



Own or Rent the Lifestyle ...

To inquire about our luxurious accommodations,
please visit us in The Fairmont Village Mall.

www.fairmontcreek.ca

250-345-6116



A Restaurant Review...

Always Hungry

Fire in the Hole

A favorite of locals and weary travelers alike, The Fire Valley Restaurant has successfully been derailing diets for twenty years. I say this simply because the portion sizes offered here are legendary, big enough to take home and live off of for at least another full day. Located just beyond the shadow of the sawmill in Canal Flats, the place has a true truck stop/country kitchen feel. Instead of a distant radio, expect to be entertained by customers and staff sharing a good laugh above the hum of the open kitchen.

Home-style cooking is an understatement at the Fire Valley where breakfast, lunch and dinner are served by genuinely friendly waitresses who keep the coffee coming. Along with the menu of burgers, sandwiches and such, a dinner special goes up on the white-board everyday, always hearty and guaranteed to be easy on the wallet. So if you ever find yourself nearby with the kids or taking a break from work, stop in for a refueling. Heck, once in a while I'd even make a special trip.

Sunday, March 11- Daylight Savings Begins!

Joe!

There was a boy named Joe,
He couldn't stop wearing a bow.
One day his mom said,
You look really dead!
So that guy went and put on a show.

Grace Webber

Grade 5

Windermere Elementary School



Industry Leaders in Supply Install and Dustless Sanding Technology



David Wilson

Fairmont:
250.688.3330

Calgary:
403.819.7412

wilsonshardwoodfloors@shaw.ca

Music & Entertainment

George J. Blisner

Welcome back folks. Now that the winter doldrums are leaving us, the music scene is starting to come out of hibernation here in Fairmont. The new hot spot for music in the valley is, of course, our own **Hoodoos Lounge & Grill**. The food is rather tasty too. Manager, Rory, has instituted a regular Saturday Night Jam, hosted by *Brian Morris*, a young musician from Kimberley who boasts a full musical repertoire. On March 23rd they are bringing back a well-known group to the valley, *New Moon*. These boys play their own unique version of rock groove. Check back for April as The Hoodoos also has at least two new acts coming in next month. The rumour is that **The Sportsman's Lounge** at Riverside Golf Course is going to resume the popular Thursday Night Jams again this month, featuring *John Cronin & Friends*. Saturday nights, also down at The Sportsman's, is Karaoke hosted by *Crazy Gal*. **The Farside Pub & Eatery** has booked at least one act for March and has its usual Tuesday Karaoke Night, also with *Crazy Gal*. Down the valley at the oldest bar in town, **The White House Pub** (I am really surprised it hasn't burned down like the rest) is having a Saint Pattie's Day Party, March 17th, with a cook off and DJ to enjoy. The rumour there is that they are trying to get a local group of talented young musicians, *Stand By For The Bomb*, to play on March 2nd or 3rd. You can contact The Whitehouse Pub for details. For music lovers who get to Banff, Dave (Swanee) Swanson's, **Wild Bill's**, is featuring R&B legend, *Bo Diddley!* Real blues- square guitar & soul- on March 6th.

Musicians to search for on the net: *K T Tumstall*, *John Hiatt* and *Van Morrison's* latest cd.

Well, that does it for March. I dedicate this article to the ladies at Trims and Treasures for putting up with 'the late guy'. Thanks. Enjoy the beginning of

3 spring and good music to all.

Health & Aesthetics

Jan Broderick A.M.T.W.P.,
Massage Specialist,

Trims and Treasures Esthetics Studio

With the ski season now in full gear, many demands are made on muscles trying to adapt to the stress. Many people will make a massage session part of their ski holiday in order to deal with the Delayed Onset Muscle Soreness or DOMS.

Muscle stiffness, fatigue and weakness are normal responses to unusual exertion as muscles adapt to a new activity. DOMS is usually at its worst in the first two days following the activity and subsides thereafter. The pain is thought to be the result of microscopic tearing of the muscle fibres, the amount depending upon the intensity and duration of the activity.

Tips for preventing DOMS:

- Warm up and cool down properly for the activity.
- Perform gentle stretching following the activity.
- Gradually increase intensity and duration of the activity.

Tips for dealing with DOMS:

- RICE- Rest, Ice, Compression, Elevation. Ice is very effective for decreasing the inflammation and discomfort.
- Gentle stretching of affected areas.
- Low impact, easy aerobic exercise to increase bloodflow.
- Gentle massage of affected muscles- deeper tissue work can be done if tolerated within 24-48 hours.

DOMS should diminish in 3 to 7 days.

History Bites

Indian legend says that back in the mists of time, an enormous fish tried to make its way along the Rocky Mountain Trench. It was a difficult journey. Finally the fish gave up and died in the area that is now Canal Flats. As its flesh decomposed, its ribs fell apart. One half became the hoodoos of Fairmont, the other half became hoodoos further south near Fort Steele.

Corrections

I hate making mistakes but when I do, I want to make ammends. I'd like to send out my most sincere apologies to George Gray, the father of three children. Also, to the HooDoo Lounge and Grill for confusing an event date.

Fairmont Reads

Book Babe

As the mother of three kids, I rate a book by its ability to suck me in quickly and keep me engaged despite having to read in dribs and drabs. Family and professional obligations and, most recently, the new season of *American Idol* do not make it easy to get drawn into a novel.

Recent Giller prize winner, *Bloodletting and Miraculous Cures*, thanks in part to being a collection of twelve short stories, kept me returning, even late into the night.

In this, his first book, Vincent Lam, invites us initially into the world of young med students and later, their varied medical careers. We are given a glimpse into the hearts and minds of a handful of characters. We gain insight into their conflict between emotion and the day to day grind of medicine as profession. Lam guides us through this sense of conflict at something of a clinical distance that strangely allows us to connect to the characters and their patients, alike.

If you have a recommendation for Fairmont Reads or if you have a book you would like to review please let us know.

www.tcphoto@shaw.ca



ROCKIES WEST REALTY

ROYAL LEPAGE

Don Slobodzian, B.A.

Managing Broker/Owner

250.342.5476

250.345.6288

don@rockieswest.com

230 Laurier Street
Invermere, BC
250.342.5599

www.rockieswest.com



Enjoy a **complimentary glass of wine** with your discounted treatment on **Ladies Day** every Friday.



March 2 20% off Massage and Mud Soak

March 9 20% off Facials

March 16 15% off Pedicures

Natural Springs Spa
Fairmont Hot Springs Resort

Call 345-6007
to book today.