

Inside this issue...

FEATURE MEMBER
Fernie Athletic Therapy and
Rehabilitation

FEATURE BENEFIT
Membership Benefits

MEMBERS SPECIALS/ PROMOTIONS

Fernie Alpine Resort
Elk Valley Chiropractic
College of the Rockies
Scotiabank
The Free Press
Agi-Green Biodiesel Inc
Arts and Letters
Gabiella's Restaurant
The Pub at Park Place

THE LAST PAGE

Think Positive

Tough times are when
progressive companies grow...

Next edition of the
Fernie Chamber News Bulletin:
Thursday, June 25, 2009

Deadline for submissions:
Wednesday, June 24 at Noon

Email plain text copy to:
office@fernierchamber.com

FEATURE MEMBER

FERNIE ATHLETIC THERAPY AND REHABILITATION

CUSTOM FOOT ORTHOTICS SPENDING SOME SERIOUS TIME ON YOUR FEET?

Heather Lewis of Fernie Athletic Therapy and Alex Paquin of Peak Orthotics are pleased to announce their business alliance providing the Elk Valley with locally made Custom Foot Orthotics. It was a natural fit when Alex approached Heather to take over the foot assessment, gait analysis and scanning components of the business for the Elk Valley region. With Heather's educational background and clinical experience, it was the perfect opportunity to change the focus of Alex's original business from recreational retail to also include medical supply. It has also been a great opportunity for Heather to expand her business beyond the assessment and rehabilitation of injuries.

The creation of these Custom Foot Orthotics is a dynamic process. First, Heather assesses the foot structure and observes gait mechanics (walking). 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 is used to create a 3D image of the Orthotic, which allows for an immediate evaluation of the scan prior to approving the final product. This data is then transferred to computerized milling machine where the Orthotic is produced. Alterations can be made to fit almost any type of shoe, boot, sport or work specific footwear. These Orthotics are very effective for correcting foot alignment issues/deformities or to improving comfort/performance of shoes or boots.

Best of all, the product is 100% guaranteed and all work is done here in Fernie! On average your Orthotics will be ready for use within 3 to 4 business



days, which is 75 % faster than the competition! If you need alterations or adjustments, they can be done quickly and you do not have to leave the Elk Valley. Health Canada approves the "3D Contact Digitizing" system of creating Orthotics therefore most Extended Health Benefit plans will cover the cost. Custom Foot Orthotics are beneficial for:

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

For a free foot assessment, information and appointment, please call 250-423-4800
For more information please check out www.peakorthotics.com



FEATURE BENEFIT

**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.

Esso Imperial Oil

The BC Chamber of Commerce and Imperial Oil are pleased to offer the Esso Direct Driver Billing 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.

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**

102 Hwy #3
Fernie BC

Phone: 250-423-6868

Email:

members@ferniechamber.com

MEMBER SPECIALS/PROMOTION



**WHAT'S HAPPENING
@ FERNIE ALPINE
RESORT**

Please check our website for regular updates & trail reports –

www.skifernie.com

**WINTER 2009/10 EARLY
BIRD SEASON PASS SALE**

Act now and save BIG!

The Early Bird Season Pass Sale begins on May 1st and goes until June 19th.

Purchase your pass online at www.skifernie.com (follow the link to early bird pass sale) or purchase in person at the Mountain Pantry (open daily from 9am-6pm).

**SUMMER OPENING DAY
SATURDAY, JUNE 27TH**

Fernie Alpine Resort will kick off its summer operations on Saturday, June 27th. With a summer full of exciting activities, Fernie will be the place to be for mountain biking, hiking and more.

Buy early and save, adult summer season passes are just \$149 + gst until June 28th.

Visit www.skifernie.com/summer for summer lift rates, activity schedules and more information.

**Summer Chairlift
Hours of Operation:**

Elk Chair

Thursdays

from 10:00 am – 7:00 pm

Friday - Sunday & Holidays

from 10:00 am – 4:30 pm

Timber Chair

Saturday - Sunday & Holidays

from 10:00 am – 4:00 pm



Optimum Nutrition

**Your cells are
genetically programmed
For Balance and Health**

Power Hour Workshop

2nd Monday of every month
Next Power Hour

Monday, July 13, 2008

6:30 p.m. No charge.

Call to register, space is limited.

Elk Valley Family Chiropractic
831 7th Ave. Fernie, BC

1-877-423-3003 250-423-3003

drmike@elkvalleychiropractic.com



Canyon Raft Company

The rivers are flowing and Canyon Raft Company is open, with great whitewater trips on the Lower Elk Canyon and the Bull River as well as scenic floats on the upper Elk River surrounded by the Rocky Mountains. Check out our web site at www.canyonraft.com or give us a call at 250 423 - 7226

**The FERNIE RAFT RACE is
Thursday June 18th** - meeting at the Coal Creek boat launch at 6:00pm. The cost is \$10.00/person. Register a team soon to avoid disappointment.

**For more information and to
register call CANYON RAFT
COMPANY at 250 423 - 7226**



~ Upcoming Courses...

Traffic Control

Fee: \$249
Date: June 13 & 14 (Sat. & Sun.)
Time: 9:00am – 5:00pm

Confined Space Entry and Rescue

Fee: \$199
Date: June 13 (Sat.)
Time: 8:00am – 5:00pm

St. John Standard First Aid

Fee: \$249
Date: June 15 & 16 (Mon. & Tue.)
Time: 8:00am – 5:00pm

Healthy Children

Fee: \$39 + GST
Date: June 16 (Tue.)
Time: 6:30pm – 9:30pm

Mining Supervisor Safety

Fee: \$100. + \$25 for code book
Date: June 19 (Fri.)
Time: 8:00am – 5:00pm
Location: Sparwood
Wines for Chillin and Grillin
Fee: \$80 + GST
Date: June 20 (Sat.)
Time: 7:00pm – 10:00pm

Forklift Safety

Fee: \$249
Date: July 11 (Sat.)
Time: 8:00am – 5:00pm

Skimmerhorn Wine Tour

Fee: \$125 + GST
Date: July 15 (Wed.)
Time: 9:00am – 7:00pm

OFA 1

Fee: \$125
Date: July 15 (Wed.)
Time: 8:00am – 5:00pm

For more information on these and other courses, please call the College of the Rockies at 423-4691 or visit our website at www.cotr.bc.ca.

Scotia Running Start for business™



Find out ways we can help you improve your bottom line by getting practical advice and simple solutions from Scotia-bank.

With several years of experience behind me, and the Scotia Running Start for *business* banking package, I can help you manage cash flow, reduce your borrowing costs, minimize business costs and find simple ways to grow your business.

Leona (Loie) Robertson
Account Manager
Small Business
250-423-8443



Visit the Fernie Chamber of Commerce website at:
www.fernierchamber.com

THE FREE PRESS

Your Community Newspaper since 1898

The Free Press is looking for news stories from the local business community.

- ✓ Is your business organizing a charity event?
- ✓ Do any of your staff have an interesting story to tell?
- ✓ Would you like to start a discussion on an issue affecting Fernie?

If you have any article ideas please call editor Rebecca Edwards or reporter Angela Treharne at 250-423-4666 or email freepress@shawcable.com

For advertising call Linda Johnston at 250-423-4666 ext 101 or email ferniesales@shawcable.com

FernieCHAMBER OF COMMERCE News

The Chamber News Bulletin is published by the Fernie Chamber of Commerce and distributed bi-weekly to Chamber Members, and to the general public through Community Link. Non-members and the general public can sign up for Community Link at: www.fernierchamber.com

Chamber Members may submit business promotions and specials, and event information for publication. Deadline for submitting copy is the Wednesday at Noon prior to Thursday distribution.

Member's copy should be submitted in a *plain text format (no PDF's please)* and emailed to: office@fernierchamber.com, by deadline to be included in Thursday distribution.

Please include "For Chamber Newsletter" in the subject line of the email, as we receive a large volume of email and wouldn't want your submission to be inadvertently missed.

The editor reserves the right to edit submission for clarity and length.



Jump on Board the Orient Express

ARTS AND LETTERS

Saturday June 20, Fernie An Art Station Program

Come for a trip of a lifetime.....On Saturday June 20th at 6:00 pm, the train pulls out for a select one hundred guests who will enjoy a sumptuous evening. Once all baggage is checked in London (the Arts Station), guests will travel to Paris (the Fernie Heritage Library), for champagne and a splendid four-course dinner.

Culminating in Vienna (the Library Garden) with a midnight waltz, guests will have experienced an evening of culture and romance, replete with literary readings, an intriguing art and luxury item auction, a divine meal and stimulating company.

Tickets **are now on sale** and only 100 tickets will be sold. Tickets available at the Fernie Heritage Library and the Fernie Arts Station. For further information, please contact the Library at 250-423-4458 or the Arts Station at 250-423-4842.

Don't miss out, get yours NOW! For more information about helping, participating or attending the event, contact Gail Adams: gailco99@telus.net or 250.423.7122

GABRIELLA'S RESTAURANT

@ FERNIE ALPINE RESORT

Reopens for the summer!

We will be open from Wednesday to Sunday 4:30 to 9:30 and open for LUNCH on Saturday and Sunday 12 to 4pm.

Come and relax on our beautiful deck and enjoy our authentic Italian cuisine.

Our new summer menu offers a great variety of appetizers, ideal food to consume on the deck while enjoying the outstanding view, as well as an extensive choice of pastas, pizzas, various entrees and of course our famous "TRIP AROUND ITALY" a six course meal the Italian way.

Call for reservations @ 250 4237388

THE PUB BAR & GRILL

LOTTO 6/49 & SUPER 7 NOW AVAILABLE IN THE PUB
"You can't win if you don't play!"

Upcoming Pub events:

June 13th: UFC

June 19th: The Todd Sellecks (funk, dance, rock)

June 21st: Summer Solstice Party with Aussie roots rockers The Remains

June 27th: Fernie Mountain Bike Club presents Kranked, a mountain bike premiere
Admission \$6; incl. a pint of Fernie Huckleberry Lager, Pale Ale or Willy Wit White Ale

July 1st - 4th: Canada Day Celebrations!

July 10th & 11th: Toby Beard, Aussie roots & blue singer with a voice as powerful as Aretha herself!

New Food & Drink Specials:

Monday: \$4.50 Kokanee pints \$12.50 jugs

Value Monday: 3 course meal for \$13.95

Tuesday: \$4.75 Sleeman's Honey Brown pints & \$4 Ciders
Wing Night \$0.45/wing; min. of 10 per flavour

Wednesday: \$4.75 Rickard's Red & St Hubertus Gamay Rose \$6.50/gl
Cedar Planked Wild Salmon \$14.95

Thursday: bottled domestics (Pilsner, Bud & Kokanee) \$4

BBQ Rib Dinner \$14.95

Friday: 1516 pints \$4.75 & double Cuervo marg's \$7.50

Seafood Friday; entrees featuring fresh & wild seafood \$15-\$20

Saturday: Fernie Brewing pints \$4.75 or \$18 Sangria pitchers (small)
Prime Rib Dinner \$18.95

Sunday: Keith's IPA pints \$4.75
Caesars \$4.25

Steak & eggs \$11.50 (11-2pm) Steak Sandwich \$12.95 (2pm-close)

PLUS! Enter to win 2 tickets to Our Lady Peace & Steve Miller at The Calgary Stampede this July!

Chamber Business Luncheon

Thursday, June 18

At Noon at the Sawai Thai Restaurant

Topic: Tourism Fernie Marketing Initiatives

Guest Speaker: Alison Harwood

Executive Director Tourism Fernie

Members: \$20.

Future-Members: \$25.

Reservations required

Call the Chamber at

250-423-6868

Visa/MasterCard accepted





Tough times are when progressive companies grow...

This photo shows the **Cincott Farms Organic Market & Café**. Owners Scott & Cindey Taylor expanded their business to include their new location at the old Jamocha's on 7th Avenue in Fernie. Owners Cindey & Scott say: *"It was time for us to expand to a location in Fernie. People were ready for what we're doing and are ready to support local growers. We are pleased to offer a variety of certified organic products including plants and produce. We also serve breakfast, lunch and dinner, with a good selection of organic coffee. We believe in Fernie."*

The current economy represents a major challenge for many as businesses and employees suffer through significant change. Through it all we have many reasons to remain positive and confident. A year from now Fernie will still be a strong community with a strong and diverse economic base, and hopefully we'll be looking back on this recession.

It's helpful to compare what we're going through now, with what we've gone through before.

- The Bank of Canada predicts that Canada's GDP will shrink by up to 1.2%. In 1982 it fell by 3.2% and in 1991 by 1.8%. Even with the increased spending recently announced in the Federal Budget, Canada's

debt-to-GDP ratio will rise only 28%, the lowest level in the G7 group of industrialized countries.

- TD Economics is predicting the 2009 national unemployment rate to range from 7.7% to 8.9%. In both 1983 and 1991 it was 11%.
- Interest rates on mortgages have fallen dramatically.
- Gasoline prices have fallen.
- The Federal Budget is pumping billions of dollars in stimulus initiatives, including millions into the local economy.

We've had recessions before and most good companies emerge stronger, so **think positive!**

think
positive

Tough times are when
progressive companies grow...

 **Fernie**CHAMBER
OF COMMERCE

www.ferniecechamber.com