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Next edition of the Fernie
Chamber News Bulletin:
Thursday, December 17, 2009

Deadline for submissions:
Wednesday, Dec 16 at Noon

Email plain text copy to:
office@fernichamber.com

FEATURE MEMBER

MOVEMENT MATTERS

BUILD YOURSELF A HIGH PERFORMANCE LIFESTYLE

Is health and vitality your priority? Whether you are training for sport, recreation, work, or general fitness, Movement Matters will increase your performance in all aspects of your life. Last month, Kevin Nizi opened the newest nationally-recognized Kinesiology practice of the East Kootenays. His company, Movement Matters Rehabilitation and High Performance Training is a nationally-certified and regulated practice of the Canadian Kinesiology Alliance. Certified Kinesiologists are university-trained healthcare professionals that assess human movement, performance, and function by applying the scientific principles of physiology, anatomy and biomechanics.

By working in unison with various healthcare professionals, Movement Matters provides the essential step in the rehabilitation process leading individuals from injury or illness to optimal performance. We teach challenging, safe and progressive exercise programs custom to each client, as well as, realistic



Movement Matters owner Kevin Nizi works with a client

nutrition and lifestyle adaptations through one-on-one hourly sessions. Included with your training is unlimited access to online resources such as exercise videos, questionnaires, and workout logs so that you can stay on track and get back to your work, sport and recreation sooner, fitter and healthier.

Movement Matters is located at 841-B 7th Ave in Fernie (Kinesis Holistic Lifestyle and Exercise building) right behind Cincott Organic Farms Market and Cafe. Call today to book your free consultation. 250-531-0780



Helping Fernie businesses succeed.

632 2nd Avenue 250-423-6881

gpi

chartered
accountants

FEATURE BENEFIT



In partnership with the Fernie Chamber of Commerce, VersaPay Merchant Services is pleased to offer members in good standing the following payment processing programs:



1.65%
Average Ticket < \$100.
1.69%
Average Ticket > \$100.



1.65%
Average Ticket < \$100.
1.69%
Average Ticket > \$100.



\$0.07
Per transaction



\$22.99/mo. (dial up)
\$29.99/mo. (high speed)
BUY, RENT OR LEASE!

WE'RE RELATIONSHIP PEOPLE
- LOCAL SERVICE & SUPPORT -

No need to switch bank accounts –
Free Installation & Local Support

COMPARE THESE RATES TO:



1.69%
on Visa® credit receipts
with electronic deposits



\$0.09
on Interac® Direct Payment
receipts with electronic deposits



1.79%
on MasterCard® credit receipts
with electronic deposits

AT THE ARTS STATION...

Multi Media Art Show

**On Fire 101- In the gallery at the Arts Station
Until December 24, 2009**

Christmas is a great time to give the gift of art and the Arts Station has some incredible gift opportunities for you. Giving the gift of beauty makes the gift very personalized and brings that beauty into their home for years to come.

In the tireless pursuit of bringing art to the community, The Fernie and District Arts Council is excited to be hosting an art show promoting more than 16 different local artists this holiday season with pieces all priced under \$101.

"This show offers an opportunity for people to buy local artwork as gifts this Christmas season at a very reasonable price," says Oz Parson, administrator at the Arts Station. "It is also a great opportunity for local artists to gain continued exposure in the region and this kind of show reminds people of the diverse and thriving arts culture Fernie has to offer."

So, we encourage you to come on in to the Arts Station and grab that wonderful 'feel-good' art piece and support the local arts community too.

For more information contact The Fernie Arts Station at 250.423.4842 or
email admin@theartsstation.com.



BUSINESS FRAUD ALERT:

Attention Chamber Members:

It has come to our attention that there is a new competitor out in the marketplace who is aggressively targeting businesses with programs and services. This group is called the Canadian Merchants Association and/or Merchants Cash Direct.

In gathering information about this group since being notified, it has become apparent that part of this group's sales pitch is to ask merchants to submit statements and other documentation as a form of validation for review. **In any situation, this is never a wise practice... providing any information, to an unknown party.**

Further investigation indicates that this is a "third party" processor working on behalf of a US-based provider operating out of a Call Centre in the Montreal area.

We would like to warn merchant against submission of any documents (merchant or bank statements) to an entity that is unknown to them.

Also, besides varying rate offers which appear on this group's payment processing information, a merchant should be cautious about service and support from a provider with limited hours of operation (Mon to Fri, 9-5 - rather poor hours for retailers who work significantly more hours than that) and are foreign (US) based (all Canadian merchants are governed by domestic regulations).

And finally, we want to forewarn businesses against dealing with an entity that does not have a physical presence or cannot represent themselves in person.



WELCOME KAYLA NEUFELD!!

As promised from the last Chamber Newsletter, I said I would provide you with Kayla's education and athletic therapy experience...

Kayla received her Kinesiology degree from the University of Alberta in 2006. She then pursued her Athletic Therapy degree at Sheridan College in Oakville and Brampton Ontario, which she received in 2009. She became a Certified Athletic Therapist in July 2009 after successfully challenging and passing the national certification exam.

Past teams Kayla has worked with include Leprechauns/Tigers Rugby, Edmonton Huskies Jr. football, Leduc Junior Athletic Club Midget AA hockey, basketball and rugby at Wilfrid Laurier University, and Mississauga Jr. lacrosse. She has also worked at the CCAA volleyball and badminton nationals. Kayla has provided medical coverage at the Toronto marathon, Run for the Toad cross country meet and the Bur Bear high school hockey tournament.

For more information about Athletic Therapy please refer to www.athletictherapy.org.

Office hours have been extended to include 8am to 6pm.

**Ferne Athletic Therapy
and Rehabilitation**

2nd Floor Rocky Mountain Health Centre
901 - 5th Ave
Ph: 250-423-4800

FERNIE HERITAGE LIBRARY

Our Grande Festive event is Mon, Dec 21, from 1 – 4pm. There will be various stations set up throughout the library with ongoing stories, hot apple cider, gingerbread cookies to decorate, wrapping paper and boxes to make for last minute gifts, a classic Christmas film from our DVD collection, along with a few other surprises. The final hour will be a time of community sharing through donations to the foodbank, the beautiful gifts of song and an international Christmas dessert potluck.

**We invite all to join us on this
very special occasion.**



Hello Friends,

The last 6 weeks have seen a number of storms move through the area and we now have over 200 cms at an elevation of 2,000 metres. Our guides are reporting knee deep, dry powder....

We are happy to announce that we will be opening early!!

Our first day-ski cat will run this Saturday - December 5th. We are also pleased to offer you the early season rate of \$250 for the day! I thought I would give you the first option to get on board. Call the office now if you want to get the first deep pow turns of the season. Or sign up on our brand new website to be on our "Day-ski and last minute deal list".

www.islandlodelodge.com/



WHAT'S HAPPENING @ FERNIE ALPINE RESORT

Please check our website for regular updates www.skifernie.com

REGULAR SEASON OPENING DAY SATURDAY, DECEMBER 5TH

Now that your legs have had a chance to recover from this past weekend's exciting Preview, get ready for our season opening for daily operation this Saturday, Dec. 5th! Please check back on our website for updates later this week relative to terrain & lift in operation. Note that early season hazards exist - so ski and ride with care!

RCR SKIMORE CARD ON SALE UNTIL DEC. 26TH

The best ski value card in the Rockies, with 3 FREE DAYS and DAILY DISCOUNTS! Only \$69.95 + tax. Purchase online now at www.skircr.com, in person at Guest Services (open Thursday – Saturday from 1:00-5:00pm) or the Mountain Pantry Grocery Store (open daily from 9:00am-6:00pm).

FAR GUEST SERVICES NOW OPEN DAILY

FAR Guest Services is now OPEN DAILY from 8am – 5pm. So come on in and purchase your RCR SkiMore Card, winter season pass, or register for one of our great Winter Sports School Ski & Snowboard programs!

COMMUNITY APPRECIATION DAY SUNDAY, DECEMBER 13TH

Ferne Alpine Resort will say "Thank You" to local communities by offering a FREE day of skiing and riding to the residents of Fernie, Elko, Elkford, Jaffray, Sparwood and all residents living in the Elk Valley as part of the Community Appreciation Day on December 13. A fundraising BBQ will be held from 11am-2:30pm on the Kokanee Deck. Residents can pick up a \$2 voucher for a BBQ Burger with all proceeds going towards the Fernie Chapter of the Salvation Army. A huge thanks goes out to our BBQ sponsors Cardinal, Weston Bakeries and Heinz for their generous support. Please note that Photo ID and proof of local residency (drivers license, pay stub etc) are needed to receive the lift ticket.

In addition, Ferne Alpine Resort is inviting Elk Valley residents that are new to the sports of skiing and snowboarding to enjoy a complimentary Telus Learn to Ski or Snowboard Group Lesson on December 13th as part of the Community Day festivities. There will be 20 adult spots and 20 kid spots available for a complimentary group lesson, complete with lift tickets and rentals. Advance registration is required and will be filled on a first come basis. Registration for this lesson will open up on December 7th and can be booked at Guest Services.

KELSEY'S RESTAURANT - PLANNING A PARTY?

From Christmas parties to team celebrations, we can accommodate you and your guests for any occasion! Choose from party menus, which include new menu items, like our delicious Pan-Seared Haddock and Chicken Pesto Linguine. For more information or to book your party, please call 250-423-2444.



~ Upcoming Courses ...

OFA 1

Fee: \$125
Date: December 5 (Sat.)
Time: 8:00am – 5:00pm

H2S Alive

Fee: \$249
Date: December 12 (Sat.)
Time: 8:00am – 5:00pm

Homemade Gift Baskets

Fee: \$80 + GST
Date: December 12 (Sat.)
Time: 10:00am – 1:00pm

FoodSafe Level 1

Fee: \$100
Date: December 13 (Sun.)
Time: 8:30am – 4:30pm

Avalanche Skills Training

Fee: \$125 (includes book)
Date: Dec. 14, 15, 17
Time: 7:00pm – 10:00pm
Dec. 19th field trip 9:00am – 5:00pm

Avalanche Skills Training

Fee: \$125 (includes book)
Date: Jan. 18, 19, 21
Time: 7:00pm – 10:00pm
Jan. 23 field trip 9:00am – 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.



Dr. Mike Rumpel, B.Sc., DC presents:
TOXICITY

The next Power Hour Seminar
Learn how to:

Detox your body. Improve your health. Eliminate the stagnation of winter.

Monday, December 14, 2009
6:30 at Elk Valley Family Chiropractic
Call to reserve your spot, seating is limited.

Shop Fernie

HOLIDAY SHOPPING DOWNTOWN FERNIE

HOLIDAY SHOPPING HOURS

December 3 to December 24

Thursdays & Fridays: 'til 8:00 pm
Saturdays: 'til 6:00 pm
Sundays: Noon to 4:00 pm

These downtown Fernie businesses will be open extended business hours for your shopping convenience:

- * Ski Base
- * Odyssey Clothing
- * Fernie Arts Co-op
- * Hempire
- * Polar Peek Books & Treasures
- * Fernie Beer & Wine Liquor Store
- * Giv' Er Shirt Works
- * Bear Necessities
- * The Guide's Hut
- * Carosella
- * Livery Home
- * Ghost rider Trading Company
- * Rocky Mountain Chocolate Factory
- * Barkside Pets

Holiday Shopping Party Downtown

Saturday December 12

7:00 - 10:00 p.m.

Featuring
Holiday Specials
and Treats!

Special visit
by Santa Claus,
Santa's Elves
& the Griz!

(Following the Holiday Train at 6:30 pm. Bring a non-perishable food item.)

These downtown businesses will be open until 10:00 pm on Saturday, December 12

- | | |
|------------------------------------|----------------------|
| * Ski Base | * Giv' Er Shirtworks |
| * Odyssey | * Bear Necessities |
| * Fernie Arts Co-op | * The Guide's Hut |
| * Ghost rider Trading Company | * Barkside Pets |
| * Rocky Mountain Chocolate Factory | * Carosella |
| * Polar Peek Books & Treasures | * Sears |
| * The Cottonwood Tree | * Livery Home |

Shop Local this Holiday Season