

FERNIE ChamberNews

VOL IV

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ISSUE 23

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SPECIAL Holiday 2008 Edition of the Fernie

Chamber News Bulletin:
Thursday, December 11/08

Deadline for submissions:
Wed, December 10 at Noon

Email plain text copy: holiday
messages, specials/promotions
to: office@fernienews.com

FEATURE MEMBER

ZEN TO GO MASSAGE



Val Lessard and Paula Kent of Zen to Go Massage

A breath of fresh air on 2nd avenue!

After offering spa and massage services at the ski hill for the last 2 years and a half, Zen to go massage/ Valerie Lessard, is finally where the local's heart beat is; downtown Fernie. This year, the Zen selection is bigger than ever; traditional and hot stone massage, reflexology, aromatherapy and the new additions Indian head massage, thumper treatments and couples massage.

Zen to go is also very excited to work along with an

experienced registered massage therapist from Ontario; Paula Kent. Paula has been helping hundreds of people with her touch for over 9 years now. She specializes in myofascial release and reiki. At a biking or walking distance, enjoy the same care and attention in a new environment.

***Move along with us to 632,
2nd avenue (upstairs)***

We are open now

*Space available for other
therapists.*

Looking forward to seeing you.
Val 250-423-0478

BENEFITS OF CHAMBER MEMBERSHIP

CHAMBER MEMBERSHIP BENEFIT PROGRAMS

Your membership can save you money...

CHAMBERS OF COMMERCE GROUP INSURANCE PLAN

Covers all industries including one person firms, home businesses and farms. Benefit options include life, health, dental and travel care insurance, vision care, short and long-term disability, business overhead benefits and many others. Guaranteed renewable contract and fully pooled price stability.

VERSAPAY

VersaPay Corporation is proud to offer BC Chamber members preferential payment processing rates for Visa®, MasterCard® and Interac®! There is no need to change bank accounts and your funds are deposited the next business day. 1.69% + 15 cents per VISA/MC transaction. 7 Cents Per Interac Transaction.

TD MERCHANTSERVICE

1.68% on Visa credit receipts with an additional 0.06% assessment fee, 1.79% on MasterCard credit receipts, and \$0.09 on Interac Direct Payment receipts - all with electronic deposits.

ENERGY SAVINGS BC

Unbundling program provides all commercial customers with the option of a guaranteed fixed gas price for 5 years and savings of 10% to 50% on longer term price options.

GRAND & TOY

Access a program which offers savings of up to 80% on over 7500 quality of-fice products – in stock and ready to ship. The office supply program offers exclusive savings opportunities for Chamber of Commerce members.

PAYWORKS

Basic Run Charge of \$10 and a one-time only fee of \$25, along with a \$1 charge per Direct Deposit or Cheque. Integration with Chamber of Commerce Group Insurance Plan and easy entry of payroll via phone, fax or online.

PRIMUS

3.5 cents per minute for long distance calls anywhere in Canada and the US, 25-75% savings on Talkbroadband for as low as \$27.95 per month and Online Data Backup for as low as \$4.95 per month. DSL Bundles.

ESSO IMPERIAL OIL

The BC Chamber of Commerce and Imperial Oil are pleased to offer the Esso Direct DriverBilling Program to all members, including a preferred 3.0 cent per litre discount off of fuel purchased at any Esso-branded service station.

HUSKY/MOHAWK

2 cent/litre discount on all fuel purchases at any Husky or Mohawk location (no minimum purchase). Single invoice for all Husky & Mohawk purchases.

PETRO CANADA

2 cents per litre off all grades of gasoline & diesel (mimum of 200 litres/month). 5% discount on all parts and labour at Centigard Car Care Centres. 5% discount on vehicle propane purchased at Petro Canada retail service stations. Individually numbered credit card for each vehicle.

SHELL

Discount of 2 cents/litre off the posted pump price for your gasoline & diesel retail purchases with the Shell Commercial Card. Possibility for Airmiles Reward Miles.

***Contact the Fernie Chamber of Commerce
for information on how to access these benefits***

Ferne Chamber of Commerce
102 Commerce Road
Ferne BC V0B 1M0
Phone: 250-423-6868
Email: members@ferniechamber.com

WHAT'S ON IN FERNIE

The Black & Red Christmas Gala

**Friday, December 5
8 pm - 1 am**

At the Clubhouse at the
Golf Course

Tickets: \$25.

Available at Freyja

Proceeds to the Salvation Army

KNOX UNITED CHURCH

Please come and join us at the
Knox United Church for the
**Traditional Candlelight
Service** to be held on
December the 24th, at 7pm.

HOLIDAY SHOPPING CAMPAIGN

**Shop Fernie
Holiday Magic**



Decorate the Town Thursday, Nov 27

We will be at the Arts Station on
Thurs Nov 27 from 11am to 4 pm
with a variety of evergreen
boughs for businesses to use to
decorate storefronts and
windows.

Let the magic begin...

Holiday Shopping Hours
**See the Back Page for a list
of participating businesses.**

MEMBER SPECIALS/PROMOTION

Fernie Fix

Lifestyle Magazine

This December Claris Media is celebrating two years of publishing the Fernie Fix magazine! The January edition will highlight some of the team's favourite stories, photographs and features to commemorate the occasion. As a thank you to advertisers, Claris Media would like to offer an **additional 5% discount** for those who book the January edition by **December 10, 2008**.

"We couldn't have done it without the continual support of our readers and advertisers. We are so fortunate to do what we love in Fernie - a town we have only grown more attached to through our work. The Fernie Fix has allowed us to learn more about this community and the amazing people that reside here and this is something we look forward to sharing each and every month!"



Fall 2008 Community Bond

The East Kootenay Community Credit Union is offering their Fall Community Bond starting September 16, 2008 until December 13, 2008.

Not only do we offer great rates on redeemable and non redeemable GICs but we give \$5 to the Salvation Army's food bank with each person's purchase!

Another way we give back to our Community.

**Call us for more information at
250-423-9222 (Fernie)
250-865-4661 (Elkford)
Toll Free 1-866-423-9222**



~ Upcoming Courses ...

Powerful Presentations with Microsoft PowerPoint

Fee: \$95
Date: Dec. 1 - 8 (Mon. & Wed.)
Time: 6:30pm - 9:30pm

Mining Supervisor

Fee: \$100
Date: Dec. 5 (Fri.)
Time: 8:00am - 5:00pm

OFA Level 1

Fee: \$100
Date: Dec. 6 (Sat.)
Time: 8:00am - 5:00pm

Avalanche Skills Training

Fee: \$125 (includes book)
Date: Dec. 8 - 13 (Mon., Tue., Thur. & Sat.)
Time: 7:00pm - 10:00pm Mon., Tue.
Thur. 9:00am - 5:00pm Sat.

H2S Alive

Fee: \$169
Date: Dec. 13 (Sat.)
Time: 8:00am - 5:00pm.

FoodSafe

Fee: \$70.
Date: Dec. 20 (Sun.)
Time: 8:30am - 4:30pm

English 102 (University Credit)

Fee: \$276.32 + texts
Date: Jan. 6 - Feb. 19 (Tue. & Thur.)
Time: 6:30pm - 9:30pm
Must pre-register no later than Dec. 23
Pre-requisite-English 12 or ENGL 090

Learn to Climb Series

Fee: \$65+GST.
Date: Jan. 6 - Jan. 20 (Tue.)
Time: 6:00pm - 8:00pm

Tai Chi Chuan Cont'd

Fee: \$70+GST
Date: Jan. 7 - Mar. 11 (Wed.)
Time: 7:00pm - 8:30pm

Elk Valley Hospice Volunteer Training

Fee: \$30+GST
Date: Jan. 7 - Feb. 25 (Wed.)
Time: 7:00pm - 10:00pm

Women's Climbing Series

Fee: \$120+GST
Date: Jan. 8 - Feb. 12 (Thur.)
Time: 6:00pm - 8:00pm

Avalanche Skills Training

Fee: \$130
Date: Jan. 19, 20, 22, & 24 (Mon, Tue,

Thur. & Sat.)

Time: 9:00am - 5:00pm Saturday
7:00pm - 10:00pm Mon, Tue, Thur.

Next Steps in Guitar

Fee: \$120+GST
Date: Jan. 19 - Apr. 6 (Mon.)
Time: 7:00pm - 8:00pm

The Jam Class Guitar

Fee: \$65+GST
Date: Jan. 19 - Feb. 23 (Mon.)
Time: 8:00pm - 9:00pm

Ski Bar Guitar

Fee: \$65+GST
Date: Jan. 19 - Feb. 23 (Mon.)
Time: 6:00pm - 7:00pm

Business Bookkeeping

Fee: \$200.
Date: Jan. 20 - Feb. 12 (Tue. & Thur.)
Time: 6:30pm - 9:30pm

FoodSafe

Fee: \$70
Date: Jan. 24 (Sat.)
Time: 8:30am - 4:30pm

French for Travelers

Fee: \$125+GST
Date: Jan. 27 - Mar. 24 (Tue.)
Time: 7:00pm - 9:00pm

Spanish for Travelers

Fee: \$125+GST
Date: Jan. 27 - Mar. 24 (Tue.)
Time: 7:00pm - 9:00pm

Introduction to Digital Photography

Fee: \$100+GST
Date: Jan. 28 - Feb. 25 (Wed.)
Time: 7:00pm - 9:00pm 10:00am - 12:00pm (Sat. Feb. 21 only)

OFA 1

Fee: \$100
Date: Jan. 29 (Thur.)
Time: 8:00am - 5:00pm

CPR 'C'

Fee: \$95
Date: Jan. 31 (Sat.)
Time: 9:00am - 5:00pm

Air Brakes

Fee: \$189
Date: Jan. 31 - Feb. 8 (Sat. & Sun.)
Time: 9:00am - 5:00pm

For more information on these and other courses, please call the College of the Rockies at 423-4691.

The College will be closed from 2:00pm December 24th until January 5th.

Watch for our Winter 2009 Guide coming soon!

Bunches Flower Co.

522 2nd Ave Fernie
250-423-2171

bunchesfernie@shaw.ca

Table Centerpieces

Traditional centerpieces have a variety of xmas greens such as cedar, fir & pine. Centerpieces include ribbon in silver, gold or red and a variety of flowers in red and white or red only or white only and pine cones or xmas ornaments. Where applicable candles will match.



not necessarily exactly as shown

Traditional round – reg \$45.00

Traditional round – large \$55.00

Traditional round - large w/ candle \$60.00



not necessarily exactly as shown

Traditional rectangular – reg \$55.00

Traditional rectangular – large \$65.00

Traditional rectangular – large w/ candles \$75.00

Modern centerpieces



not necessarily exactly as shown

Variety of styles and colors

Regular \$60.00

Deluxe \$80.00 (upgraded flowers and container)

Premium \$100.00 (upgraded flowers and container)

Poinsettia and wreaths



not necessarily exactly as shown

Poinsettia 8 in container w / ribbon \$30.00

Poinsettia 10 in container w / ribbon \$50.00

14 wreath w mixed greens and ribbon \$30.00

Deluxe \$40.00

Premium \$50.00

16 wreath w mixed greens and ribbon \$35.00

Deluxe \$45.00

Premium \$60.00

All orders booked by December 5th guarantee delivery week of Dec 15 – 19

Other delivery dates available upon booking

Fernie Athletic Therapy and Rehabilitation

We are pleased to announce that we are now offering the service of Custom Foot Orthotics. These Orthotics can be made to fit in almost any footwear including skates, ski and snowboard boots!

CUSTOM FOOT ORTHOTICS ARE BENEFICIAL FOR:

- Reducing or eliminating most foot, knee, hip and back pain
- Accommodating a foot deformity and relieving pain
- Superior comfort and performance for all sports specific footwear
- Providing proper alignment and better balance for action sports
- Reducing stress to the joints that are put to heavy use in work and play

HOW ARE THESE CUSTOM FOOT ORTHOTICS MADE?

- The foot structure is assessed and gait mechanics (walking) is observed
- A hands-on approach is used to neutrally align the bones of the foot and ankle (subtalar joint).
- The foot is then scanned at its strongest position using the Amfit computer system.
- The data gathered immediately creates a 3D image of the Orthotic
- The data is then used to mill the Custom Orthotics
- If needed, alterations are done to fit the sport specific footwear.

The product is 100% guaranteed and all work is done here in Fernie!

These Orthotics are approved by Health Canada, therefore covered by most extended health plans. For a free foot assessment, information and appointment, please call 250-423-4800.

Fernie Athletic Therapy and Rehabilitation
2nd Floor Rocky Mountain Health Centre
901 - 5th Ave
Ph: 250-423-4800

Mountain High Travel

The staff at Mountain High Travel and Tours invites all our friends and customers to a customer appreciation day on December 18 2008 from 3:30 to 5:30. Everybody is welcome as we would just like to share some of our holiday spirit and good wishes for the season with all our Fernie friends and neighbors. We will be serving "Old Fashioned Eggnog," "Hot Apple Cider," and our staff's Christmas Specialty: home baking. Please take a minute out of your day and run over and have a Christmas visit with staff and friends. Come one come all! 652 Victoria Avenue.

Mountain High Travel & Tours

250.423.6916

info@mountainhightravel.com

WILDSIGHT

Poll Shows Strong Majority of Kootenay Residents Support a National Park in B.C.'s Flathead River Valley

Seven out of ten Kootenay residents want to protect the Flathead River Valley as a national park, according to new polling results released today by Wildsight and Sierra Club BC. The poll, conducted by McAllister Opinion Research, found that 73 per cent of residents in East Kootenay, Nelson-Creston and Columbia River-Revelstoke favour protecting the Flathead River Valley in southeastern B.C.

Only 16 percent of residents polled said they oppose a national park in the Flathead.

Sierra Club BC and Wildsight are calling for the lower one-third of the Flathead River Valley to be protected as a national park and for a Wildlife Management Area to be established in the rest of this biologically-rich valley. B.C.'s Flathead River Valley is a key area in the Yellowstone to Yukon Conservation Initiative and an integral part of the "Crown of the Continent" eco-region that includes Waterton-Glacier International Peace Park in Alberta and Montana--a World Heritage Site and UNESCO Biosphere Reserve.

Parks Canada has included the Flathead Valley in its National Parks Action Plan but needs approval from the B.C. government before proceeding.

For more information visit www.flathead.ca

LW PILATES

Fit for Business

It's now well known within the business world that happy, fit employees are more likely to do a better job. Group fitness can also help build team spirit within the workplace. With this in mind, have you ever thought about holding a pilates class for your employees?

Pilates has many benefits and can be enjoyed by all age groups no matter what your level of fitness. Pilates develops core strength and is a great tool for injury prevention and stress relief. If you have a large enough space within your business premises I can come to you and run a series of classes either before or after your business day.

To discuss your requirements please give me a call.

Yours in good health,
 Louise Wight Certified STOTT
 PILATES® Instructor
 250 531 0096
www.lwpilates.ca

We don't mean to brag but, here's what people are saying about the Fernie Chamber...

"I love the new format of the chamber news bulletin. I continue to appreciate all that you and your staff do for the business community."

Cheers,
 Martin Brock
 Rocky Mountain Chocolate
 Factory



Guest Services

Pre-season Hours

Avoid the line ups – pick up your winter season pass now!

Monday to Friday

9 am to 5 pm

Saturday & Sunday

9 am to 5 pm

Junior Freeski Competition

February 6 - 8, 2009

ON-LINE REGISTRATION IS OPEN

Watch as the 18 and unders show how big mountain Fernie really is.

Age categories will include 7-11 years, 12-15 years, and 16-18 years of age for both guys and gals.

Competitors will warm up Saturday in the qualifying runs so that they can move on to the Sunday's finals and award ceremony. Helmets mandatory. Register now at



**Pay \$50.00 to join
 And Get the rest of the year
 FREE!**

Dedicated to women's fitness, Curves offers a proven 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also offers a common-sense weight management program that ends the need for perpetual dieting

Contact: 250-423-3105

Email: curvesforwomen-fernie@telus.net

Located behind MP Roofing@
 1561 10th Avenue



TOURS & TRANSPORTATION

Schedule & Rates for Fernie/Cranbrook

Fernie To Cranbrook Airport

Wednesday 8:00am

Saturday 8:30am

Sunday 8:30am

Cranbrook Airport to Fernie

Wednesday 2:30pm

Saturday 2:30pm

Sunday 2:30pm

RATES (all rates quoted are in CDN Funds)

Regular Transfer-Fernie/Cranbrook-Cranbrook /

Fernie: \$57.50 incl. GST

1 way per person

*Minimum number of passengers required 3 passengers Fernie /Cranbrook & Cranbrook /Fernie

*1-2 passengers only in either direction: \$131.50 incl. GST 1 way per person

PRIVATE TRANSFER

Fernie/Cranbrook & Cranbrook /Fernie

Group of 5 or less : \$315.00 incl GST (1 way)

Group of 6 or more \$420 incl GST (1way)

For your comfort we suggest not more than 10 adults, (there are 4 more seats available for larger groups. Smaller children could occupy these seats)

RATES FOR FERNIE / CALGARY & CALGARY / FERNIE

Only private transfers available:

Fernie/Calgary & Calgary /Fernie

Group of 5 or less: \$590 incl. GST (1 way)

Group of 6 or more: \$690 incl. GST (1 way)

For your comfort we suggest not more than 10 adults (there are 4 more seats available for larger groups. Smaller children could occupy these seats)

Journeys West Tours and Transportation operates a 15 passenger (including the driver) GMC Savannah Van & Trailer. We are licensed by the ministry of transportation in BC & AB to carry passengers, All our drivers are class#4 licenced.

Journeys West also offers an interesting variety of day tours. Multi-day packages & Tour services year- round. Licensed by the Business Practices and Consumer Protection Authority of BC # 27158

Syl or Terri

Ph: 250-423-4098

1-866-246-8622

Email: reachus@journeysbc.ca

Web: www.journeysbc.ca

Payment can be made by cash,
 MC, or Visa.

Shop Fernie ~ Holiday Magic

CHAMBER MEMBER BUSINESSES HOLIDAY SHOPPING HOURS

**November 27th to December 24th unless otherwise noted*

Bear Necessities

Sundays	Noon - 5pm
Monday to Wednesday	11:30am - 5:30pm
Thursday & Friday	open 'til 8pm
Saturdays	11:30am - 5:30pm

Carosella

Sundays	Noon - 5pm
Monday to Wednesday	9:30am - 5:30pm
Thursday & Friday	9:30am - 8:00pm
Saturdays	9:30am - 5:30pm
Dec 22 nd	9:30am - 8:00pm
Dec 23 rd	9:30am - 8:00pm
Dec 24 th	9:30am - 4:00pm

Fernie Home Hardware

Monday & Tuesday	9am - 5:30pm
Thursday & Friday	9am - 8:00pm
Saturdays	9am - 6:00pm

Fernie Tea & Coffee House

Sundays	Closed
Monday to Wednesday	10am - 6pm
Thursday & Friday	10am - 8pm



Freyja

Sundays	Noon - 4pm
Mondays	11am - 6pm
Tuesday to Thursday	10am - 6pm
Friday & Saturday	10am - 8pm



Ghostrider Trading Company

Sundays	Noon - 5pm
Monday to Wednesday	10am - 6pm
Thursday & Friday	10am - 8pm
Saturdays	10am - 6pm

Giv'er Shirtworks

Starting Dec 6th
Monday to Saturday open 'til 8:00pm

Odyssey Clothing

Sundays	Noon - 5pm
Monday to Wednesday	9:30am - 6pm
Thursday to Friday	9:30am - 8pm
Saturdays	9:30am - 6pm

Polar Peek Books & Treasures

Sundays	Noon - 5pm
Sunday Dec 21 st	10am - 6pm
Monday to Wednesday	9:30am - 5:30pm
Thursday and Friday	9:30am - 8pm
Saturdays	9:30am - 5:30pm

Rocky Mountain Chocolate Factory

Sundays	11am - 6:30pm
Monday to Saturday	10am - 8pm
Dec 24 th	9am - 6:30pm

The Guides Hut

Sunday to Saturday	8am - 8pm
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Keep Fernie in Business, by Keeping Your Business in Fernie.

Shop Local this Holiday Season