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**WELCOME
NEW MEMBERS**

Cathy Smith-Clark

Snow Valley Guiding

Kootenay Sales & Marketing

Next edition of the Fernie Chamber
News Bulletin:

Thursday, February 11, 2010

Deadline for submissions:

Wednesday, Feb 10 at Noon

Email plain text copy to:
office@fernierchamber.com

FEATURE MEMBER

Living Truth Yoga Therapy Studio



January marked the Grande Opening of a new private, **environmentally friendly yoga therapy studio** in our community. The studio is located at 861-9th Ave - two blocks from the Fernie Stop and Shop in the Annex. A home-based business in a private inviting setting, owner, Carrie Meyer and Member of the Chamber Board of Directors says, "This studio has a **different approach.**"

"We integrate the principles of **functional movement** and **yoga therapy** into 4, 6 or 8-week programs. Our goal is to help you increase your mobility, strength, stability and body awareness while providing peace of mind and stillness so that you can function optimally in your daily life", says Carrie Meyer, Registered Yoga Teacher and Thai Massage Therapist.

Understanding your goals and preventing injuries

Pre registration allows our teachers to get to know your body, it's freedoms and limitations, where there is pain and restriction and ease of movement. We also discuss your goals with you so that we can then tailor the program to meet your needs. This way, we can offer modifications and enhancements that still allow you to benefit from the postures, while ensuring that your joint and muscle stability is not compromised.

Moving in a pain-free range of motion

The old ideology, "no pain, no gain", is not a philosophy we adhere to. The truth is that the body is an interconnected web of fascia and tissue. Connecting the breath with movement opens the doors for this **web to unravel**, creating more **ease of movement**, and **reduction of pain**.

Cont'd on Page 2...

Helping Fernie businesses succeed.

gpi

chartered
accountants

632 2nd Avenue 250-423-6881

FEATURE BENEFIT



Chambers of Commerce Group Insurance Plan®

The Chambers of Commerce Group Insurance Plan® is about you...

. You control your plan by choosing from up-to-date options. You choose your levels of coverage from basic to comprehensive. You have access to affordable, flexible insurance options; fast, accurate claim payments; outstanding service and support; and easy administration.

A Chambers of Commerce Group Insurance Plan® advisor in your area works with you to develop the right plan for what you need. We provide packages to businesses from one person and up, including home-based businesses, and we have guaranteed coverage options for firms with three or more people. With over thirty years of experience we know what small businesses need.

Dental Care

- Cleanings
- X-rays
- Extractions
- Major Services

Orthodontics for firms with ten or more employees

Extended Health Care

- Prescription drug plans featuring "Pay Direct" drug card options or reimbursement
- Ambulance coverage
- Paramedical services including massage therapy, chiropractic and physiotherapy
- Eye examinations

Travel Health Care insurance featuring emergency medical coverage for treatment outside of Canada

Disability Coverage

- Coverage can begin from the first day of an accident and the eighth day of an illness
- Income replacement benefits can continue until age 65
- Group Term Life, Dependent Group Life and Accidental Death & Dismemberment
- Select either flat amounts or multiples of salary of term life
- Dependent Group Life coverage for spouses and children of employees

Accidental Death & Dismemberment doubles the amount of insurance if death is caused by accident and includes loss of use coverage

Critical Illness

A lump sum of \$25,000 is paid in the event you are afflicted with a critical illness as defined in the policy, at a time in your life when you need it the most

With Our Plans You're Not On Your Own

Cont'd from front page...

"When we push ourselves to a place of pain," says Carrie, "the body naturally responds by tightening and contracting even more – the opposite effect we were going for." Moving in pain sends signals to the brain that this is an acceptable way to move, so the brain then maintains that pattern of pain. "For you to create more ease and mobility in your body, you need to move in a pain-free range of motion and **allow your body to open with your breath, naturally.**"

About the Studio

The studio is beautifully appointed offering natural light, warm nurturing tones and wood stove heat. It is perfect for those wanting to try yoga for the first time and those uncomfortable with a group fitness setting.

Upcoming Programs

Upcoming series include *Deep Release and Rejuvenation*, *Yoga for the Office Worker*, *Intro to Yoga*, *Yoga Therapy for Backs*, *Yoga Therapy for Shoulders and Hips*, *Hatha in the Heat*, *Prenatal Yoga* and more. Look in the *Fernie Local Coupon Book* and save \$24 off a 6-week series. Visit the website www.livingtruthyoga.com for full program listings and to reserve your spot for the next series offering.

Creating Change

It is proven that creating new habits that lead to change in our lives take time and consistency. Pre registration means committing to your own development. Good habits are created through repetition of positive behaviors. Repetition leads to change. When we commit in one area of our life, it can't help but strengthen our commitments in others.

If your goal is to see change, such as less stress, more muscle tone, enhanced mobility, more strength, breath and body awareness than we encourage you to commit to this change for yourself. We look forward to working with you.

Living Truth Yoga Therapy Studio

www.livingtruthyoga.com

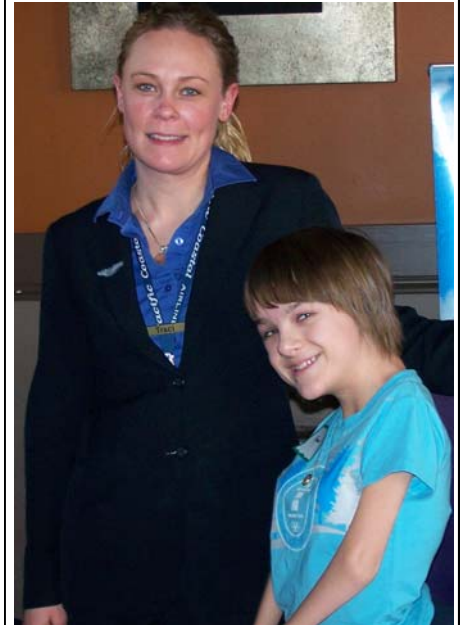
Phone: 250.423.0833

Email carrie@livingtruthyoga.com

Location: 861-9th Ave

Pacific Coastal AIRLINES

Helps Fernie Girl Travel to Vancouver for 2010 Paralympic Games



Traci Kruisselbrink of Pacific Coastal Airlines, presented Grace Brulotte with airfare to Vancouver where Grace will be a reporter and videographer for the 2010 Paralympic Games.

Grace Brulotte, and her mother Janice were special guests at the January 21 Chamber Business Luncheon.

Grace, an aspiring journalist, has been selected to attend the 2010 Paralympic Games in Vancouver as a reporter and videographer to cover the games.

Grace, you make Fernie proud. Enjoy your time in Vancouver, and we look forward to seeing your coverage of the 2010 Paralympic Games. Keep us posted.

Pacific Coastal Airlines generously offered to provide airfare for Grace and her mother to travel to Vancouver. We thank Pacific Coastal for their kind generosity in helping Grace accomplish her goals.

For those of you who want to follow Grace's coverage of the 2010 Vancouver Paralympic games go to: www.studentslive.ca



~ Upcoming Courses ...

OFA 1

Fee: \$125
Date: Jan 29 (Fri.)
Time: 8:00am – 5:00pm

Homeopathy Course

Fee: \$155
Date: Jan 31 & Feb 7 (Sun.)
Time: 10:00am – 4:30pm

OFA 3

Fee: \$795
Date: Feb 1-12 (Mon. – Fri.)
Time: 8:00am – 5:00pm

Intro to Trades Information Session

Fee: FREE
Date: Feb 2 (Tue.)
Time: 7:00pm – 9:00pm

Mini Stained Glass

Fee: \$139
Date: Feb 2 – 11 (Tue. & Thu.)
Time: 6:00pm – 8:30pm

Baby Massage

Fee: \$110
Date: Feb 4 – 25 (Thu.)
Time: 10:00am – 11:00am

Airbrakes

Fee: \$249
Date: Feb 6 – 14 (Sat. & Sun.)
Time: 9:00am – 5:00pm

Discover Windows XP

Fee: \$85
Date: Feb 8 & 10 (Mon. & Wed.)
Time: 6:30pm – 9:30pm

Getting to Know Your Blackberry

Fee: \$49 + GST
Date: Feb 8 & 15 (Tue.)
Time: 7:00pm – 9:00pm

Quickbooks

Fee: \$250
Date: Feb 9 – Mar 4 (Tue. & Thu.)
Time: 6:30pm – 9:30pm

FoodSafe 2

Fee: \$199
Date: Feb 12 & 13 (Fri. & Sat.)
Time: 6:00pm – 9:30pm (Fri.)
9:00am – 4:30pm (Sat.)

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.



You're invited to come and tour Ferne's newest personal training facility!

Meet with Blair Crosby and Kevin Nizi for guidance on:

- Exercise, Nutrition and Lifestyle Coaching
- Injury Prevention and Rehabilitation
- Functional and High Performance Training
- Corrective Exercise, Stretching and Core Function

Connect with local Health Care Professionals through out the day and learn about services offered in the Elk Valley.

Get focused and re-energized this new year!

- Complimentary healthy food and drinks
- Door Prizes
- Functional and Postural Assessments
- Online nutritional questionnaires, and more!

See you there!

Kevin Nizi & Blair Crosby
841-B 7th Ave, PO Box 587
Ferne BC V0B 1M0



Now Has Dyed
Premium, 91 Octane,
Gasoline !!!!

Save \$\$\$\$\$\$



250.423.7205

FERNIE HERITAGE LIBRARY

New Hours of Operation

Monday – Closed
Tuesday – 11:00 am – 6:00 pm
Wednesday – 11:00 am – 6:00 pm
Thursday – 11:00 am – 8:00 pm
Friday – 11:00 am – 6:00 pm
Saturday – 1:00 – 5:00 pm
Sunday – Closed

Children's After School Programs start on Tuesday, January 12. Please call the library for details or check the website.

KNOX UNITED CHURCH

Family Dinner
Sunday February 14
5 - 7:30 pm
Chili Bar

Plus a Kid's Menu
Special Family Rates
More info call
250-423-7136

Man does not live
by words alone,
despite the fact that
sometimes he has to
eat them.

- Broderick Crawford



Ferne Alpine Lodge

LOVE YAMAGOYA? WELL NOW ENJOY ALPINE LODGE ON THE MOUNTAIN

- NO WAITING -

**Please call 250-423-4237 and
reserve your spot for this
experience**

The menu will be similar to Yamagoya with a twist. We are proud to be bringing back Shabu-shabu to the Elk Valley. Shabu-Shabu is a "special occasion" beef based interactive dining experience popular throughout Japan. Much too time consuming for Yamagoya, Shabu Shabu (which means "swish swish" in Japanese) lends itself perfectly to the shoes off, laid back, lounge in front of the fireplace, have a quick jump in the hot tub before dinner environment of Alpine Lodge. Anyone who has dined at Alpine Lodge before we moved into town to become Yamagoya is nodding their heads as they read this. We feel there is a need for this type of casual intimate experience on the ski hill and we repeatedly hear from our Yamagoya customers "we really miss the Alpine Lodge."

**Reservations are a must-
Phone 250-423-4237**

Email:

reservations@alpinelodgefernie.com

Speak when you are
angry and you will
make the best
speech you will ever
regret.

- Ambrose Bierce

FUNDRAISER FOR LILY & KIRK

Lily is a 6-year old Golden Retriever who is in need of a little community support. And she's more than just a pretty face. She is a Canadian Avalanche Rescue Dog and together with her Handler Kirk Gutzman has been training and working in the Fernie Community for the last 6 years

Lily and Kirk have literally put in thousands of hours of work time in Fernie, both as an avalanche rescue team member at Fernie Alpine Resort and as volunteers with Fernie Search and Rescue. When someone goes missing in the back-country or is in an avalanche Lily and Kirk are ready to respond.

At Christmas Lily was diagnosed with cancer and the treatment is expensive. Insurance only goes so far and as part of our appreciation for the work Lily has done over the years we'd like to start a foundation to help Lily and other four-legged friends in financial need.

Dinner and 'Silent Auction' fund-raising event at the Corner Pocket restaurant on the ski hill on Monday February 1, 2010 at 6pm. Menu: burger (beef and Veggie) fries or salad - \$15.00 pp with half of the proceeds going to help with Lily's treatment costs.

Proceeds will be collected by Barkside and used to assist Lily's recovery program.

Please contact Kirsty Morris, 531-0469 if you are interested in taking part. Alternatively, donated items can be dropped off at Barkside. Thanks for your help!



Beavertail Lodge
Bed & Breakfast

SKI FERNIE'S LEGENDARY POWDER
and stay with us!

Bring this postcard
with you & receive a
10% discount
off our nightly rate!

Wells and Karen Marshall *Your relaxed and friendly hosts!*

P. 250 423 2673 4507 Timberline Crescent
E. admin@beavertailodge.com Fernie, British Columbia

www.beavertailodge.com

FerneCHAMBER
OF COMMERCE

February Business Breakfast

Thursday, February 18

8:00 am

Park Place Lodge

Guest Speaker: Simon Howse, Parastone Developments

Topic: Venetto Project update

Chamber Members: \$17. Future-members: \$20.

Reservations required.

Pre-payment with Visa & Master Card. Cash or Cheque only at the door.

Limited seating, reserve your space now!

**Please call the Chamber office
at 250-423-6868 to reserve your seat now.**

