staying motivated.

Know the risks and challenges Your business idea is brilliant, but it is also risky – so protect your retirement savings by keeping your start-up costs to a minimum and avoiding heavy debt. Avoid leasing office space or hiring employees until you absolutely have to.

Test the market If your new venture includes a new or different product or service; test the market before you make any rash decisions. Start with the most basic version of your product or service and sell it economically, perhaps online through social media sites, and gauge customer feedback to decide if your business venture makes financial sense.

Keep it simple Finance your business with money you can afford to lose. If you find yourself tempted to tap into your retirement account to fund your business, take it as a warning that you're probably about to get into something you're not financially prepared for.

Creating a retirement business from your passion could end up being the most satisfying and rewarding life decision you have ever made. Make sure you have all the information before you take the first step into your new career.



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Banff-Airdrie

CANADA'S 150TH



This year marks the 150th anniversary of Confederation; a truly special occasion for Canadians to connect with our past, celebrate our accomplishments, and look to the future of our great country.

This historic milestone is an opportunity to reflect on, and take pride in, what it means to be Canadian. What better time to learn more about our history and share our national story with each other and the world.

150 years ago, our Fathers of Confederation dreamed of a great nation. They visualized a united Canada that would be prosperous; a land of opportunity; the true north strong and free.

As we remember our history, it is also a time to honour the service and accomplishments of our men and women in uniform. From World War I and II, to Korea and Afghanistan, and many peacekeeping missions, they have served and continue to serve Canada in the face of risk and hardship, while protecting our country and upholding our values.

Looking back at more local history; Canmore was officially named in 1884 by Canadian Pacific Railway director Donald A. Smith. It was named after Malcolm III of Scotland, whose nickname was Canmore. At that time, it was only a whistle stop for the new railway, which was fast stretching west. In 1965, Canmore was incorporated as a town with 2,000 residents. After the 1988 winter Olympics, the population of Canmore increased dramatically to the more than 13,000 residents it has today.

As part of the Bow Valley and surrounded by the Rockies, it is no surprise that Canmore is on

Chatelaine's 2017 list of 40 best small towns to visit in Canada.

Here locally, and all across the country, there are lots of ways to get involved in Canada 150 activities and show your spirit this year, including Canmore's Canada Day parade and celebrations. I look forward to participating in the many local events throughout the year to commemorate this special occasion.

As Canadians, we are lucky to live in the greatest country in the world. This year, as you are commemorating our great nation, take a moment to be proud of our country's past and future success, celebrate our heritage and traditions and show your Canadian pride!

CALLING ALL NEIGHBOURS!

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



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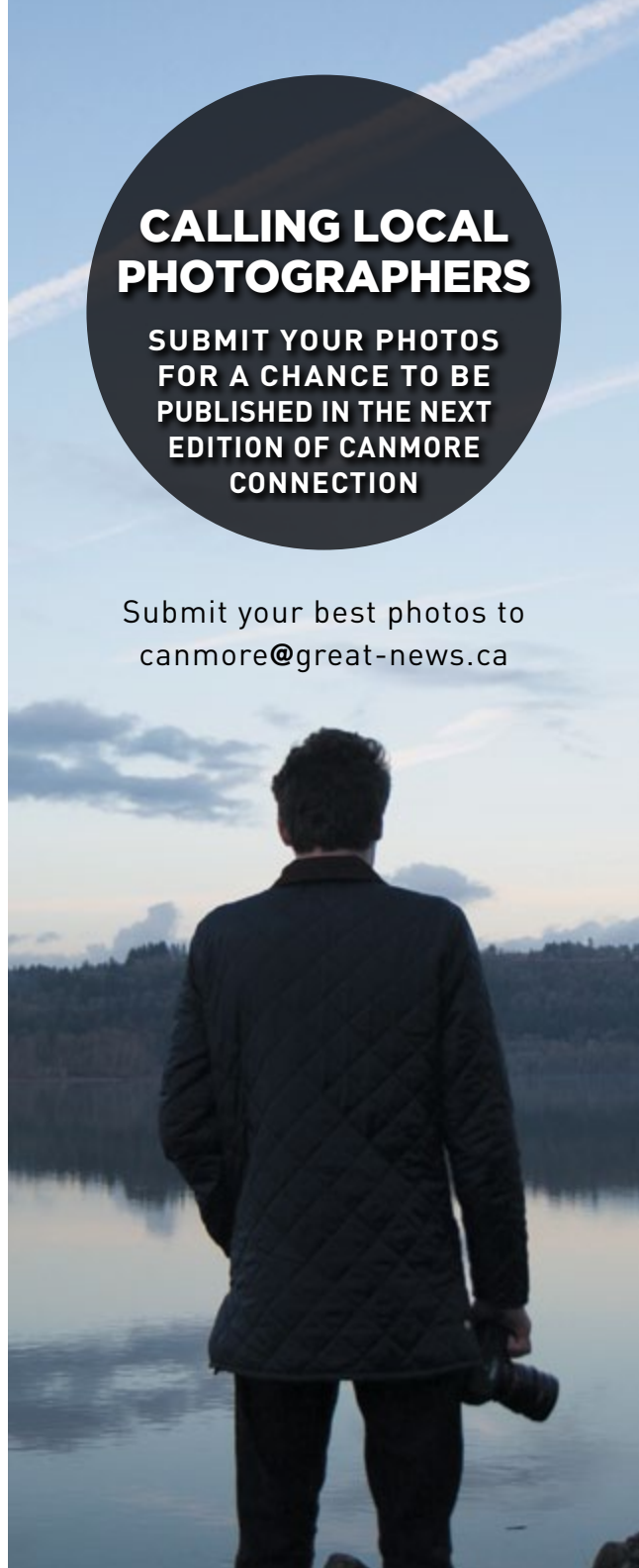
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