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Next edition of the
Fernie Chamber News Bulletin:
Thursday, June 11, 2009

Deadline for submissions:
Wednesday, June 10 at Noon

Email plain text copy to:
office@fernierchamber.com

FEATURE MEMBER

3/93 DAIRY BAR

The 3 & 93 Dairy Bar has been an icon in Elko since 1966. A seasonal business open from May to September, it is well known for its delicious ice cream and hamburgers. The current owner, Gordon Holmes, has operated the 3 & 93 Dairy Bar (named because of its location at the junction of highways 3 and 93) going on 15 years.

In recent years, loyal customers have increased so much that the building had to be expanded and renovated to accommodate the rising demand. The unique roof design, colourful exterior and brightly painted picnic tables attract not only customers but many hummingbirds, as well. D.C., (the Dairy Bar Cat) is fascinated with the hummingbirds and she will watch them for hours. We always try to come up with at least one new menu item each season; the successful ones stay and the ones that aren't are deleted. Gordon believes in the philosophy of "doing only a few things, but do them well" and the concept must work as the guest book is full of compliments from people around the world. An eye-catching attraction at the Dairy Bar is the antique train, "Peanut", which was moved to Elko by the original Dairy Bar owner, Jack Crabb. The train, a compressed air locomotive, was originally purchased by Crowsnest Pass Coal in the early



3/93 Dairy Bar staff: (L-R) Hanna McIntyre, Linnaea Bolen, Gordon Holmes, Desiray Soley, Chelsea Soley, Vivian Dixon, Cathy Walker

1900s and was used to haul coal up and down the underground mine shafts in the Michel area until the early 1960s. The 3 & 93 Dairy Bar has a laid back country atmosphere. The staff of eight, from the Elko, Jaffray and Baynes Lake area, actually look forward to coming to work and having fun with the customers and each other. When you enjoy what you do the long hot summer days go by much faster. Not many people can actually say they like their jobs – but we do! We try to do our best to give friendly service and good food and ice cream treats. We are not really fast food as each item is made to order but the customers seem to think it is worth the wait as they keep coming back for more. The old adage "good things come to those who wait" must ring true.

Now Open Daily 11 am – 8 pm
Phone: 250-529-7933
www.dairybar.ca

FEATURE BENEFIT



Chambers of Commerce Group Insurance Plan
AT WORK FOR SMALL BUSINESS
 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.

FOR MORE INFORMATION PLEASE CALL:
HADDAD FINANCIAL SERVICES
 828 Baker Street
 Cranbrook , BC, V1C 1A2
 Phone: 250-426-4221
 ext 2208

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



Custom Foot Orthotics

Spending some serious time on your feet?

Do you enjoy time on trails walking your dog or with your friends and family? Do you spend all day standing or walking around at work? Are you training for a triathlon or race? How about getting your butt back in the seat and feet on the pedals?

Fernie Athletic Therapy offers the service of Custom Foot Orthotics. These Orthotics can be made to fit in almost any footwear. Casual shoes, running shoes, work boots, bike shoes and soccer cleats.

CUSTOM FOOT ORTHOTICS ARE BENEFICIAL FOR:

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

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 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



THE FREE PRESS

Your Community Newspaper since 1898

~ Upcoming Courses...

OFA 1

Fee: \$125
Date: May 30 (Sat.)
Time: 8:00am – 5:00pm

OFA 3

Fee: \$795
Date: June 1 - 16 (Mon.- Fri.)
Time: 8:00am – 5:00pm

Greening Your Home and Business

Fee: \$49 + GST
Date: June 2 & 4 (Tue. & Thur.)
Time: 6:30pm – 9:30pm

Quickbooks

Fee: \$249 includes manual
Date: June 2 - 25 (Tue. & Thur.)
Time: 6:30pm – 9:30pm

Pamper Yourself Spa

Fee: \$80 + GST
Date: June 3 (Wed.)
Time: 6:30pm – 9:30pm

Photoshop Elements

Fee: \$145 + GST
Date: June 3 - 24 (Wed.)
Time: 7:00pm – 9:00pm

\$100 Fire Supression

Fee: \$199
Date: June 6 & 7 (Sat. & Sun.)
Time: 8:30am – 4:30pm

Do More With Excel

Fee: \$99
Date: June 6 (Sat.)
Time: 9:00am – 4:00pm

OFA 3 Recertification

Fee: \$500
Date: June 8 - 16 (Mon. - Fri.)
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.

Alpine Enthusiasts is offering a 2009 Western Riding Camp for Women

Come out and have fun and bond with a horse!

4 Evening Sessions - the first three sessions are 2 hours
Session 4 is a half-day trip with dinner.

- Lessons by women guides
- Small group instruction (4 to 6 in a group)
- Will run Mondays, Tuesdays or Thursdays (you choose the day you want)
- Starting the first week in June
- Each session will give complete instruction on horse management and care followed by a trail ride!

Cost: \$250.00/person
Advance registration by May 28th with a deposit of \$50.00

Alpine Enthusiasts
9820 King Street (Hosmer)
Fernie BC, V0B 1M5
Rick & Shari Gris
Phone: 250-423-0564

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

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.fernienchamber.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@fernienchamber.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.



RESTAURANT

Spring Specials!

Monday to Friday

Lunch Specials Guaranteed to your table in 15 minutes or less

Monday

Specially designed 3 course menus @ \$13.95 per person
Please ask your server for more details

Wednesday

50% off selected BC Wines

Thursday

Fernie's best ribs – Cooked to perfection with our Signature BBQ sauce

Friday

Join us for our famous Prime Rib 8oz cut for \$23.95

Saturday

Seafood specials
Something different every week – Please ask your server for more details

New to Max's

Iced Coffee \$2.95

Back by Popular Demand!

Sticky Date Pudding – warm date pudding topped with a caramel sauce, & served with vanilla ice cream

Mist Mountain Coal Bed Gas Project



BP Canada Energy will be holding a drop-in information session for residents who wish to speak with the environmental professionals working on the Mist Mountain Project.

Monday, June 1, 2009

6:00 - 8:00 pm

**Best Western Fernie Mountain Lodge
The Grand Ballroom**

2008 reports are available on our Website: www.bp.com/mistmountain

**For more information contact:
BP Canada Energy Company
Mist Mountain Coalbed Gas Project
Lane Wells at
1-888-620- or email
mistmountain@bp.com**

First ever opportunity for employers in the East Kootenay Hospitality and Tourism Industry to provide INDUSTRY TRAINING resulting in a certificate to their EMPLOYEES at NO COST!

Launched in April 2009, the Essential Skills for the East Kootenay Tourism Industry Program (ESEKTI) is part of the SkillsPlus Initiative and is funded by the Canada – British Columbia Labour Market Agreement. The program is being managed by Steele O'Neil and Associates Inc. in conjunction with their training partner, College of the Rockies.

The ESEKTI program will be delivered to 80 employees in up to 25 participating small businesses with a preference to businesses with less than 50 employees. The ESEKTI program consists of the following:

Eight FREE workshops (24hrs)

These workshops are customized to address the needs of the Tourism and Hospitality workplace and address:

- Tourism Essential Skills Training (communication skills, critical thinking, numeracy, writing and reading)
- Customer Service
- Service Across Cultures (a Superhost workshop)
- Teamwork
- Computer Skills
- Introduction to online learning.

On-site employer training (16 hrs)

Provided by the employer during an appropriate time and relevant to the workplace

Certificate Option:

Selected employees can register for additional free training through College of the Rockies and receive a College Continuing Education Certificate.

Workshops Commence:

June 2009 in Kimberley and Cranbrook
November 2009 for Invermere, Golden and Fernie.

Workshops are filling up fast so don't miss your chance to nominate an employee. Call Shaun Goodeve, Program Coordinator today!

Phone: 250-489-4180 Cellular: 250-417-1906
Email: schaun.essentialskills@gmail.com

*Funded by the Canada – BC Labour Market Agreement
A SkillsPlus Initiative*

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

