

September 2017

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CANMORE *connection*





Photo credit: Robert Reed

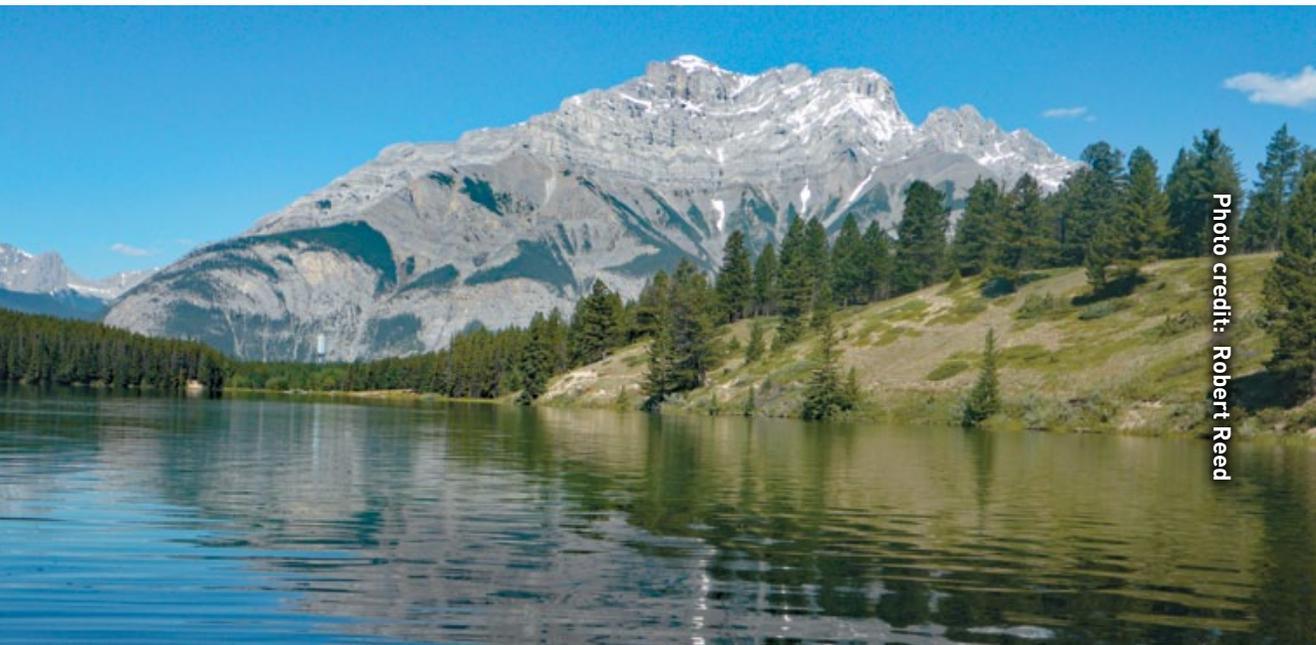


Photo credit: Robert Reed

September 2017



On the Cover

Chasing Rainbows
 Photo by Steve Baylin
www.stevebaylin.com

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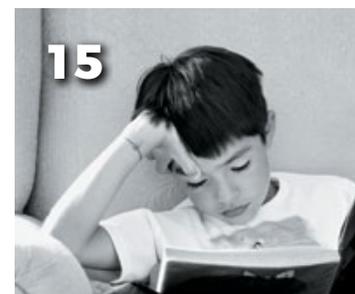
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Canmore Connection

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.

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canmore@canmore-connection.ca

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Email: canmore@canmore-connection.ca

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AT A GLANCE

Community Events

Bow Valley Jogjam Downriver SUP Race

September 9, 2:00 pm @ Riverside Park

The Bow Valley's first downriver SUP race and campout after party. All abilities welcome. The race will be on a mellow section of the Bow river from Riverside park in Canmore to the Three Sisters overpass. Canmore Raft Tours will be supporting with rafts, if you want to take in the action from a family-friendly raft.

Declan O'Donovan LIVE

September 13, 7:30 - 10:00 pm @ artsPlace

A masterful songwriter collects life's experiences and artfully turns them into songs that capture the imagination of a listener. Declan O'Donovan is that songwriter, that contemporary troubadour who utilizes a broad palate of voice and piano to tell intriguing stories through the music he creates.

Terry Fox Run & Walk

September 17, 9:00am @ Elevation Place

There will be a barbeque, music, bouncy castle, and other fun activities post-run. To find out more or to volunteer, please email terryfoxruncanmore@gmail.com.

The Sadies LIVE

September 21, 8:00 pm @ Creekside Villa

The Sadies are a bit of an enigma. On one hand, they are one of the most revered and respected psychedelic alt-country bands on the continent; on the other hand, they repeatedly fly under the radar of public perception. With special guests Elk Run and Riot.

Canada 150 Quilt Show

Sept 30 and Oct 1, 2017 @ Canmore Recreation Centre

Featuring traditional, modern, and art quilts from the Mountain Cabin Quilters Guild

Craft sale, vendors, silent auction, raffle quilt. Admission fee: \$8 adults, \$5 students, children 5 and under free.

Karaoke Nights

Mondays @ the Drake Pub

The Drake's Karaoke Night is a hot favorite of Canmore locals. We have worked our way from Bowie to Whitesnake and back again! Come join the party and show us your best Journey (air guitar optional). The Drake stage goes live at 10 p.m. each Monday.

Open Jam Night

Thursdays @ Tavern 1883.

Dust of your old ukulele, or whatever, come down and destroy your favorite tunes. Don't worry. Everyone will cheer!

Friday Evening Bingo

Fridays @ Royal Canadian Legion Branch 3.

7:00 pm Early Bird Rounds, 7:30 pm Regular Games. Loonie Bingo, Mystery Game and \$1,000 Snowball. Starts July 15. Bring on the Bingo!

Open Mic Night

Fridays @ Good Earth Coffeehouse.

Enjoy live coffeeshop music every Friday at 7:30pm!



Photo credit: Fernando Campos

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
St. Michael's Anglican Church	403-678-5191
Trinity Bible Church	403-678-5063

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CANMORE RECREATION CENTRE
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Canmore, AB T1W 1Y2
Phone: 403-678-8920

PUBLIC WORKS
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Canmore, AB T1W 1K8
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ARTS AND EVENTS

www.canmore.ca

FIRST THURSDAYS SPEAKER SERIES at artsPlace

Jason Botkin and Young Jarus

September 7, 7:00 – 9:00 pm

Jason Botkin and Jarus will present their portfolios and proposals for the Bow Valley Murals. Meet and greet from 5:00 to 7:00 pm. Light refreshments will be served. For more information visit canmore.ca/residents/public-art/celebrate-canada-s-150th



© Jarus

© Jason Botkin



THREE SISTERS GALLERY

2nd floor, Elevation Place

Kids Art Exhibit

Until September 4

A celebration of the imagination, showcasing the artistic talent of children and youth in our community. The theme is Celebrate Summer – what do kids do on their summer vacation?

O'Canada Project

September 5 - October 31

A painting collaboration between – Holly Dyrland and Kathryn Gorectke to celebrate Canada's 150th birthday.

Opening reception September 9, 6:00 – 7:00 pm. For more information visit canmore.ca/residents/public-art/three-sisters-gallery-first-thursdays



© Holly Dyrland

© Kathryn Gorectke



Temporary Public Art

New artworks were installed in August on six light boxes in the Downtown core. Four local artists will be exhibiting their temporary art installations in West Canmore Park along the Mineside Trail. Artist led walks will take place in September and October. For more information visit canmore.ca/residents/public-art/temporary-art



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 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



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





CULINARY FILE

CRAB CAKES

by Marco Herbergs, Murrieta's

Crab cakes are something delicious, and something to enjoy year-round. Especially when you get your hands on fresh seafood from your trusted fish monger. In this case, I plated it a bit different with some Lobster Pesto, truffle aioli, lotus flower, and seaweed ash. Why not change things up and just serve it with a summer salad and some nice refreshing Pico de Gallo, or whatever you like.

Feel free to do a bigger batch and freeze some for another meal. October; they need some time to root before the ground freezes.

If you share your garden with squirrels, cover the new planting with wire mesh secured by stakes or rocks to keep those little paws from digging them up. Squirrels are particularly fond of tulip bulbs. And while you are at it, be sure to add some new ones in your front yard for the pleasure of your friends and neighbours.

INGREDIENTS:

- | | |
|----------------------------------|-------------------------------------|
| 100g unsalted butter | 10g finely chopped chervil |
| 30g finely diced onion | 20g lemon juice |
| 30g finely diced red bell pepper | 50g whole egg |
| 2 finely chopped garlic cloves | 25g egg yolk |
| 500g crab meat | 300g mashed potato |
| 15g Worcestershire sauce | 150g bread crumbs (Panko preferred) |
| 25g finely chopped parsley | |

INSTRUCTIONS

Sauté butter, onion, red bell pepper, and garlic cloves until tender. Incorporate everything together and finish with salt and pepper. Prepare flour, egg wash, and panko for the breading.

Build cakes in the shape and size you like. Get your cakes breaded and deep fry; be very careful if you do not have a deep fryer and must use a pot with hot oil. Fry until crispy and golden. If you are unsure if the cakes are cooked through, just put the cakes on a baking tray in the oven for a couple minutes to make sure they are done. Voila!



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CYCLING 4,400 KMS ON THE CONTINENTAL DIVIDE ROUTE: Finding Gratitude and Friendship

Article by Ryan Draper | Photos by Alexis & friends



It's 7:57 am on a Monday and I'm sitting in the bike shop where I work having a cup of coffee with a customer. He is excited by the quality of coffee our Rocket Espresso machine makes us, and he has a new appreciation for what he calls the little things in life.

You see, Alexis has just returned from a 28-day adventure where he rode self-supported on his bike from the comforts of his home in the Bow Valley 4,400 kms south to Antelope Wells, New Mexico on the great divide route. An adventure that was sparked by the movie *Ride the Divide*, which his girlfriend introduced him to about a year and half ago. With a mix of mountain terrain and surfaces (80% gravel, 10% trail and 10% pavement), the ride is no small feat.

On this day, I had a chance to catch up with Alexis to hear about his adventure, look at some pictures, and, well, simply dig a bit deeper into the journey he had.

The first thing everyone wants to know about such big adventures is: why? He responded with

a multi-faceted answer, but the main reason was he wanted to do something challenging and memorable for his 40 birthday, which happened to be smack dab in the middle of his ride. He rode a Canadian-made mountain bike called the Kobain, a 650+ wheeled hard tail bike from Devinci, equipped with the bare essentials in a variety of bike packing specific bags. He spent months gathering gear and information from local shops and other bike packing enthusiasts in the area.

His journey started off at the grand depart in Banff and he had the company of his girlfriend for the first few days. They parted ways just shy of the U.S. border and his solo journey began. After two weeks of riding solo, he met an American rider who was on the same path to New Mexico. They decided to ride together and bonded very quickly. Spending two weeks alone was hard, Alexis told me, but once he found a riding buddy, everything just seemed easier. All the logistics of finding food, water, and shelter and calculating the gaps in resources was made easier with two brains thinking it through. >



When I asked Alexis what his single biggest challenge was, he told me it was the logistics and how you had to plan every move around what resources you had. Finding water and food further south was a big challenge, which forced him to carry more than in the north. Eating was also a challenge for him; trying to find high quality foods in gas stations for almost three weeks was not easy.

He was always hungry and quickly realized he needed to find real foods and meals as opposed to the junk foods and bars most riders take on board. Subway was one of his favorites on this trip and he sheepishly admitted to me that he developed a real addiction to red bull. It became his late afternoon pick-me-up and his morning coffee when coffee was nowhere to be found.

Upon finishing the grueling ride, he said he felt a huge sense of relief, as opposed to the sense of happiness he thought he would feel. Shortly after hitting the border and taking the honorary finish photo, he collected his bike and headed to the airport with his newfound friend Dana. Dana, an ex-military officer, had become a forever friend, explained Alexis. He said, “It was an emotional moment saying goodbye. I get goose bumps just talking about it. We bonded and spent two full weeks together suffering and laughing.”

Once back on Canadian soil, Alexis was happily reunited with his girlfriend who had started the journey with him and who followed him daily on the live GPS tracking system. “She was the thing that I was missing the most on this adventure and it is so nice to be back in her company. My life has changed since this adventure; I now appreciate the small things we take for granted on a daily basis like food, water, shelter, a shower and a comfy bed.”

When I asked him if he would do it again he said, “No, this is mission accomplished, but if I had not completed it this time around I would probably go back to take care of unfinished business.”

This year the grand depart saw 160 starts and approximately 80 finishers, a 50% finish rate. 📌

≡ FEATURE ARTICLE

EIGHT IDEAS TO MAKE READING ENJOYABLE FOR KIDS

by Sylvan Learning Canmore



Does your child enjoy reading? If not, we’ve put together these eight ideas to help make reading more enjoyable for them.

1. Give them a choice of what to read.

Most of a child’s day is filled with adults telling them what to do and when to do it. Give your child some control back by letting him or her select the books he or she wants to read. If he or she is a new reader, you or their teacher may need to help him or her find a book that is at his or her reading level and choose from those specific choices.

2. Remember that “fun” books count, too.

Kids love to read more than only chapter books. Get your kids reading a variety of materials, such as graphic novels, cookbooks, joke books, fact books, magazines, blogs, eBooks, and the newspaper. Every little bit of reading helps!

3. Read aloud to them.

Research tells us that reading aloud to your kids is the most important thing you can do as a parent to raise a strong reader. But more than that, if your child is struggling with an assigned book for school, take turns reading the book with him or her. It will make the process more enjoyable. Stop and talk about new words or confusing parts to help strengthen their skills.

4. Let your kids fill up a book bag at the library.

Bring a large tote bag to the library and challenge your child to find interesting books to read that will fill up the entire bag. Why? He or she will be so excited for the process of discovering books, as well as reading them cover-to-cover when they get home.

5. Create a cozy reading space with good lighting and comfortable seating.

A special reading spot can be very enticing to a child. You don’t need anything fancy, just a few pillows and a lamp. Consider adding a bookshelf or carton of books nearby.

6. Listen to audiobooks in the car.

If you’re like most of us, you spend a lot of time in the car. Get your kids hooked on an author or book series by listening to the story on audiobook in the car. Watch to see how many times your children won’t want to get out of the car because it’s such a good part!

7. Buy a book light or head lamp for your kids to read in their beds.

Start your kids to bed a bit earlier so you can allow them to read in bed – it seems a bit like breaking the rules for them and is thus, very fun. Headlamps work best for my kids – no worrying about turning the page and moving the book lamp. My kids also prefer headlamps because they have a wider range of light.

8. Make sure you have plenty of books around.

Lastly, it’s so important to have enough books so that your child always has reading material. It seems obvious, but it’s very important. Use your library or yard sales to make this possible without spending a fortune. (Although, I would argue the fortune is for a good cause!)

You know your child the best. Think about what motivates him or her and use it to help make reading more fun, whether through rewards or activities you do with reading. 📌



HEALTH BENEFITS OF OWNING A PET

by Dr. Karen MacMillan, B.Sc., D.V.M., CCRT

Our pets have an incredible impact on our lives. They are our loyal companions and provide many benefits to our overall health.

Over the past few years, there have been numerous studies showing that the simple action of petting a furry companion will lower a person's blood pressure and reduce their anxiety.

Imagine just how great an impact petting your cat or dog while snuggling on the couch with them will have on your blood pressure!

With pet ownership comes a responsibility to keep them healthy and active. Walking, running, or biking with your dog not only provides them with exercise, it exercises us, as well.

We all know the health benefits of exercising: maintaining a healthy weight, improved immune system, disease prevention, strengthening bones and muscles, and improved mental health, just to name a few.

Owning a horse can also provide an opportunity for exercise for both owner and pet. Who better to encourage us every day than our furry buddies?

Socially, having pets gets us out of the house and meeting new people. We have more opportunities to connect with our friends, especially those who have similar pets to us.

Taking part in obedience classes, or participating in dog sports such as agility, and entering competitions with your horse leads to even more social encounters.

Children have many health benefits from owning pets as well. When a child connects with the family pet, they too experience lower blood pressure and reduced anxiety. They also stay active while helping to exercise their pets.

The added benefits to children are in their social and emotional learning. Children learn compassion, empathy, and a healthy respect for all living things.

Studies with children who have autism have found positive benefits to their social interactions, both with the family pet and others through their connections to pets.

Owning a pet is truly a win for both yourself and for them!



DON'T GIVE YOUR MONEY THE SILENT TREATMENT

by Suzanne Smith-Demers - Consultant

Finances can be tough to talk about, but keeping your money issues a secret can be bad for your personal and financial health. A 2014 study* asked people what their most difficult conversation would be and 44 percent said personal finances.

Silence around money encourages people to remain uninformed about financial options and strategies and to hide resulting financial errors. If we seldom know what our loved ones think about money, misunderstandings can fester.

Despite plenty of good reasons to open up, people often find that money is a difficult topic to discuss as it can come with an emotional attachment. The technical details of financial planning can be complex, but it also requires people to think about aging and their own mortality.

As with other hard-to-discuss topics, it's often easier to stay quiet than to admit that you're deep in debt or have another money-related problem. But studies show that talking about money can reduce feelings of financial stress and help you make better money decisions**.

Of course, talking is easier said than done. When you're ready to open up, accept that the discussion will inevitably not just be about money, but also what it symbolizes. It helps to have a goal in mind about what you want the talk to accomplish, and to start conversations about money with professionals that you have no emotional connection with before sharing financial feelings with loved ones.

A great way to start your money conversation is by talking to your professional advisor. They can provide the financial knowledge and planning that will reduce stress and emotion making it easier to communicate your financial goals, dreams and concerns with others.

Sources:

*<http://www.reuters.com/article/us-money-conversation-idUSBREA2Q1UN20140327>

**<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>



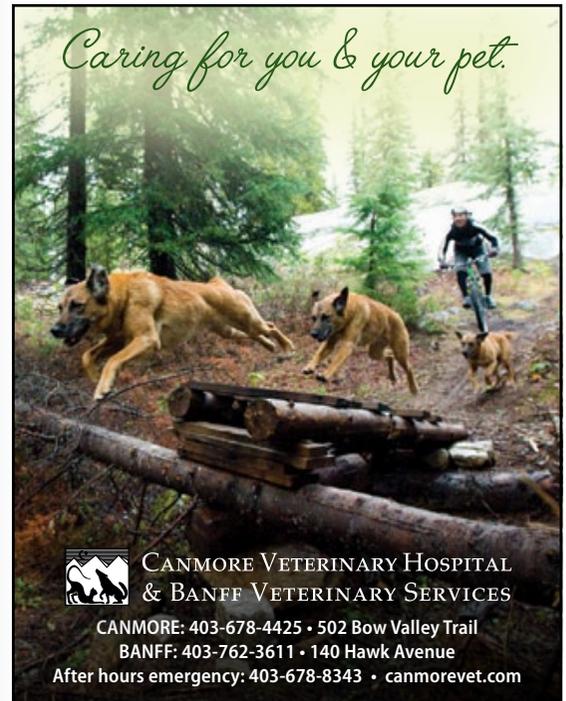
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DO IT FOR THE GRAM

How To Get More From Instagram



by Carmella Social



There's absolutely no denying the fact that social media is now a part of our everyday lives. And while some of us were around from the humble beginnings as oh-oh's of ICQ and the late-night chats on MSN messenger, the platforms are evolving and users' demands are setting the pace.

Seeing as how we've recently discussed the power of both Facebook and Snapchat, it is time to address the undeniable superpower held by one of the heaviest of hitters in the social game: Instagram.

Instagram By The Numbers

(stats via onimcoreagency.com as of 4/29/17)



- Monthly active users: **700 million**
- Daily active users: **400 million**
- Total likes per day: **4.2 billion**
- 68%** of users are female
- 32%** of all Internet users are on Instagram

With more than **40 billion** photographs uploaded to date, and some of highest-profile influencers charging upwards of **\$100,000 USD** per sponsored post, the CarmellaCrew remains in hot pursuit of better ways to help our clients tap into that sea of hashtags and beautiful imagery.

Enter: The head to head battle between Instagram schedulers. In the interest of brevity, we will discuss two apps, Later.com and Grum.co

This summer, Instagram appeared to have deleted hundreds of accounts and many blogs and forums exploded wanting to know why. The number one answer was a reference to violations of Instagram's terms of use.

Later (formerly Latergramme) is an easy-to-use scheduling tool for Instagram posts. Later lets you aggregate and plan your content, grow your audience, and share your photos and videos.

The basis of the service is that you create the content and the app reminds you when it's time to post. Allowing you to set things up ahead of time, but still requires you to post manually directly from your mobile device.

Later recently sent out a newsletter blast containing a blog that focused on the built-in safety of choosing them over their competitors. Grum, on the other hand, advertises that their platform does more than remind you that it's time to post. Grum allows you to upload photos from your computer, write in all the text, associated hashtags, click publish and your posts will be published in your Instagram account on a required day and at the right time.

The dilemma content creators are having is the conflicting information. In the blog from Later they call out Grum, naming them as an unsafe option. So, we dove in a little deeper and read a number of forums.

After some time, we found this letter via reddit.com:

"Hey guys, My name is Ivan, the founder of Grum. First of all, I want to thank you for trying Grum. It's very important for us to be clear to our users - Grum is not a service provided or endorsed by Instagram or Facebook. We are a separate company who have provided a method to post images to Instagram in a way similar to having a friend who sits on their phone 24/7 uploading images.

It is secure.

Grum doesn't store any passwords and operates through encrypted tokens so your account is always protected. According to our privacy policy, we do not share your personal information with any third parties.

Grum doesn't implement the Instagram API (official or unofficial) at all while posting your image(s) or videos - we use the same process all Instagram users do when uploading images instead. Grum works on its own as the native Instagram app, so there is nothing connected with the prohibited auto posting.

That's why we are able to offer our service without risking illegal activities to lots of celebrities, worldwide brands, media or even politicians. None of the Grum users have ever been banned and we are proud of it.

The only things that can really cause the ban are the content you post or buying likes and followers.

We earnestly recommend you not to buy likes or followers - you may find a lot of ways to promote your Instagram account without buying anything - just schedule your posts, add hashtags to make your photos seen by lots of people - our first comment feature is a really good fit on it. Just relax and have a good time with your friends and family while the amount of your Instagram followers grows day by day. Please be familiar with Instagram Terms of Use, there you may find what content is prohibited to post and you are good to go!"

But, who is the clear winner? Answer: YOU!

The CarmellaCrew is tirelessly testing and re-testing the latest and greatest apps and your accounts are not put at risk. We also work with many content creators who have used both Later and Grum and they speak of nothing but successes using either. For the record, we have seen zero Instagram bans!

Whether you choose to use a new app or simply post the old-fashioned way, there will always be more app developers and legal documents attached to doing business in the social media world. We at Carmella will continue to be dedicated to helping you discover and implement simpler ways to share your story, build valuable relationships and continue to grow your brand.

So, take a moment today to snap a pic. Go on, "Do it for the gram!" 📸



Photo credit: Ferrando Campos



MP for Banff-Airdrie

Blake Richards

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Banff-Airdrie

Here in the Bow Valley, we are blessed to be able to fully appreciate and enjoy all four seasons; not everywhere in Canada gets to experience the distinctions between each one.

Our winters are filled with snowy days, which can be spent on the slopes, snowshoeing, or going for a skate in the great outdoors. In spring, the flowers begin to bloom and everything becomes green again. Summers are sunny and warm and can be spent hiking, biking, or enjoying a family picnic or BBQ.

As the warmth of summer slowly goes away and the leaves begin to turn colours, we know that fall is approaching. One of the most tell-tale signs that summer is ending is when you start to see 'Back to School' advertisements almost everywhere you go. It can be a busy time as students, teachers, and parents prepare for another new school year.

Some parents will have mixed feelings as they send their child off to their first year in kindergarten. Happy and proud that their son or daughter is starting school, but also sad that they are growing up so fast.

Students entering their first year of high school will be excited, nervous, and a bit scared to leave their elementary years behind them.

And those heading off to college or university, with some travelling far away from home, will be embarking on a new chapter of their lives as adults.

Back to school is a time of new beginnings whether it is with academics, friendships, sports, music or other extracurricular activities.

It is also a time to remember those who are less fortunate. Please consider donating to a food bank,

clothing drive, or backpack program to help send a kid back to school with the supplies that they need.

I would like to wish all of the students and teachers heading back to school my best for a successful year.

And to the students - remember that hard work and determination will always serve you well in your pursuits. Also, please know that the road to success may sometimes be paved with failures or mistakes but the only true mistake is the one you fail to learn from.

Thank you
Blake Richards
Member of Parliament

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ON YOUR MARK, GET SET...

Strava CRs, dirtbags, and super humans

by Erin Woodrow

There were over twenty people out that evening, standing at attention at the base of a mile-long winding hill with an impressive gradient. The running group I tagged along with on this Thursday evening seemed a little more serious, a tad more focused, and not quite as social as the Tuesday Canmore Trail Culture (CTC) group I had been out with the previous week. This group referred to themselves as 'dirtbags' which, hindsight being 20/20, could have possibly served as some clue as to what the evening had in store.

When it was communicated that the workout entailed five sets of this beast of a climb at an 80 percent effort, I nearly choked on the tasteless gum I'd been chewing for the past hour. I scanned the group for reactions but no one appeared to be phased by the announcement. I then quickly did the math in my head and with a puzzled look on my face I questioned my addition and multiplication skills. Had I heard that right, were we about to embark on 16 kms of hill interval training at a near full on sprinting pace.

Before I could even let that thought digest in my head and question what the hell I had signed up for, the friendly looking man sporting the spandex shorts in the -30 C weather began to count down from 10, and there really was no turning back at that point. The group seemed to huddle together a little closer and slightly crouch a few inches lower as if they were about to pounce on some unsuspecting prey. Wait a second...was this a race?! Why was that guy wearing spandex shorts in this weather (was there something wrong with him)?! Could I even run 16 k? And why would that nice lady with the eastern European accent from CTC suggest this to me?!

I could feel the evolutionary flight or fight response emerge as I my heart began to pound, breath quicken, and hair on the back of my neck rise. As a competitive boxer for the better part of my life, I was much more used to fighting, but in this unique scenario running was shaping up to be what the 'fight' indeed was. I crouched along with the group,

peered ahead at the ridiculous hill we were attempting to defeat, and braced myself for what was about to come. And just like that, as my frame of mind shifted, I too was ready to pounce alongside our heard.

The intense, but friendly looking chap with the nice smile and spandex shorts, was now shouting a little louder as the numbers wound down; three, two, one. There was no gun shot but the pounding of people's feet on the pavement may as well have been. With the group tightly huddled around me, I picked up my feet; one step, two, three, four and before I even knew it my hands flew up in the air, body jolted forward and I, the new girl that night, tripped over what probably were my own feet, and landed flat on my face.



E. Woodrow (Woody) @ Lake Minnewanka Givener' in a Dirtbag like manner. Picture by M. Fitzpatrick (Fitzzy)

I don't recall anyone physically jumping over my body as I lay there, face pressing against the cold pavement, but I wouldn't necessarily put it past a group like this, who instinctively, in an almost animal like way wanted to run, compete and push forward. And please don't mistake the reference to these individual as animals in an unkind or

insensitive way because the members of the group, albeit intense in a very Canmore way, are some of the nicest people I've ever come across. These folks aren't truly 'dirtbags' as their name suggests, but people who live for the grind and are a representative sample of a prominent type of people who exists in the town of Canmore.

I jumped back on my feet within seconds of the fall and from what I could tell, scraped hands and knees, ripped pants and a bruised ego were the only ramifications of the event. The friendly intense guy felt bad as he directed the group to 'calm down'. I was pretty certain, however, that these folks could not be tamed.

Canmore attracts different people for different reasons. There's those more free-willed folk who live here for the beauty of the mountains and the spiritual space it offers, those who come to play in the mountains, and those who come to play hard, like extraordinarily hard. Per capita, I can't imagine a place in the world that has a denser volume of past Olympians, previous national team athletes, iron men and women, ultra-marathoners, world class climbers and bikers and the list goes on and on, all living in one small 11,000-person community. There is a culture of pushing physical limits and boundaries and if you are a 'dirtbag' type person, this push can be extremely contagious. If you want to go further, faster, higher find some friends from this town and I can assure you that if you're open to it, you will be taken to places you've never imagined possible.

A note of caution however, if you choose to befriend these individuals, before you go to boast of your own achievements, know that the person you're telling has probably ran eight 100-mile ultras, or competed at the Olympics, or represented Canada all over the world doing some insane sport. Of course, that's not to say you shouldn't share or celebrate your accomplishments with others, but these folks may not be the best group to compare yourself to. These significant accomplishments, by the way, you

would never know unless someone else told you, as the athletes from Canmore are, generally speaking, some of the humblest people I've ever met. The humility here seems to be a sort of unspoken rule that has become ingrained into the culture. Although people don't necessarily compete out rightly or against one another and talk about their achievements, believe you me, you have never met a similar middle-aged-ish demographic (who I've generally surrounded myself with) anywhere in the world who are as fierce of competitors as these folks.

Enter Strava, a Canmore athletes dream app. The perfect 'silent' mechanism to compete without ever having to open your mouth. An automatic upload from your wrist to the online community and bam; your distance, time, pace, and route or 'segment' accomplishments is out there for all to study. And while everyone is quite sincerely keen to support and 'kudos' the multiple activities folks partake in as the data becomes available, there is most certainly unspoken rivalries amongst 'segments' that people are itching to claim a course record (CR) on. There is no award, or medal, or material item associated with any of these achievements, just a pinky sized computer-generated crown shaped icon that appears next to an online profile. And although these little crowns may not seem like a big deal, in Canmore they can be weighted extremely heavily in certain circles.

The workout that chilly winter's evening lasted over 85 minutes and by the end, although completely exhausted, there was such a sense of satisfaction to not only work as hard as we did individually, but also as a team and connected community with friendly pushes amongst each other along the way. It may be hard to rationalize or make sense of the willingness and reasons why ordinary people with jobs and kids and bills to pay, well past their prime and into the middle ages of their life, no longer with the nuggets of world titles or Olympic medals dangling ahead, to motivate them to do 90-minute hill interval training sessions in deep freeze temperatures or to compete for electronic crowns. And while these activities may appear outlandish to some, the point here is that these individuals have found something in their life that lights a fire in their belly, that motivates and focuses their efforts and gives them purpose. There are no right or wrong ways to find purpose, but I encourage you to find and invite it into your life. For some, it's having children, others writing a book, signing up for a race, learning to dance or joining a team – it really doesn't matter. So, go ahead, commit to something that's meaningful for you because no matter how big or small, even if it's a 'worthless' computer generated crown imagine, it makes life's journey just that much more enjoyable.

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+ SAFE & SOUND

BACK TO SCHOOL SAFETY

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play - road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop - motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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Banff-Cochrane

Some of Canada's most respected economic experts are forecasting that Alberta will lead the country in economic growth for the next two years. In late July, Bloomberg reported that its survey of economists pegs GDP growth at 2.9 per cent this year and 2.4 per cent in 2018.

That survey follows a TD Economic report predicting GDP growth this year of 3.7 per cent - far higher than Alberta's average growth rate of 2.6 per cent between 2005 and 2015. Its reports have cited Alberta's historic infrastructure build, and the increased investor confidence that comes with pipeline approvals, as contributing factors to our economic recovery.

We don't have control over world oil prices, but can control how we react. Strategic investments from government and industry have helped cushion the blow and stimulate growth. Nearly 49,000 jobs were created here over the last year. Alberta also continues to have the highest employment rate in the country and the highest weekly earnings.

Alberta consumer spending is up as well, another positive sign the economy is turning around. Retail sales in Alberta were at \$6.8 billion in May - higher than the pre-recession peak of \$6.7 billion seen in October 2014. In the first four months of 2017, Alberta accounted for more than 73 per cent of Canada's entire exports increase compared with the same period in 2016.

Statistics Canada's latest GDP report shows Alberta has already begun bolstering the economic performance of the entire country. For instance, the national economy grew nearly one per cent between April and May, with significant contributions from the energy sector - much of which is concentrated in

our province. This sector grew nearly five per cent in the same month. The number of unique wells drilled in Alberta totaled 196 in May 2017, up 250 per cent from May 2016.

Alberta is the economic engine Canada needs for the 21st century. We're not out of the woods yet, but there are positive signals that the economy is improving.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

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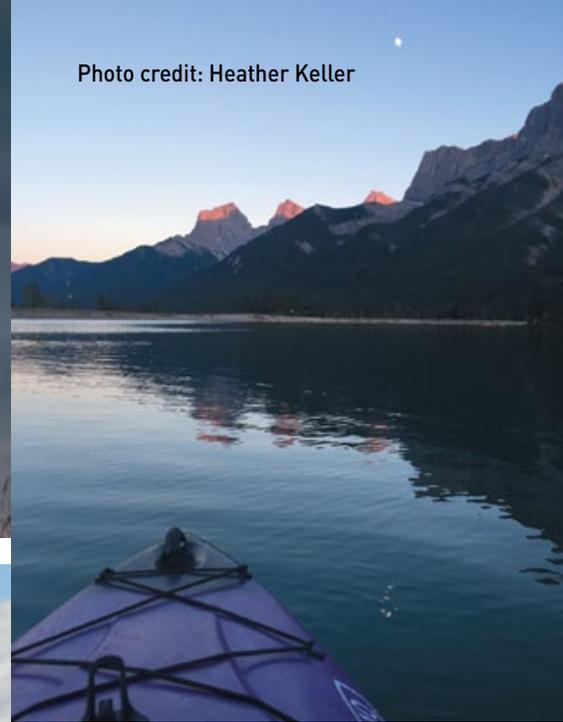


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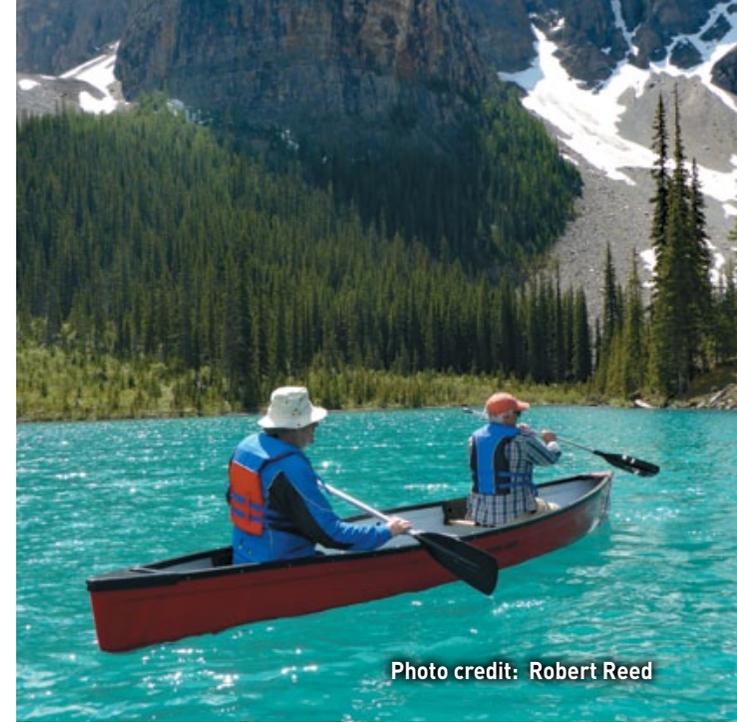


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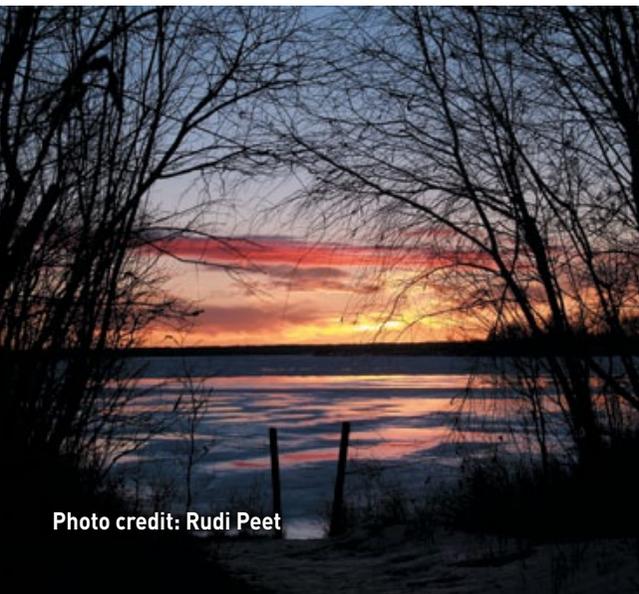


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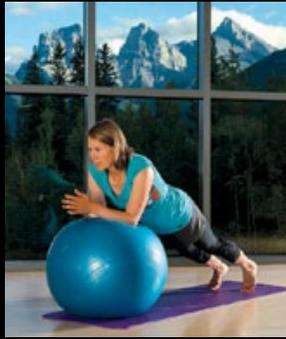
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