



Locals share their ethnic holiday traditions! P10-16

# Rocky Mountain Goat

Dog attacks teacher	P8
New rail crossing arms	P17
Pipeline's geothermal offer	P18
New fire truck	P22

Thursday December 10th, 2020  
Volume 11 Issue 46

PM42164515

**\$2.00** GST INCLUDED  
(\$1.30 when you subscribe)

**THANK YOU**  
**Valemount for all**  
**of the support**  
**over the last 24**  
**wonderful years.**



It has been a pleasure to support the community in all the ways I possibly could.

I'd like to thank the staff, my work family, for all their hard work. I couldn't have done it without you.

Sincerely,  
Mike and Amanda Simms

Valemount



## McBride boy's BILLION DOLLAR idea

By ANDRU MCCracken



**Wreath-O-RAMA!**

A company co-founded by former McBride Secondary School student Adam Miron is now worth more than a billion dollars and a new book 'Billion Dollar Start-Up' tells the story.

HEXO Corp is a packaged-goods cannabis company serving the global market. It's one of the largest licensed cannabis companies in Canada, with 2 million square feet of facilities in Ontario and Quebec. It also has a foothold in Greece to establish a Eurozone processing, production and distribution centre.

Miron went to school in McBride from Grade 7 to 11 and during that time he helped the family business, AAA Miron Computer Services, bring internet to Valemount and McBride two decades ago. A new book, written by the cofounders of the company and author Julie Buen, gives an account of Miron's experiences with marijuana in McBride.

"The tale herein is about how two eager 29-year-old brothers-in-law and friends, Adam Miron and Sebastien St-Louis, grabbed hold of a bold moment in Canadian history and, with just \$35,000 in credit, turned their basement start up into a billion-dollar corporation."

### Budding entrepreneur

He remembers as a 10 year old in Two Hills, Alberta preparing his bike for the season on a cold spring morning. He and his dad adjusted the seat, and oiled the chain. While they worked, his dad asked questions that got him thinking.

"Do you think everyone knows how to do this?" his dad asked. "Do you think everybody has the tools? Do you think people would pay a couple bucks for you to do this?"

His dad let the ideas sink in.

"Wait a minute, what if we did this? We could make money," Adam recalls saying.

They printed out flyers on a dot matrix printer and delivered them around his school.

"That morning, Dad woke me up

CONT'D ON P6

Irene Berndsen



www.mountainviewrealty.ca  
McBride 250-569-7397

see LISTINGS ON  
BACK PAGE

Joel and Emelia Cinnamon's driveway is home to this spectacular entry into Tete Jaune's first-ever Wreath-O-Rama contest. See more on P3. /LAURA KEIL



**TYSON REMMELG**

SUBARU SPECIALIST



CALL/TEXT: 250-569-7925  
OFFICE: 250-564-3300  
EMAIL: [Tyson@subaruofprincegeorge.com](mailto:Tyson@subaruofprincegeorge.com)

**2020 SUBARU IMPREZA** Convenience Sedan



ONLY  
**\$90.26/**  
**week!**

- The most affordable AWD vehicle in Canada
- A/C, Bluetooth, Backup Camera
- 0.50% financing oac

Stk#20IS2130. Vehicle available at time of printing. Dealer# 23034. All numbers based over 60 months/5 years OAC



# WARM send-off



Mike Simms got a royal send-off from Lynn Lawless' class who walked down to the IGA to deliver a song and a card to the retiring grocer. The card had two arms to give Mike a hug in a safe way. In a short speech, Lynn teared up a bit as she listed off a number of different activities he had contributed to over his many years. Simms is moving to Kamloops this winter. /ANDRU MCCRACKEN

**Call Tammy**  
**250-566-1025**  
**Tammy VandeNobelen**  
[tammyvan@royallepage.ca](mailto:tammyvan@royallepage.ca)

**Your Local Realtor**  
*For over 19 years*

**ASPIRE REALTY**  
Independently Owned and Operated

**14510 Blackman Road** VALEMOUNT

**\$199,500**

Motivated Vendor! Make an offer on this experienced mobile home on a large half acre lot. Newer garage, storage sheds and easy access off Highway 5.

**1245 8<sup>th</sup> Avenue** VALEMOUNT

**\$299,000**

Great street appeal. 3 bedrooms up/ 1 down. Family friendly street, central location, detached garage

**1100 7<sup>th</sup> Avenue** VALEMOUNT

**\$349,000**

6 Bedroom Log Home. Almost 4000 sq ft on 3 floors. 3 bathrooms, new wood furnace, large open concept kitchen/living room, cozy brick fireplace.

**1290 8<sup>th</sup> Avenue** VALEMOUNT

**\$347,000**

Family Approved. 3 bdrm, 2 bath home just needs a little updating. Bright walk out basement with suite potential. Attached garage and a totally fenced back yard.

**14081 Howard Road** MOUNT ROBSON

**\$439,000**

Country Home on 5.94 Acres close to Mt Robson Park. 2 bdrms up with potential for a 2 bdrm suite in the basement with private entrance.

**1410 7<sup>th</sup> Avenue** VALEMOUNT

**\$349,000**

Bring Back the Sparkle. This 3 bdrm home has lots of potential, full basement, sunken living room, double lot close to all amenities.

**1070 Main Street** VALEMOUNT

**\$395,000**

Commercial Building. Good revenue stream with leases in place. Solid building on a large lot, paved parking, wheelchair access. Great Investment.

**1330 4<sup>th</sup> Avenue** VALEMOUNT

**\$339,000**

Wanted — One Happy Family! 2 storey home with 3 bdrms, 2 bath, part basement, garage, huge lot, mature trees. Close to park and all amenities.

**Mount Robson**

**\$869,000**

Perfect Vacation Retreat bordering Mt Robson Park. Gorgeous main chalet/open concept/ custom cabinets & counters, stainless appliances. Separate log cabin great for guests or large family.

**1322 8<sup>th</sup> Avenue** VALEMOUNT

**\$229,000**

Affordable Living. Cozy 2 bedroom rancher. Open concept, cozy wood stove, stainless appliances, large fenced yard. Close to schools & shopping.

**1630 Main Street** VALEMOUNT

**\$339,000**

Excellent Revenue Property! 2 houses on a 1.25 acre lot. Main home has been updated with new flooring, fresh paint, new trims, new wood stove and fully furnished.

WWW.VALEMOUNTREALESTATE.COM



# Wreath-O-RAMA!



There are wreaths of all kinds, including one massive wreath that is illuminated in the dark.



By LAURA KEIL

The community of Tete Jaune is getting creative with a COVID-friendly activity for the holidays: Wreath-O-Rama.

Participants have hung wreaths at the end of their driveways for motorists to view and the wreaths will also be judged in a contest.

Toni Cinnamon said the wreath idea came up when they realized they couldn't hold their annual Christmas dinner, a tradition spanning 50 years.

"In keeping with the ever-present Tete Jaune community spirit, we invite all TJ residents to participate in a fun, heart-warming, festive contest," she wrote. "No huge rules involved. Just create a homemade Christmas wreath and display it at the end of your driveway. Display whatever strikes your festive fancy.

No premade store-bought wreath or your driveway will be disqualified by contest judge Emily Tinsley."

The grand prize is a gift basket with turkey, homemade perogies, chocolates and wine. Judging will take place Friday, Dec. 18th with the winner announced later that day.

Wreaths are on display all around Tete Jaune including on Old Tete Jaune Road, Blackman Road, the Tete Jaune Bridge and Carr Road.



Left: The hay bale snowman sports a custom pipe Joel Cinnamon made using an Ahooga horn from a Model T attached to an exhaust pipe.  
Above: Emelia, Joel and Tamara Cinnamon make some modifications to the decor after a windy weekend.

[www.valemount.ca](http://www.valemount.ca)

## 2020 WOOD STOVE EXCHANGE PROGRAM

The 2020 Program is now closed. Apply to the 2021 Program beginning in January 2021.

### REBATES:

- Non EPA/CSA Stove to Wood Replacement: \$1,250
- Non EPA/CSA Certified Stove to Alternative Heating Replacement: \$2,500
- EPA/CSA Certified stove (more than 5 years old) to Alternative Heating Replacement: \$2,500
- Non EPA/CSA Stove to Wood Replacement (secondary heat source): \$1,000

Please visit our website at [www.valemount.ca/grants](http://www.valemount.ca/grants) for full program details or contact the Grant Clerk to determine eligibility.



Phone: 250-566-4435  
Email: [grantclerk@valemount.ca](mailto:grantclerk@valemount.ca)  
735 Cranberry Lake Road | PO Box 168



# Editorial

## Polemic for a pandemic



ANDRU MCCRACKEN, Editor

Do you find yourself savouring brief interactions in a parking lot when three people meet and gab just like the old times?

Honestly it's invigorating. Just to hear different voices, different points of view, seeing different faces.

People are good. It's nice to occasionally hang out with them.

It's funny when we argue and fight because we are about 99.9% the same. Don't murder. Don't steal. Eat a few times a day. Try to be polite. Use your turn signal. Help others. Donate to local sports groups. If you tallied up all the similarities between us you'll spend a while at it.

The gift of living in a small place is that we are constantly reminded of our similarities. In a city there are two kinds of people—known and unknown. Villages on the other hand are a Möbius strip. Everyone lives on the same side. Some right next to you, others a little further away, but each and everyone on the same side.

### Twisted strips

Möbius strips are cool. If you want one, just cut a strip of paper and tape the ends together... oops, that's a cylinder... give the strip of paper a half twist and then tape the ends together. That's a Möbius strip.

It's only got one side and one edge, but don't let that dampen your enjoyment of it. Even though it has fewer sides and fewer edges than a simple strip of paper, it's infinitely more enjoyable.

Living on the Möbius strip allows us to live fuller, better lives, because we know people who aren't exactly like us, people who have

different opinions and different attitudes outside the 99.9% we all agree on. We interact with each other, learn from each other and enjoy each other's company, even though there exists some minutiae about which we disagree. These trifling differences, political and cultural, make our rural landscapes rich and worthwhile. There are landscapes where people spend their day trying to be carbon copies of each other, and when they fail there are huge consequences.

Online, people are obsessed with 'outing' each other as communists or Fascists. But in community, we know

of course, but when we get through this thing I think we should be more intentional than ever about getting together.

This year we missed a tonne of really important events. Pioneer Days, Valemountain Days, the Ice Cream Social, the Robson Valley Music Festival, plays, music nights at the Legion, the skating carnivals and Christmas concerts not to mention all the tournaments.

So many important events are disguised as fundraisers, but the real reasons we love them are much deeper. They revive old friendships.

They get us smiling. They help us connect to each other.



people have different opinions and we tolerate it and sometimes cherish it.

### Untogether

But this pandemic has really put a damper on all our community fun. We just don't get together like we used to, for very good reasons,

But that's for later. In the meantime the occasional distanced meeting at a coffee shop is like going to a good concert: you just don't want it to end.

## SUBSCRIBE TO THE GOAT



- ☐ Robson Valley mail-out (\$67.20 or \$39.90/6mos, Seniors/low-income \$56.70)
- ☐ Online subscription (\$50.40/year)
- ☐ National mail-out (\$103.95/year, Seniors \$89.25/year)

Save up to \$50 a year from the newsstand price!

**\*GST included in prices**

For questions call us at (250) 566-4606, e-mail us at [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com), or visit us at 1170 5th Ave

Mail with a cheque to: The Rocky Mountain Goat, Box 21, Valemount, BC, V0E 2Z0 or email [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)

LOVE LOCAL CONTENT?  
Support the Goat:  
[therockymountaingoat.com/subscribe](http://therockymountaingoat.com/subscribe)

Trish Dunn

Admin / Distribution

### REGULAR CONTRIBUTORS:

Pete Amyoony, Jean Ann Berkenpas (on leave), Leon Lorenz, Beth Russell & Matthew Wheeler, Greg Reimer.



Andru McCracken  
Editor / Reporter



Laura Keil  
Publisher / Co-owner



Arthur Tanga  
Graphic Design/Art



Deanna Mickelow  
Sales



Fran Yanor  
Legislative Reporter



Andrea Arnold  
Reporter





# COVID counting questions

Dear Editor,

The headline “Pipeline worker tests positive for COVID” on the front page of your December 3rd, 2020 newspaper caught my attention. I was left with more questions than answers.

You first state that “Trans Mountain confirmed a Valemount worker tested positive for COVID-19 last week.” Then you state that a worker (is it the same worker?) had been in contact with someone who tested positive prior to coming to the camp. This is rather ambiguous.

It sounds to me like this worker is not the one who tested positive, but was merely in contact

with someone else who tested positive. The article does not mention if either of these two people are ill.

Is it correct to assume now that when a person has been in contact with someone who tested positive previously, then that person is counted as a positive case as well? Perhaps the recent rise in Covid case numbers and positive test numbers are due to this type of counting. I wonder if those sign-in sheets in public buildings and businesses could lead to any one of us being counted as a “test positive,” even if we were never tested.

Monika Schaefer  
McBride, BC

Evolugen

## Thin ice on rivers & lakes

**WARNING!** Close to dams, the ice cover, snow and water conditions change.

**Stay at a safe distance from dams.**



bc.info@evolugen.com | 1.604.485.2233  
evolugen.com/publicsafety

## Editor’s response

Hi Monika,

Thanks for your inquiry and we apologize our story wasn’t clear. Here is what we know: after two days of being in the Valemount camp, a worker was alerted that someone he’d been in contact with had tested positive for COVID-19. As a result, he (the same camp worker) was tested. His test results showed he too was positive for COVID-19.

Leaving your name at a local business won’t cause you to be counted as COVID-19 positive; what it can do is help with contact tracing if another customer (whom you may have had contact with) tested positive. People who are in isolation due to being in contact with COVID-10 positive people (but who don’t have their test results back) are reported out separately by the BC government and other jurisdictions. The Province refers to these people as being under “active public health monitoring.” Here’s

what the government said on Friday: “10,957 people are under active public health monitoring as a result of identified exposure to known cases.”

If residents believe they may have contracted COVID-19, they can arrange for a test at the Valemount Health Clinic or the McBride Hospital.

Andru McCracken,  
Editor



# Global Thoughts

BY GWYNNE DYER

## Salvation in a Vat

“We are putting a final end to the fossil era,” said Denmark’s climate minister, Dan Jorgensen, last week. What he meant was that the European Union’s biggest oil and gas producer is officially getting out of the petrochemical business after 80 years.

It’s not quite as big a deal as it sounds, because Europe’s three biggest oil and gas producers, Russia, Norway and the United Kingdom, are not members of the EU, and they are still in the business. But the latter two are now also discussing whether they should leave some of their oil and gas in the ground forever, which is a step in the right direction.

Next to burning fossil fuels, the biggest source of anthropogenic (human-caused) greenhouse gas emissions is agriculture – and more than half of all food-related G-G emissions come from producing meat. That’s the hardest part of the puzzle to solve, because

people are very attached to eating meat and there’s no good substitute. Until recently.

Now there’s plenty. Near Tel Aviv last Thursday a burger joint called The Chicken opened its doors for the first time. It looks pretty normal, except for a glass back wall through which you can see people in lab coats moving between big stainless steel vats called bio-reactors. That’s where they make the chicken.

It’s ‘cultured’ chicken: real live chicken cells grown in a solution containing all the necessary nutrients and doubling in volume every day. But no bacterial contamination from animal waste, no hormones and antibiotics to speed growth and slow the spread of disease, no land used to grow the chicken feed, no 130 million chickens slaughtered every day.

SuperMeat, the parent company, admits it’s a loss leader: each chickenburger patty costs around \$35 to

Gwynne Dyer is a Canadian-born independent journalist whose column is published in more than 175 papers in 45 countries.



produce. But that’s down from \$300,000 for the first beef hamburger patty in 2013, and Ido Savir, CEO of SuperMeat, reckons that the cost of ‘cultured’ meat will fall to parity with slaughtered meat in six or seven years.

A few kilometres over, SuperMeat’s main Israeli rival Aleph Farms unveiled its first lab-grown beefsteaks last month. Aleph’s innovation is cultured beef that actually comes with the shape and texture of traditional steak. (All the players pass the taste test, because they are all working with real beef cells.) Aleph will be doing a pilot launch at the end of 2022.

This is going to happen. All the promising start-ups are attracting major investment from food giants like Cargill (Aleph’s godfather). We are at the start of a high-speed global transition, at least for the mass market, from born-fed-and-slaughtered beef, pork and chicken to ‘cultivated’ versions of the same meat.

How fast? Think 10-15 years. It needs to happen fast because meat and dairy production alone account for almost 15% of greenhouse gas emissions. Vegetarianism and veganism alone will not solve the problem because they still depend on growing crops on the land, and also because people are very conservative about diet.

This is how to save the Amazon, where the forest is being cut down to grow the soy that will feed the world’s cattle. In fact, this is how to take half the world’s cropland out of production.

Rewild that land and we solve about six problems at once. We even give ourselves a chance of cutting emissions fast enough to avoid driving global average temperature above +2°C and unleashing hell on Earth.

The next job will be to figure out what a billion farm families will do for income instead.



1st Place 2019, 2018, 2015 for Newspaper Excellence B.C. & Yukon <2000 circulation  
2nd place 2016



1st Place 2019 Best Feature Story  
3rd Place 2018 Best Historical Story  
2nd Place Best Website  
Newspaper Excellence & Best Front Page: Blue Ribbon 2016, 3rd Place 2015

THE ROCKY MOUNTAIN GOAT is one of just a few locally-owned community newspapers in BC. We believe being part of the community we serve contributes to accountability and a strong local voice, unhindered by corporate profit interests. Thank you for helping to make this publication a success.

The Rocky Mountain Goat serves a population base of approximately 5,000 residents from Valemount to McBride to Dome Creek and Blue River. It is 100% locally owned. RETURN UNDELIVERABLES TO: The RMG, Box 21, Valemount, BC V0E 2Z0

The Goat is a member of the National NewsMedia Council, an independent org established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, contact goatnewspaper@gmail.com/566-4606. If you are not satisfied with the response, you can file a complaint at mediacouncil.ca/1-844-877-1163.

The Rocky Mountain Goat is produced and distributed by Rocky Mountain Goat Media Inc. and is subject to copyright. Reproduction, or distribution of any content must get prior consent from Laura Keil.

We acknowledge the financial support of the Government of Canada.

Nous reconnaissons l'appui financier du gouvernement du Canada.



## CONTACT US

CALL 250-566-4606

EMAIL goatnewspaper@gmail.com

VISIT 1170 5th Avenue, Valemount



# Billion... Cont'd from A1

early, we went outside and opened the garage door, I wasn't sure if anybody would show up. They did. I made 100 bucks that day and it cemented my entrepreneurial side.”

In McBride he was a part of AAA Miron Computer Services in the back of McBride Realty Office.

The family serviced and sold computers, including the first few computers for the McBride Hospital and provided dial-up internet to hundreds of clients.

## Influences from home

“Mr. Jones was one of my favorite teachers. And I always wanted one of his paintings. Last summer we were visiting and I wanted to stop into McBride to go see if we could pick up one of Mr. Jones Paintings.”

Miron emailed Jones, teasing him. “I have the two paintings we did together,” he said, a reference for Jones’ penchant for helping his students complete their works of art. “Now I can finally afford one of yours.”

He didn’t hear back.

He called the Whistlestop Gallery to see if they had any pieces. They just had one left.

At the gallery he learned that Trevor Jones had passed. “There is no way I’m leaving without that,” he said. “I have it hanging in my house today; it’s one of my favourite pieces.”

Miron said that in a town where only the outstanding students went on to university and the rest picked up a tool belt and went to work, his art teacher opened another door.

“Mr Jones filled an important gap making creativity okay. I always felt this creative outlet wasn’t encouraged by the masses. Mr. Jones was there to make it okay, encourage it and foster it. It made a lot of the ways I feel and think okay.”

Miron said he’s not an artist as such, but the brands, how the businesses look and feel to consumers is important to him.

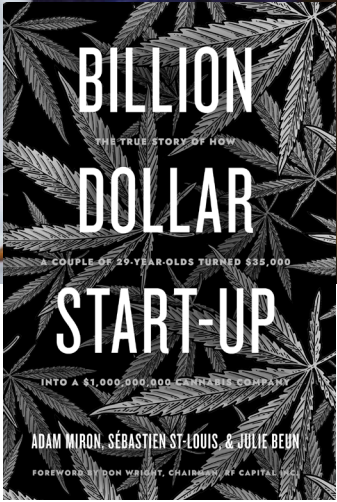
His advice to the students in McBride is simple. “Focus, work hard, but allow yourself to be creative,” he said.

## Essential qualities for an entrepreneur

Miron’s place is on the frontier, whether it is the



Adam Miron start-up story is told through the new book Billion Dollar Start-Up which comes out in February and will be available through the Goat Bookshop. /SUBMITTED



internet, medical marijuana, or cryptocurrency. He’s the chairman of the board for a cryptocurrency company in Ottawa called for a company called Brane Capital. They work to secure people’s cryptocurrency. Not the most exciting aspect of cryptocurrency, he admits, but it answers an important question in a market that is set to grow.

He believes it was his mother’s steady support that brought him so much success. Her steady mantra filled him with confidence: “Adam, it doesn’t matter what you do, you’ll be the best.”

Miron said that is the key when working in new uncertain industries.

“When you embark on a future emerging industry, there isn’t a path. It hasn’t been proven. I have an overwhelming sense of confidence. Bigger than it should have been, but it has allowed me to be a risk-taking entrepreneur.”

## You can too

“The reality is, you don’t have to be a fortune teller to know that Crypto will be a major part of the GDP (gross domestic product),” said Miron.

He quotes a report from the World Economic Forum that forecast that 10% of global gross domestic product is likely to be stored on the blockchain by 2027.

Miron said he spent a lot of time convincing investors that cannabis was going to be mainstream one day.

“Most Canadians didn’t know there was a legal medical program,” he said,. His insight was that medical cannabis was legal and that recreational cannabis would be soon. While cannabis isn’t quite mainstream yet, he maintains it’s getting closer.

Now he’s trying to tell people about the potential of cryptocurrency, a message he doesn’t mind sharing with entrepreneurial-minded teenagers in McBride.

“If you want a real skill set, if you want to make an investment of your time and you don’t have cash. Take some of your time and learn how to code smart contracts.”

As always, Miron’s money is where his mouth is. His seven year old daughter is going to coding classes three days a week.

“I fundamentally believe that the influence and change to society that the blockchain will have is just as great as electricity has changed our world today from 100 years ago.”

## On being a billionaire

Miron said there is a big difference between starting a billionaire company and being a billionaire.

“I am not a billionaire,” he said, with a quick proviso. “At least not yet.”

[www.valemount.ca](http://www.valemount.ca)

### Village Office Christmas Closure

The Village Office and Visitor Information Centre will close on Wednesday December 23rd, 2020 at 12:00pm and re-open on Monday January 4th, 2021 at 8:30am

**Garbage Pick-up:**

During this time the garbage pickup schedule will be as follows:

- Friday December 25<sup>th</sup> will be picked up on Monday December 28<sup>th</sup>
- Saturday December 26<sup>th</sup> will be picked up on Monday December 28<sup>th</sup>
- Friday January 1<sup>st</sup> will be picked up on Monday January 4<sup>th</sup>

Regular pickup will resume the first week of January.

**Bill Payments:**

2020 Taxes and utilities are due December 31, 2020. After this date, outstanding taxes and utilities will transfer to arrears and begin accumulating interest.

While the office is closed over the holiday season, payments can still be made by telephone banking, online banking, or email transfer to [dof@valemount.ca](mailto:dof@valemount.ca).

Payments by cheque can be mailed to the Village of Valemount, PO Box 168, Valemount, BC V0E 2Z0. Any mailed payments must be received by January 1, 2020.

Utility notices for the 2021 year will be mailed out in mid January 2021.

### Annual Wes Hudson Light Up Contest

Get those final outdoor decorations up!!

Prizes will be awarded for residential and commercial. Prizes for each include:

- 1st place \$50
- 2nd Place \$25

Judging will take place between December 14th and December 17th.

### Animal Control Contract Position

The Village of Valemount has an opportunity for a part time contract position for Animal Control Officer. The chosen candidate will work under the direction of the Bylaw Enforcement Supervisor as they provide animal control services to the Village of Valemount.

Please visit [www.valemount.ca](http://www.valemount.ca) for full details of this position.

The application Deadline for this position is **December 14, 2020 at 12:00 pm** with a start date of February 1, 2021.

### Columbia Basin Trust

### Community Initiatives and Affected Areas Program

The Columbia Basin Trust Community Initiatives and Affected Areas Program will be accepting applications beginning December 14!!

Please watch the Village of Valemount website at [www.valemount.ca/grants](http://www.valemount.ca/grants) for the 2020 Guidelines and application information.

### Notice Disposition of Land: Robson Valley Community Services & Valemount Entertainment Society

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease to **Robson Valley Community Services** at a monthly rate of \$2941.72 plus GST per month, and to the **Valemount Entertainment Society**, at a monthly rate of \$420.09 plus GST.

The building is situated at **Lot 9, District Lot 7354, Cariboo District Plan 21237** (99 Gorse Street) and comprising of office space on the first and second floor, for a term of 1 year from January 1<sup>st</sup>, 2021 to December 31, 2021.

**For more information please contact:**

**Wayne Robinson**  
CAO, Village of Valemount  
735 Cranberry Lake Road  
Valemount, BC V0E 2Z0  
(T) 250.566.4435  
(E) [cao@valemount.ca](mailto:cao@valemount.ca)

# Happy Holidays

Wishing you happy holidays and a joyful New Year. Best wishes from Mayor, Council and staff.

VILLAGE OF VALEMOUNT  
*Let the mountains move you*

735 Cranberry Lake Road  
250-566-4435 PO Box 168



# ‘Double-crossed’ Liberals may take more aggressive Opposition role, say pundits

By FRAN YANOR / LEGISLATIVE REPORTER

‘Double-crossed’ for cooperating during the pandemic and blindsided by a snap election, B.C.’s reconfigured Opposition will likely take a more aggressive, combative role in the legislature, predicted political analysts.

Prior to the election, throughout the pandemic, the Liberals and BC Greens had worked with the New Democrats to present a united front and maintain strong public support for health officials, led by Provincial Health Officer Dr. Bonnie Henry and Health Minister Adrian Dix.

“The Opposition didn’t want to do anything that would be seen to undermine their support for Bonnie Henry,” said former long-time senior Liberal strategist and now-political pundit Martyn Brown.



Political pundit and former senior Liberal strategist Martyn Brown, said B.C.’s Opposition party will be more combative than before. “But it will be fair, and it will be smart.”

The result was a cooperative, collegial Opposition that avoided pointed criticism of the government in the six-month lead-up to the election, he said.

“It was admirable, laudable, but politically, strategically, it was a glaring error,” said Brown.

Things went well for B.C. in the first wave of the pandemic, in part, because of the cooperation among the three parties, said Palmer. “They even held joint town halls together.”

In March, all parties approved the government’s \$5

billion emergency COVID-19 funding package on a single day – an unprecedented feat – including \$1.5 billion for economic recovery.

“The New Democrats sat on the \$1.5 billion for six months, from March to September, then announced it as Stronger BC, (which became) the first plank in their election campaign,” said Palmer. Seven days later, Horgan called the election and the government took credit for managing the pandemic just as the second wave was building.

“New Democrats double crossed both them and the Greens for their cooperation on managing and communicating the pandemic,” said Palmer.

Even if the Liberals ultimately lost votes by cooperating, former Liberal house leader Mary Polak stood by the strategy.

“There were choices that we made and one of those choices was to cooperate with the Greens and the NDP throughout the COVID-19 pandemic,” said Polak after being defeated in her own Langley riding on election night. “Did that hurt us electorally? Probably. But it was still the right decision to make.”

The appointment of Peter Milobar as house leader might signal the Opposition’s intention to take a more aggressive role, said long-time Vancouver Sun political columnist Vaughn Palmer.

A former mayor of Kamloops and MLA for Kamloops-North Thompson, Milobar was appointed house leader and critic for Indigenous Relations and Reconciliation on Nov. 30.

“Milobar was one of the more effective members in the last house,” said Palmer. “He was effective holding government to account in question period and during estimates, particularly, as a first-term MLA, he got the hang of it quickly.”

Milobar works very collegially with Liberal members, said Interim Liberal Leader Shirley Bond, adding that any strategy the Opposition puts in place will be done as collaboratively as possible within caucus.

“We are going to be laser-focused on making sure we try to get answers for the public,” said Milobar.

The legislature was recalled Dec. 7, but instead of a more typical eight to 10 weeks, the session is expected to run one or two weeks to pass a couple bills.

“None of the legislation that was supposed to be coming forward in the fall is anywhere to be seen,” said Milobar.

The main bill on the docket covers \$1.4 billion in funding for the Recovery Benefit, a one-time COVID-19 relief payment of up to \$1,000 for eligible families and \$500 for qualifying individuals. Premier John Horgan promised the payment during the October election campaign.

“We see a legislative calendar that’s essentially one bill to fill a mid-election, scribble-on-the-back-of-a-napkin campaign promise,” Milobar said.

The Opposition understands the urgency in getting relief money to the people, but also wants to make sure all legislation goes through proper rigor, debate, and scrutiny, said Milobar.

“Before COVID, they were combative, but in a clumsy



“We’re going to be probing and tough,” said newly appointed House Leader for the Opposition Peter Milobar, of the Liberal strategy during the winter legislative proceedings. Milobar is MLA for Kamloops-North Thompson.

way, trying to be populist,” said Brown. “It’s going to be more combative than it was before. But it will be fair, and it will be smart.”

The fair and smart refers to the change Brown expects under Bond’s leadership. The MLA for Prince George-Valemount was elected Interim leader by her 27 caucus colleagues two days after the former leader, Andrew Wilkinson, stepped down on Nov. 21.

“Bond will be more sensitive to human needs and more compassionate, but razor sharp in her criticisms,” said Brown.

“These are challenging times in British Columbia,” said Bond recently. “There will be those days in the legislature where there is a more aggressive and emotional tone.”

Weighing in on Bond’s new role, Horgan seemed to expect no less. “Shirley and I are mature enough to take these things in stride,” he said. “I know she’ll be quick to respond to any failings of mine, but I also know she’ll be quick to offer support where it’s required.”

Now, in the midst of a shortened winter legislative session, despite pressure to pass economic relief legislation quickly, the Liberals say they won’t fast-track the accountability process.

The Recovery Benefit legislation amounts to \$1.4 billion in taxpayer spending, Milobar said. “We want to make sure it’s being done properly.”

Fran Yanor / Local Journalism Initiative / Fran@thegoatnews.ca

Fran Yanor / Local Journalism Initiative / Fran@thegoatnews.ca

## Air ambulance helicopter now flying out of Prince George

By MARK NIELSEN, LOCAL JOURNALISM INITIATIVE REPORTER, PG CITIZEN

A new air ambulance helicopter is now stationed at the Prince George Airport.

The craft quickly proved its worth when last Sunday, a day before the service’s “official launch,” it was flown to Terrace to pick up a patient. What would have been a 6 1/2-hour trip by ground took a “significantly faster” two hours by air, according to B.C. Emergency Health Services.

It complements two fixed-wing aircraft, also stationed at the airport, and will usually be used for shorter flights of less than 240 kilometres that typically make up about 30 per cent of BCEHS transports by air.

As well as carrying patients from community to community, it can also be deployed to accident scenes on the region’s highways. So-called 911 emergency calls make up about 10 per cent of the workload, according to BCEHS.

“However, that just means it’s often quicker to have our ground crews arrive on scene, treat and stabilize a patient and then meet an air ambulance at the local health facility to be transported for further treatment,” a BCEHS spokesperson said.

Because the chopper is based at the airport, ambulance personnel still need to be on hand to carry the patient to the University Hospital of Northern B.C.

In September, and just prior to the provincial election, the government said a concept plan to build a new surgical tower at UNHBC had been approved. There was no indication the tower would include a rooftop helipad; UNHBC is the only major hospital in the province without one. There had been one at the hospital until the late 1990s, when it was deemed unsafe.

Meanwhile, BCEHS said a third fixed-wing aircraft is to be added to the fleet in 2021.

The helicopter is operated by Summit Helicopters and the planes by North Cariboo Air and Northern Thunderbird Air.

**THE VALEMOUNT ELEMENTARY SCHOOL PAC**  
proudly introduces our **enhanced**

**HEALTHY HOT LUNCHES PROGRAM!**

**We welcome local eateries & food producers to help us feed the minds & bodies and bolster the immunity of our little learners!**

PAC gratefully acknowledges: Caribou Grill, McLennan Family Restaurant, Summit Grill, Scooters Pizza, Gwen Barker, Dallas Bullock & others who wish to remain anonymous for donating healthy, delicious food this fall.

If you produce or prepare locally, naturally grown edibles & would like to participate or donate, please contact Carol Ann at carolann.romanow@gmail.com



# Teacher bit by dog calls for better animal control



This is not a picture of the actual attacking dog, but it shows what the dog looked like, a Boxer type

By LAURA KEIL

A Valemount teacher who was attacked by a dog on her way to school says the experience has left her wounded, skittish and feeling hopeless, and she now carries bear spray on her morning commute. On November 24th, PE teacher May Ghalib was walking along a dirt trail along John Osadchuk park when she noticed two dogs, a boxer-mix and a husky. The boxer spotted her and charged, knocking her to the ground. It dragged her by her snow pants a short

owner (It ran off and was not wearing a collar). But after sharing her story with others, she concluded this isn't the first time a dog matching the description has gone on the attack. She now keeps her phone out on video mode as she walks to school. "I'm so terrified of walking, and I walk every day to school, back and forth, the same route. And I see kids walking there all the time. I'm walking with my phone, and bear spray and I'm just, I'm terrified." She hopes her story can push for an animal control

is currently without an animal control officer. Robinson said the RCMP also have the ability to enforce Village bylaws, including animal control bylaw provisions. "Village staff work closely with the RCMP on a variety of items and will open the (Village) pound—despite the absence of animal control services—should the police seize an animal that is involved in a situation like this, or requires sheltering due to vehicle accidents or emergencies like a house fire." Cpl. Jake Joslin of the Valemount RCMP said they are not equipped to apprehend dangerous animals. They can issue tickets to dog owners, but they would not be able to take a dog away without the help of an animal control officer.

### Village hiring for animal control

Robinson says the Village of Valemount is currently advertising for an on-call animal control officer. The posting closes on December 18th and the full job description can be viewed on the Village website. "We hope to award the contract early in the new year," he said. He said the position will likely not be a busy one. "We often go a week (or longer) without an animal control call." The contractor will have set daytime hours, and won't have to respond 24 hours a day. The Village will also provide all needed supplies, reimbursement for liability insurance, a cell phone, and will handle most of the bylaw

officer in the community to deal with all the off-leash dogs. "I see parents, moms, with little baby strollers, and I'm really worried for people like that. Or little kids that walk home, like Grade 1s that walk home from school. They shouldn't be afraid to walk home." Village response Village CAO Wayne Robinson said the Village's bylaw services are working with the RCMP on this particular incident, but they were unable to confirm the identity of the dog. The Village has a bylaw enforcement officer but

enforcement measures, Robinson said. "The contractor's main role will be to pick up animals on the loose (complaint-based), work with the RCMP/bylaw staff regarding dangerous dog calls, care for animals in the pound, and liaise with Robson Valley Spay and Neuter Society/SPCA." He said the contract would be perfect for a retiree who loves animals, or someone who can respond to calls throughout the day. Once the animal control contractor is hired, anyone who encounters a dangerous dog or pets on the loose can contact the contractor instead of the RCMP, but if it's a situation more severe than a nip, Robinson said the person involved or a bystander should immediately call 911.

He notes pet owners whose animals leave their property and bite or attack another pet or person can face fines and personal liability. "As pet owners, we all have a responsibility to keep other people safe and that means keeping your pet under control at all times, whether that be on a leash, or in a fenced/secured area. There is no excuse for anyone to allow their pets to roam freely." Mayor Owen Torgerson urges residents to license their animals through the Village and says he wishes the victim of the attack a speedy recovery.

## Boxer-mix dog attacks teacher on way to school

By ROZINA SHAW, GRADE 7

On Tuesday, November 24th, at roughly 8:00 AM, the new PE teacher at Valemount Elementary school was walking on her daily route to school—down the back alley dirt road beside the old baseball diamond—when she noticed two unusual dogs barking from a distance. As she continued, the barking progressively got louder until, out of nowhere, two large dogs appeared from the trees. One was a bronze-brown ridgeback boxer mix without any visible collar, and the other dog was an older heavy-looking Husky. The boxer growled and approached her aggressively as she was minding her own business. It jumped on her, knocking her down. The teacher felt helpless as the boxer viciously bit her left leg through her snow pants in two different spots. It grabbed her snow pants and dragged her for a short period of time, before following the husky back into the snowy forest. Two witnesses watched it happen and helped her after the dogs had left. In shock, she limped the rest of the way to the school, and was dismissed to go to the clinic with a major injury. After a long day, she decided it would be a good idea to report the dogs to the RCMP, considering that many kids walk down that same path everyday. The RCMP found out that this one particular dog had been reported various times, but unfortunately, they could not help and told her to try calling the Village. The Village told her there was nothing that could be done, considering the town doesn't have an animal control officer. Many locals in town approached the teacher informing her that the desperation of this dog is similar to many incidents in the past, where a boxer fitting the same description had killed cats, bit kids' hands, and not to mention the obvious biting adults too. This town needs to come together to fight for the community's safety and for the dog owners to take responsibility. Let's remember to keep our dogs on leash and be careful when walking alone and to possibly carry bear spray with you at all times, because you never know what might jump out from the bushes on your daily walking routine. (Edited for grammar/clarity)

After reporting the incident, she was told by the RCMP and the Village that nothing could be done about the attack due to lack of evidence of the dog's owner (It ran off and was not wearing a collar).

distance and then tore into her left thigh and buttocks. She screamed and it disappeared with the husky into the forest. Two witnesses saw the attack and helped Ghalib to her feet. She was treated at the Valemount clinic for two bites, including a deep cut. The pain left her limping for a week and one cut got infected so she had to go on antibiotics. She said the experience traumatized her so much, it took her over a week to trust her own dog again. After reporting the incident, she was told by the RCMP and the Village that nothing could be done about the attack due to lack of evidence of the dog's

## New titles in store!

True Crime  
NON-FICTION

**THE OUTLAW OCEAN**  
Perhaps the wildest, least-understood frontier is the world's oceans: too big to police, and under no clear international authority, these immense regions play host to rampant criminality and exploitation.  
BY IAN URBINA

NON-FICTION

**ADVENTURES IN SOLITUDE**  
In this hilarious and captivating book, CBC personality Grant Lawrence adds a whole new chapter to the saga of Desolation Sound.  
BY GRANT LAWRENCE

True Crime  
NON-FICTION

**THE BOOTLEGGER'S LADY: Tribulations of a Pioneer Woman**  
The story of Edith Frye's brave struggle in the wilderness and of the shocking act that protected her family.  
BY E. SAGER AND M. FRYE

The **RMG** Bookstore

To order a book  
email [lauraishere@gmail.com](mailto:lauraishere@gmail.com)  
Located at 1170 5th Avenue, Valemount, B.C.  
ACROSS FROM THE IGA DOWNTOWN





# MERRY CHRISTMAS AND HAPPY HOLIDAYS!

2020

## Cultural HOLIDAY TRADITIONS

**By: ANDREA ARNOLD**

The Robson Valley is home to people from many different cultures. Most residents have either descended from or have themselves arrived from other countries. Some have held onto the holiday traditions that their families have practiced for many generations. These traditions seem to mostly be around specific types of food, or stories passed down from grandparents, but there are also some traditions that require active participation from the whole family. The Goat touched base with many families in the Valley to find out how they celebrate during the holidays. Turn the page to read about some of the traditions!


*What traditions have you kept from your heritage?  
Write to us! [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)*




# Rocky Mountain GOAT

2020 Holiday Edition

**I am very proud to be the MLA  
for Prince George-Valemount**



**I wish you a Merry Christmas  
and a happy, healthy, 2021**



**Shirley Bond, MLA**  
 Prince George-Valemount  
Office: 1350 5th Avenue  
Prince George, BC  
Toll Free: 1 (866) 612-7333  
Phone: (250) 612-4181

Office: 1350 5th Avenue  
Prince George, BC  
Toll Free: 1 (866) 612-7333  
Phone: (250) 612-4181



## Best wishes for a Happy Holiday Season!



**Valemount & District  
Volunteer Fire  
Department**





## Warmest wishes this holiday season and a safe and prosperous 2021



**REGIONAL DISTRICT  
of Fraser-Fort George**

**On Behalf of Simpcw Community  
Staff, Chief & Council..**




Wishing everyone a safe  
& Merry Christmas!!



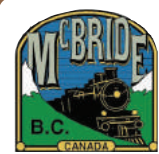
**Simpco**  
*People of the Rivers*





## Merry Christmas!

**FROM ALL OF US  
AT THE VILLAGE  
OF MCBRIDE!**



**HOLIDAY HOURS:**  
 CLOSED: Wed. Dec. 23<sup>rd</sup> to Mon. Dec. 28<sup>th</sup>, 2020.  
 RE-OPEN: Tues. Dec. 29<sup>th</sup>, Wed. Dec. 30<sup>th</sup>, and  
 Thurs. Dec 31<sup>st</sup>, 2020  
 CLOSED: Fri. Jan. 1<sup>st</sup>, 2021

## A Very Merry Christmas and a Safe and Peaceful 2021





**McBride District  
Volunteer Fire  
Department**



## WISHING YOU A VERY MERRY CHRISTMAS!





**BOB  
ZIMMER**  
MEMBER OF PARLIAMENT  
PRINCE GEORGE - PEACE RIVER  
- NORTHERN ROCKIES

[bobzimmer.ca](http://bobzimmer.ca) [bob.zimmer@parl.gc.ca](mailto:bob.zimmer@parl.gc.ca) 1-855-767-4567



## HAPPY HOLIDAYS!

*Thank you to all  
our customers!*



**ROBSON VALLEY BUSINESS SERVICES**  
 250 - 569 - 7941





**WISHING YOU  
A SAFE AND  
PEACEFUL  
CHRISTMAS**

**Valemount**




**250-566-4151 / 250-566-4104**



**Wishing everyone in  
the Robson Valley  
a very Merry  
Christmas!**

**From  
Sherri Malone  
& Family**



**250 - 566 - 1022**



**Merry Christmas &  
Happy New Year!**

**John Crowley Contracting**  
250 - 566 - 1190



**Wishing you a Merry  
Christmas and Happy  
New Year!**

**Thanks for your support  
throughout the year!**

**From everyone at  
Travis Automobile Services  
250-566-8403**



**Wishing  
you a safe  
& peaceful  
Christmas**

**Raabis Mechanical Ltd.**  
250-566-0063 | 250-951-1705  
We are open during the Holidays!  
(except Christmas, Boxing Day & New Years)  
Call for an appointment 9AM - 4:30PM



**Safe Travels**  
Merry Christmas and  
a Prosperous 2021!  
*from Dennis & Adam*



# MERRY CHRISTMAS

## Fröhliche Weihnachten

GERMAN



Eva and Aisla McNaughton check out the treats left by Nikolaus in the early hours on December 6./ SUBMITTED

The German culture is very serious about celebrating, and it begins before Nikolaustag on December 6. Katharina McNaughton shares a variation of the German tradition with her husband and daughters. In the weeks leading up to December 6, every other evening or so, they sing German Nikolaus and Christmas songs, as well as some in English so the girls can sing along, while gathered around a candle-lit table and Weihnachtspyramide (German Christmas Pyramid). The kids put their boots out each night hoping Nikolaus will leave them treats for the morning.

On the evening of the 5th, the family sets out Nikolaus plates at their spots around the table before bed. During the night, Nikolaus comes and decorates the table and fills the plates with German chocolates, mandarin oranges, apples and usually a pair of Christmas socks. "In the morning, the kids rush to see what Nikolaus brought," said McNaughton. "We usually sing 'Lasst Uns Froh Und Munter Sein' one more time to thank Nikolaus."

Heiligabend, or Christmas Eve is the most important day, with dinner and gift opening. The Christkind is a sprite-like child, usually depicted with blond hair and angelic wings and is the traditional Christmas gift-bringer in many parts of Europe and in parts of the Hispanic world.

"It was Christkind that brought the gifts that weren't from family or friends," said McNaughton. "Everyone gets dressed really nicely and we have a fancy dinner with duck, goose, roast or rabbit, red cabbage, brussel sprouts, dumplings or potatoes."

Following dinner, the Christkind delivers the presents, while family members are in another room. The family gathers to listen to or sing Christmas songs and light the candles on the tree. McNaughton's family still enjoys seeing the tree light up with candles as they open gifts on the 24th.

Food and drink are a big part of all the German Christmas celebrations. A spicy gluhwein (mulled wine), is enjoyed during family gatherings or after dinner as a dessert, taking the place of tea or coffee. There is a non-alcoholic version available as well, however, it is quite spicy so not many children enjoy it. "The Germans have a lot of traditional food and baking that go with Christmas," said McNaughton.

Other symbols that are very important to German tradition are the advent calendar and the advent wreath. McNaughton's daughters open the door on the advent calendar each morning, and for the four Sundays leading up to Christmas they light a candle on the advent wreath.



**Wishing you a safe and  
peaceful Christmas**

**Mike's Plumbing & Heating  
250-566-1536**



**Happy Holidays**

**Haugk Home Designs & Renovations  
250-981-0457**



**HAPPY HOLIDAYS!  
Thank you to all our customers!**

**The Gathering Tree Valemount**  
www.thegatheringtree.ca  
250 - 566 - 0154



**Wishing Everyone  
a Very Merry  
Christmas and  
a Prosperous  
New Year!**

**Wahoo Enterprises** 820-1st Ave, McBride  
250-569-0320





## boldog Karácsonyt HUNGARIAN



“Beigli,” a poppy seed and walnut roll will be a part of the Tot-Bojnik Christmas celebrations./ SUBMITTED

The Tot-Bojnik family have held onto several of their Hungarian holiday traditions since arriving in Canada 10 years ago. Their Christmas tree will be decorated with Szaloncukor, a special Christmas candy. The candy, literally “parlor candy” because of where the tree was traditionally located, has a filling such as jelly, marzipan, or coconut and is covered in chocolate and wrapped in shiny coloured foil. Although the family does

not make the candy, Karolina-István Tot-Bojnik remembers making it with her grandmother once. She often makes “Beigli,” a poppy seed and walnut roll to share with friends and neighbours, as well as a Hungarian fish soup, Halászlé, which they enjoy on Christmas Eve. The soup is made with freshwater fish and is traditionally prepared with onions and red paprika over an open fire.



## щасливого Різдва UKRAINIAN



A bowl of kutya, sweet wheat berry pudding./SOURCED

Before moving to Canada 15 years ago, the Antypov family celebrated Ukranian Christmas on the 7th of January. This was a huge event where families would, among other events, partake in 12 traditional meals, and go Koliadky (caroling).

Since moving, the family has adapted to many of the customs here in Canada, including moving the day of celebration to December 25. However, they still sometimes prepare one of the 12 traditional meals, Kutya, a sweet wheat berry pudding. They also enjoy Holubtsi (cabbage rolls).

Andriy remembers that when families went singing on January 7, they would throw handfuls of seeds, wheat or barley into the homes they were visiting. It was meant to bestow a blessing and wishes for riches on the residents. “And when we were done,” said Antypov, “they could use it for the Kutya.”

**HAPPY HOLIDAYS!**  
*Wishing you a Safe and Peaceful Christmas*

Mike Wiegele Helicopter Skiing



**Mike Wiegele**  
Helicopter Skiing

[www.wiegele.com](http://www.wiegele.com)

**Best Wishes**  
to all during the  
holiday season!

**HOLIDAY HOURS:**  
OPEN Dec 24<sup>th</sup> until 3pm  
CLOSED Dec 25<sup>th</sup> until January 2<sup>nd</sup>  
OPEN Jan 2<sup>nd</sup> 12pm - 4pm



**Merry Christmas!**  
And wishing you all the  
best in 2021!

250-612-2820 | [wendy@sewhot.ca](mailto:wendy@sewhot.ca)

Our warmest  
wishes for  
a peaceful  
Christmas  
and a very  
Happy New  
Year!



**Season's  
Greetings to  
all our valued  
customers and  
friends!**

250-566-4401

**Wishing you a safe  
& peaceful Christmas**



**Tete Jaune Lodge**  
250-566-9815

**Merry Christmas!**  
Thank you to all our customers!

from  
**JNR Auto Services**

250-569-2666



*Merry  
Christmas and  
a Prosperous  
2021!*

1-800-Sandman  
[sandmanhotels.com](http://sandmanhotels.com)

**Sandman**  
Inn McBride

Merry Christmas  
And All The Best  
For A Happy,  
Healthy New  
Year!

**Valemount Shell**  
250-566-9837



**MERRY CHRISTMAS!**  
**ALL THE BEST FOR A HAPPY &  
HEALTHY NEW YEAR!**



IT'S THE MOST WONDERFUL **TIMS** OF THE YEAR!



Valemount

**Tim Hortons**

#WarmWishes 250-566-4116

Wishing you a Merry Christmas and Happy New Year!

Thanks for your support throughout the year! 😊



**ROBSON VALLEY SEPTIC**

250 - 569 - 7812

THREE RANGES BREWING CO

TIDINGS OF COMFORT & JOY

Thanks for your support throughout the year!



threeranges.com 250 - 566 - 0024

MERRY CHRISTMAS

buon Natale

ITALIAN





TOP: Fried Baccala is a staple dish on the Vizza Christmas Eve dinner table./SOURCED

BOTTOM RIGHT: LaBafana travels the country on the evening of January 5, looking for the Baby Jesus. During her travels she leaves goodies for good children and coal for naughty children./SOURCED

As in many European cultures, the biggest celebration for the Italians is Christmas Eve. During this meal, both the Vizza and the Barone families would not have any meat on the table. The meal historically named “the Feast of the Seven Fishes,” serves an abundance of fish and other seafood to reflect the abstinence from meat until Christmas Day. The table is set with a minimum of nine dishes. Some of the dishes prepared for the Vizzas table include the traditional Baccala (salted cod), as well as pasta with anchovies and garlic. “Or for those of us who don’t like anchovies, olive oil and garlic,” said Olivia Vizza. Fran Barone Chiupka remembers similar meals. Her father wanted to uphold the tradition of leaving all the leftovers on the table overnight. His family had done so, so that

there would be food out when the Baby Jesus arrived, or any other midnight guests. Her mother, who was raised in a Portuguese home would have none of it. They went to bed with a clear table. “We leave a plate out,” said Vizza. “We clear the rest of the table.” Christmas Eve was also the time to open presents, and enjoy many Italian desserts. Turdilli (gnocchi shaped fried cookies), Scalille (honey cookies), Frittelle (deep fried bread dough), and Panettone (Italian Christmas Bread). They also travelled to other homes to visit extended family. Chiupka is saddened that, as the number of family members in the valley have dwindled, this part of the tradition has ceased. Both families had the tradition of attending midnight mass on Christmas Eve. In more recent





Merry Christmas!

Wishing you Health, Happiness and Prosperity.

The best to you in 2021!



'Tis the season to thank all our dear customers for your abundant support throughout the past year.

Season’s greetings from the whole team!



**Advantage Insurance Services Ltd.**

433 Main St, McBride

250-569-2264



# Happy Holidays



## veselé Vánoce CZECH



Petr Herstik and his family moved from the Czech Republic 11 years ago. The family has continued to celebrate Christmas on Christmas Eve as they did prior to the move. Some years, they have a Christmas wreath set on the table and decorated by four candles. Each of the candles are lit on Sunday of the advent time leading up to Christmas (four weeks).

"We have a traditional Christmas Eve dinner - řízek (also known as schnitzel) and potato salad," he said. Each family has their own recipe for the salad so the tradition varies from family to family. They also have pea soup. Karp (Carp) is also traditionally eaten instead of the řízek however the Herstik's prefer the latter.

The family also enjoys several traditional Christmas sweets and sweet braided bread. This year they have baked coconut meringue cookies (kokosky), vanilla crescents (vanilkové rohlíčky) and kind of biscotti with walnuts, raisins and chocolate chips (chlebiček). The bread, Vánočka will be made in the coming weeks.

The descendants of Frank and Vera Hulka that still live in the valley also enjoy some of these same food traditions. Grandma would often bake many of these same treats, and now the responsibility has been passed onto children and grandchildren. Granddaughter Rachel Ondang makes her spicy cookies (lebkuchen) each year, and their family gathers for dinner and presents on Christmas Eve. My own family has continued the tradition of a Christmas Eve dinner of dumplings (Knedlíky) with chicken or filled with fruit, that we began with our grandparents (as we are not fond of fish).

"We don't have the tradition of Santa Claus so gifts can be opened on Christmas Eve because we don't have to wait for the overnight delivery (so no stockings, no cookies and milk by the fireplace either)," said Herstik

A few fun traditions that the family has not practiced in recent years involve cutting an apple crosswise to find out if one will be healthy next year, or throwing a shoe over one's shoulder to indicate travels etc.

Dumplings are sliced using a fine string or thread. A knife sticks to the boiled bread making slicing difficult./  
SUBMITTED



Vánočka, the braided bread, will be baked for the Herstik's closer to Christmas./  
SUBMITTED

# Merry Christmas!

**LDM** LAKES DISTRICT MAINTENANCE INC.



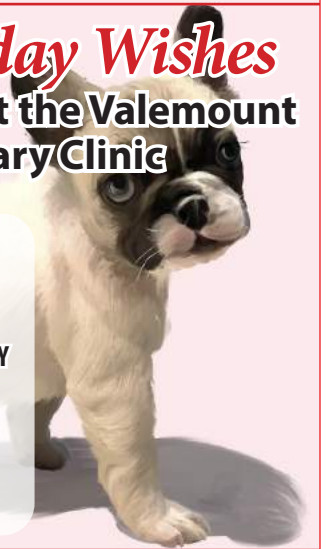
## Best Holiday Wishes

from all of us at the Valemount Veterinary Clinic

**OPEN**  
Dec. 22<sup>nd</sup> & 29<sup>th</sup>  
9 AM - 3 PM

**OPEN FOR FOOD SALES ONLY**  
Dec 24<sup>th</sup> & 31<sup>st</sup>,  
11 AM - 2 PM

**Regular hours will resume**  
Jan 5<sup>th</sup> 2021



**VALEMOUNT**  
MINI-STORAGE  
250-566-5185

## MERRY CHRISTMAS!

## Season's Greetings!

Wishing you  
Happy Holidays and a  
Peaceful New Year

**Robson Valley  
Home Hardware**  
250 - 569 - 2284

Wishing you a Merry Christmas,  
**Big Time!**

From the BIG TIME team

250 - 566 - 4578

## Happy Holidays!

**HOLIDAY HOURS:** Dec 24th 9-4:00pm  
Dec 25th & 26th - CLOSED  
Jan 1st - CLOSED

**Valemount IDA  
Tele-Pharmacy**  
250-566-4594  
1214 5th Ave, Valemount

## HAPPY HOLIDAYS!

We hope your New Year  
is filled with friends,  
family and good times

*It's the season  
TO BE JOLLY*

**RE/MAX**

From my hearth and home to yours,  
**HAPPY HOLIDAYS!**  
Shelly Battensby

## Merry Christmas!

Cheers to a  
**DEEP Winter!**

**ARDA**  
VALEMOUNT & AREA RECREATION DEVELOPMENT ASSOCIATION

## Christmas Again!

Warmest  
wishes for a  
Happy Holiday  
season and  
a wonderful  
New Year!

**VALEMOUNT MUSEUM**

250 - 566 - 4177





## Joyeux Noël MÉTIS



Charlene Jones' family will participate in the Muskrat Skull for the first time this season. The one pictured here was handed down to her by her great mosom (grandfather)./ SUBMITTED

Charlene Jones has recently started learning about her aboriginal heritage. She comes from a Cree Métis background. "I've been gathering tidbits here and there every time I go to visit (family)," said Jones. This is the first year she and her family will play the muskrat skull game. The skull is passed around from person to person and each one has to try and put their finger in the skull with your eyes closed, she said. "There is a rhythm to (the game); the breathing, bouncing and the arm movements; it's harder than you would think." When her great mosom (grandfather) would play, each person in the group would have an opportunity to play. The winner would get a handmade gift such as a pair of moccasins or something beaded. Jones was recently given skulls from her great mosom and kokum (grandmother). This will be a way to revive that piece of family history.

## Hanukkah Sameach JEWISH



The Menorah stands ready for the beginning of Hanukkah in the Schwartz home. This family heirloom was purchased when Schwartz was a child. The lettering at the base of the Menorah are Hebrew characters meaning "Israel." /SUBMITTED

When Gary Schwartz was a child, his family celebrated Hanukkah. His family would light their Menorah and say prayers in Hebrew. On the Friday evening during the eight days, his family would travel to his grandparents. There, they would light the candle, and the children would receive Hanukkah gift - chocolate coins

wrapped in gold and silver. They played with dreidels and sang the dreidel song.

Schwartz continues to celebrate, along with his wife, in a low-key way. Each evening of Hanukkah, Schwartz lights a candle while saying a short prayer in Hebrew. He and his wife feast on rich food and baking during the eight days.

Latkes, beef brisket, and roast chicken are some of the foods they enjoy. Fried food is symbolic because of the significance of oil to the celebration.

Schwartz keeps the celebration of Hanukkah completely separate from any Christmas connection. "It does not have anything to do with Christmas," he said. It is a Jewish holiday that often falls in December, prior to the 25th. This is the only thing that the holiday has in common with Christmas. The holiday celebrates the victory of the Maccabees over the larger Syrian army. The Temple in Jerusalem was rededicated at this time as well, and It also celebrates a miracle that happened during this time. They wished to light the Temple but could only find enough oil for the Menorah for just one day. Miraculously, the oil allowed the flames to remain lit for eight days.

Wishing you a Merry Christmas and a safe, happy & healthy New Year!

from all of us at  
**Welcome Home Gifts & More**  
250 - 569 - 0215

Happy Holidays!

**CANGAS PROPANE INC.**  
1- 833- 852 - 8811

Wishing you a safe and peaceful Christmas!

from  
Management and staff  
**Valemount Pines Golf Club**

From John, Donnie & Staff  
  
**Warmest Wishes for a Happy Holiday Season and a Wonderful Year!**

Wishing you a Safe and Happy Christmas! :)

**UNCLE MARK'S CUSTOM MEAT CUTTING**  
250-569-7805

Best wishes to everyone for the holidays!

From Jin, Yoon & all of us  
**Chalet Continental**

# The Greatest Gift of All

With the new challenges and uncertainties this year has brought, let us stop to remember the true meaning of Christmas, and the gift of His Love. May you and yours be blessed with the peace and goodwill of the season.

250-566-4464 1222 5th Avenue  
PO Box 310, Valemount BC V0E 2Z0

**UNDERWRITERS INSURANCE**

# MERRY CHRISTMAS & HAPPY NEW YEAR!

We hope Santa supplies you with a sleigh full of goodies!  
Thank you for putting your trust in us!

From all of us at Valemount





## Vrolijk kerstfeest DUTCH INDONESIAN

Mark Ondang came from a Dutch Indonesian background. The Dutch established a colony in what is now Indonesia in 1800, resulting in a blend of Dutch and local traditions. The traditions he's brought with him to share with his family are food-based. A must-have snack for the holiday is Kacang Bawang (deep fried peanuts with garlic and onion). For Christmas Eve, Spekkoek is prepared. "This is a layer spice cake that takes several hours to make as you bake each layer before adding the next," said Ondang's wife Rachel. "His mom would make these and

send them out to family instead of gifts each year. A gallon of the peanut mix and a cake for each of the seven kids." After his mom passed away, he took on the responsibility of making the peanuts, and his daughters took on the cake baking.

When his family came to Canada, they left many of their traditions to help with integration, however, the food always shows up for special days.



## EUROPEAN DUTCH

McBride resident Jasmine Hoetjes and her family are often in New Zealand for the holidays. This year, they were unable to make the trip. However, the Dutch traditions are close at hand no matter where they are. The family celebrates the Dutch Sinterklaas. "We put a clog out with carrots and apples the evening before, usually the 5th of December," she said. "In the morning Sinterklaas has filled the clog with Dutch candy and a few gifts." The family dresses in orange, and each one has a person they give a gift to and make up a poem or story about. Then they play games and eat traditional Dutch treats. Hoetjes says they make speculaas (sweet and spicy image stamped cookies) and boterkoek (Dutch butter cake).

In past years, the family was able to be in New

Zealand celebrating with family. Some of the adult family members dress in costume as Sinterklaas and his helper Zwarte Piet to help the tradition live on. This year, as Hoetjes and her family were unable to join the festivities overseas, they had a small Sinterklaas celebration of their own.

Thelma Molendyk married into a very large Dutch family, and adopted one of their treats into her holiday baking. "It's more of a New Year's thing," she said. Oliebollen is a deep fried ball of dough, sprinkled post-fry with powdered sugar. Some recipes call for apples, but Molendyk sticks with raisins or currents in her creations. "People think they are a good pre-New Years party treat because they help soak up the alcohol," she said.

## Chúc Mừng Năm Mới Cung Chúc Tân Xuân



### VIETNAMESE



Vietnamese Caramelized and Braised Pork Belly with Eggs (Thit Kho Tau) takes several days to cook during the Lunar New Year preparations. /SOURCED

Eric Martin is half Chinese, and his wife Katie Tran is Vietnamese. They celebrate the Lunar New Year which usually falls in late January or early February. The

holiday, called Tet, is a three day event that takes weeks to prepare for. In Vietnam, they normally take 3 weeks off to cook, shop, clean and decorate. "Given we are in McBride, we normally just do a bit of cooking some special dishes and try to call our families," said Martin. "One dish we eat is Thit Kho Tau - pork belly, cooking it slowly in coconut juice - for three days." Lots of duck eggs are included as well. Over time, the coconut juice goes into the meat, and the meat flavour goes into the sauce. This is served often with white rice, or on rice paper. "For people who are close to us, we would also give out red envelopes with some lucky money in it," said Martin.

# SEASON'S GREETINGS!

Wishing you  
and yours a  
very Merry  
Christmas!

From the whole team

VALEMOUNT HEIGHTS  
PIZZA



1503 - 5<sup>th</sup> Avenue, Valemount BC | 250 -566 - 4056

**Star West**  
PETROLEUM LTD.

Wishing you a wonderful  
holiday season!

250 -566 - 4818

3205 McLennan Rd | Valemount BC, V0E 2Z0

From  
Jae, Liz and Staff  
MCBRIDE AG  
FOODS  
250-569-0140

Merry  
Christmas



Wishing you a  
Joyous Holiday  
Season!



from the Board,  
Management & Staff

Four Rivers Co-op Petroleum  
1-866-309-2667

Wishing you a Safe  
and Peaceful  
Christmas!



cfdc.bc.ca  
1-800-661-2055

Community  
Futures Fraser Fort George





# hyvää joulua

FINNISH

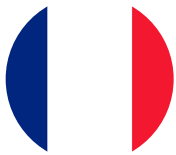


Hidden in a dish of Riisipuuro, (rice pudding), is a single almond. The person who finds the almond receives good luck for the upcoming year./SOURCED

There are not too many Finnish traditions Emilia Roth has held onto since coming to Canada in 2008, however, there are two food items that have to be included in the Christmas festivities or it just wouldn't feel like Christmas. On the morning of Christmas Eve, the family has a breakfast of rice porridge or pudding (Riisipuuro). An almond is placed in the pot before it is served, and the one who finds the almond in their portion is believed to have good luck in the coming year. Another treat that the family enjoys is a Christmas tart (Joulutortta). The puff pastry dessert is shaped like a star with a prune centre, and dusted with powdered sugar. Roth's family joins her in-laws for Christmas Eve evening to continue the celebrations.

# Joyeux Noël

FRENCH



Yann Asmat would love to once again share a large traditional French Christmas dinner with many courses with friends and family. Visiting and making memories over food and drink, over the course of several hours./ SOURCED.

Diane Roth's family arrived in eastern Canada from France many years ago. Her way of keeping that heritage close is to prepare tourtiere or meat pie for Christmas Eve. She loves to share this piece of herself with her family. Just three years ago, Yann Asmat moved from France to Canada to begin a new chapter in his life. The first year here they participated in the Community Christmas Dinner in McBride, and last year, they travelled back to France for the holiday. This coming Christmas will be their first in their Robson Valley home. Asmat has many fond memories of Christmas dinner in France. "It was a big feast," he said. "It took sometimes four hours to eat." The meals often consisted of many courses or rich food. Usually there were oysters, duck liver foie gras, and other rich samplings. A fowl was also a part of the meal. Asmat remembers the very special feeling that came along with all of the traditions from home. Though his son is still very young, they hope to capture some of the same special Christmas

feelings from back home, as they discover what the holiday will look like for them. "I would like to, in the future, have a long table full of food and be surrounded by friends and family," he said. "But I'm not sure if I can find people who would want to sit for four hours for a meal here." Most of these families have also incorporated Canadian traditions into their celebrations. Many of them will have a decorated tree and eat a large meal on Christmas Day. For some, stockings will be hung on the 24th, and the exchange of gifts will occur on the 25th after Santa Claus visits. Although some of the traditional celebrations look very different from one culture to another, they do have a few things in common: each of these families, along with most North American families, take time over the holidays to spend time with family and friends, singing carols, enjoying food, drink and making memories.

May the beauty and peace of the season stay in your heart forever

*Happy Holidays!*

From Georgie Kenzie at Robson Valley Long Arm Quilting 250.569.7433

**Season's Greetings!**

*Peace and Goodwill to All*

From all of us at Robson Valley Essentials 250-569-2415

Best wishes to you and your family throughout the holiday season! Wishing everyone a Healthy and prosperous New Year!

Wild Montane Construction Services 250 - 566 - 5090

**Merry Christmas and Happy New Year**

from all of us at KILIN RESTAURANT 1117 Frontage Rd, McBride (250) 569-8820 SMORGASBORD FRIDAYS 5-9PM \*Closed Christmas Eve, Christmas Day, and Boxing Day

**SEASON'S GREETINGS TO OUR CUSTOMERS!**

From Susie & Al Forsyth Willow Burl Cabins

Wishing you a Safe and Peaceful Christmas!

FROM VALEMOUNT SUBWAY 250 - 566 - 4050

**Happy Holidays**

from the RMG staff

Wishing you peace and joy throughout the holiday season

**INFINITY**  
Office & Health  
250 -566 - 4225



# COVID-19 patients transferred south to ease stress on northern ICUs

By Fran Yanor / Legislative Reporter

The increasing number of people with severe COVID-19 symptoms is stressing ICU capacities in the north and patients have been transferred to other regions to ensure adequate critical care services can continue to be provided in Northern Health, said a spokesperson.

“We are seeing increased need for hospitalizations and patients needing critical care,” said Eryn Collins, Northern Health media relations manager.

On Dec. 4, there were 39 people with COVID-19 listed in Northern Health, with 11 of those patients in critical care. Almost 70 per cent of the total 101 hospitalizations in Northern Health have taken place in the last 34 days.

“We still have capacity to provide critical care in our northern system,” said Eryn Collins. “But we’re also seeing an increase in that level of need, so we’re accessing that capacity elsewhere in the province.”

Recently, two patients diagnosed with COVID-19 were transferred to a Vancouver Island hospital.

“It’s very important in some of our regional hospitals, such as Mills Memorial, that we ensure there is adequate ICU capacity in case of other circumstances that occur,” said Health Minister Adrian Dix on Dec. 3. “For example, the potential – especially this time of year – of a major accident on the highway.”

According to the Ministry of Health, as of Nov. 30, 17 of the 41 ICU and critical care-type beds in Northern Health were vacant and an additional 23 ‘surge’ beds could be deployed, if necessary.

Northern Health has the fewest beds of all the health authorities but it also has the smallest population.

“The capacity and occupancy varies, not just for us, but for every health region in the province,” said Collins.

The ministry’s latest count indicated two of five beds were unoccupied in Mills Memorial Hospital in Terrace; three of four ICU beds were vacant in Fort St. John; eight of 23 beds were vacant at University Hospital of Northern BC in Prince George, and four of 9 beds were open throughout the rest of the north. There were also 100 ventilators across the region, according to Northern Health.

“Where appropriate, patients are moved,” Dix said. “Sometimes from the north to Vancouver Island or Metro Vancouver.”

The ability to transfer patients across health authorities is an essential aspect of the government’s pandemic response plan released in March by Dix, Deputy Health Minister Stephen Brown and Provincial Health Officer Dr. Bonnie Henry.

“It was made clear at that time that this was the potential that we would be looking at if we started to see a certain trajectory of COVID activity and hospitalizations,” said Collins. “And we are, along with the rest of the province, seeing those increases.”

About 56 per cent of the people who have tested positive for COVID-19 in the north (and in B.C.) had done so since Oct. 31. Provincially, almost 50 per cent of all hospitalizations have taken place in the last month or so.

As of Dec. 4, in Northern Health, 978 people had tested positive, while 36,132 people had been diagnosed provincially.

Despite the added pressure of COVID-19 patients on the healthcare system, the province continues to have 76 per cent occupancy rate in its critical care beds. When surge beds are included in the ICU count, the occupancy rate drops to less than 65 per cent, said Dix.

The province-wide pandemic strategy from March outlined how the healthcare system would maintain 17 COVID-19 care sites and adequate capacity under a range of potential pandemic scenarios. The plan revealed the number of acute care beds, ICU-type beds, ventilators, and additional surge beds that could be deployed to meet evolving healthcare demands across B.C. during the pandemic.

“We are using, as is the rest of the province, the capacity that is in the provincial healthcare system... to make sure that we can continue to care for everyone’s needs, not just COVID-related,” said Collins.

Patients are also commonly transported to other regions for specialized treatment, such as cardiac care in Vancouver or other reasons unrelated to COVID-19, Collins said.

“That’s something that happens all the time in health care,” said Dix. “What you are seeing is the public health care system working as it should in a pandemic.”

Fran Yanor / Local Journalism Initiative / [Fran@thegoatnews.ca](mailto:Fran@thegoatnews.ca)

# BC extends public health restrictions through Jan. 8



Chief Provincial Health Officer Dr. Bonnie Henry provides an update on COVID-19 on December 7, 2020[/caption]

By Hannah Scott, Local Journalism Initiative Reporter, Richmond Sentinel

Provincial Health Officer Dr. Bonnie Henry extended the social gathering and event rules in BC for another month, through midnight Jan. 8.

BC continues to have “very high levels of transmission and community spread,” she said.

While some regions are starting to see a leveling of new cases, other regions—specifically the Interior and Northern areas of the province—are seeing increasing rates. Henry said hundreds of people are hospitalized and though they are receiving care safely, “it is straining our system.”

In addition to the order prohibiting gatherings and events, Henry said outdoor adult team sports will remain prohibited, as well as group fitness classes that were previously restricted. WorkSafe BC teams are working to enhance restrictions in some areas.

She did provide an exception for drive-through events, including those that display holiday lights and those that collect donations. Events where people drive in and remain in their vehicles can happen as long as there are a maximum of 50 cars.

In addition to extending restrictions, Henry announced 2,020 new cases of COVID-19 over the weekend. From Friday to Saturday there were 647 new cases, from Saturday to Sunday 726, and in the last 24 hours a further 647. Ten of the weekend’s cases are epidemiologically linked. BC’s cumulative case total is now at 38,152.

Of the weekend’s new cases, 304 were in the Vancouver Coastal Health region (including Richmond), 1,362 in the Fraser Health region, 45 in the Island Health region, 203 in the Interior Health region and 106 in the Northern Health region. There were 35 new deaths over the weekend, and 10,747 are people being monitored by public health across the province.

Active cases have reached another record high of 9,380 cases. Hospitalizations continue to rise, with

349 people in hospital across BC and 77 of those people in critical care. Last week, two COVID-19 patients were transferred from Prince George to Vancouver Island to free up beds in the north.

Health Minister Adrian Dix said BC’s hospitals are nearing base bed capacity in some regions. With additional surge bed capacity, all healthcare regions are still above 50 per cent of hospital capacity.

Henry announced six new healthcare outbreaks and declared five over. There remain 65 active outbreaks in the healthcare sector, including 57 in long-term care or assisted living facilities and eight in acute care units. Two more units at Richmond Hospital—3 South and 6 North—have been added to the outbreak declared there last week. There are 1,697 active cases related to healthcare outbreaks, including 1,073 residents and 605 staff members.

A new community outbreak was declared at a mink farm in the Fraser Health region. Henry said this outbreak is of great concern to public health, as other parts of the world have seen transmissions between humans and mink and potential mutations of the virus.

Henry also said the first delivery of Pfizer vaccine doses will happen next week, which is an important start to BC’s vaccination program. Later this week, she and other provincial officials will give more information on the vaccine plan in BC.

With the holiday season approaching, Henry said people should connect virtually so BC can “keep our strained healthcare system open and functioning for all of us.”

“We cannot afford to have a rebound and have increased numbers of people being sick and ending up in hospital over the next few weeks.”

For COVID-19 exposure events, updates and information by health authority, click here.

For the latest medical updates, including case counts, prevention, risks and testing, visit: <http://www.bccdc.ca/> or follow @CDCofBC on Twitter.

(Edited for grammar and clarity)

# Crossing arms not a pipeline deal

By Laura Keil

Locals noticed CN installing crossing arms at the Cedarside road crossing on Monday, but a rumour Trans Mountain is behind the new safety arms isn’t true.

“Trans Mountain has not partnered with CN to install crossing arms at the Cedarside crossing near the Valemount camp community,” a

media spokesperson said. “The crossing arms were not requested by Trans Mountain.”

The Goat put in questions to CN’s media team, but did not hear back by presstime.

Mayor Owen Torgerson said any enhancement to safety is a good thing.



ROBSON  
VALLEY

## Community Events



Send us your event to [goatevents21@gmail.com](mailto:goatevents21@gmail.com) or call 250-566-4606. Use 40 WORDS or less and we will publish it FREE up to a month before

Do you have some seeds from this year's garden that you can **donate to the local seed library**? Please drop them into the library, or you can email [opengategarden@gmail.com](mailto:opengategarden@gmail.com) for more details. The seed library is a community resource, offering free seeds to local gardeners. Take some seeds; grow some seeds; return some seeds! Thank you for your support.

WED Dec 30 - **Tech Cafe**. Are you needing a little extra help navigating your laptop or device? Not quite understanding how to set up a program? Want to know how to operate Zoom or Word? Maybe you received a new gadget or phone over the holidays and need some help setting it up? Call Jill at 250-566-9107 to book your 15 minute spot. Masks are required.

## VALEMOUNT

TUES, THURS, FRI 12-5pm | WED 12-9pm | SAT 12-4pm - **Valemount Public Library hours**. Call 250-566-4367 to book a time slot for browsing (15 min) or computer use (30 min)

TUES Dec. 15 - **Pelvic Floor Physiotherapy Presentation** with Physiotherapist Vanessa McGibbon, from 5-6PM. Join us via ZOOM, for this informative educational session on the importance of the Pelvic floor, strengthening exercises, and when an assessment might be recommended. Contact Sharon Darragh at 250-566-9107 or email [sharon@rvcsbc.org](mailto:sharon@rvcsbc.org) to obtain the zoom link.

## MCBRIDE

WED Dec.16 12pm - 1 pm. Join us for another day of **Soup & Bun To GO!** on 12pm-1pm. Please arrive at the McBride Library meeting room off of 5th Avenue. Meals

are by donation. All volunteers/staff will abide by strict safety precautions.

TUES - FRIs. Do you have memories on old slides or home movies that need to be preserved? The Valley Museum & Archives wants to help! Call us at 250-569-3000 to sign up. Or, are you willing to help with the New Horizons Voices from the Past Project? please connect !! Open Tuesday - Friday 11am -4pm

**Phone Check In Program** Its pretty easy to feel isolated and lonely this time of year. If you are a senior who would like a phone call wellness check, on a schedule that works for you, or you'd like to volunteer to be a caller, please contact Sheri Gee at 778-763-1341, 1-844-324-2004 or [sheri@rvcsbc.org](mailto:sheri@rvcsbc.org)

**Tech Sessions for Seniors!** Are you puzzled by computer terminology? Would you like to learn to make a poster online? How about how to use skype or zoom? Do your grandkids laugh because you don't have an instagram account?! We want to hear from you! We are interested in hearing what technical skills seniors would like to learn so we can offer small group or 1-to-1 training, as part of a New Horizons for Seniors grant. Call us on 569-2411, email [library@mcbribebc.org](mailto:library@mcbribebc.org) or drop in the library and ask for Abi.

## TETE JAUNE

We invite all TJ residents to participate in a fun, heart-warming, festive contest, No huge rules involved. Just create a homemade Christmas wreath and display it at the end of your driveway. Display whatever strikes your festive fancy. No premade store-bought wreath or your driveway will be disqualified by contest judge Emily Tinsley. The grand prize is a gift basket with turkey, homemade perogies, chocolates and wine. Judging will take place Friday, Dec. 18th with the winner announced later that day.

## Trans Mountain agrees to buy credits from geothermal project

By ANDRU McCracken

In November, the Village of Valemount applied for two grants to develop a geothermal district heating system in cooperation with Borealis GeoPower.

The agreement between the municipality and the company was published at a council meeting in November and includes previously unpublished information about the arrangement.

The Village would own and operate the system and Borealis GeoPower would get a share of 49% of the operating income from the project (the village would get the rest).

Borealis would be responsible for 26.67% of the costs not funded by the CleanBC Communities Fund, as well as costs not eligible under grant programs as well as cost overruns.

The Trans Mountain Pipeline has agreed to purchase the GreenHouse Gas credits generated by the project at an agreed-upon price (that isn't specified in the agreement). The credits would be considered operating revenue.

The project aims to draw geothermally heated water from the ground and distribute it through subsurface pipes along the village right-of-ways to public buildings. The cooled water would be reinjected into the ground. The system would have at least two wells, a pumping system, distribution pipe, flow and temperature meters.

The first phase would just serve municipal buildings, but if the District Heating System worked well, businesses and residences could be included in the following phases.

Gardening  
with Pete

## Storing Your Own Seeds

The loft in my house has been a great spot for getting the dozens of containers of seeds really dry and ready for storage. The tomato seeds had been extracted and fermented for three days in October and November and then set to dry on trays in their own little yogurt container with a label on the side. (With so many different varieties, they ripen over a long period of time.) The beans and peas are still in their pods spread out on trays and are brown and totally dry. The peppers were threaded in groups of three or four and hung on a rack above the heater stove. The herbs have already been stripped from their stems as soon as they were crispy. I like to get them in airtight jars and in the cupboard before they gather dust and lose their colour.

Having the seeds totally dry before putting them in storage is really important if you want them to remain viable for as long as possible. Large seeds like beans and peas should actually shatter if you hit them with a hammer on a hard surface. If they just squish, they are not yet ready for storage. If you are saving seeds from squash or melon or cucumbers, they should snap in half when you try to bend them.

If you don't want them lying around for so many weeks, you can also dry seeds in a gas oven with just the pilot light on. Usually a few days will be all you need. (Be really careful not to turn the oven on to get supper ready with the seeds still inside!).

Some seed savers use a commercial product called "silica gel" that you can usually find at craft stores. It can also be used for quickly drying flowers to help retain their bright

colours. You can just place the seeds you want to dry in a cloth bag or piece of cheesecloth tied with string. Weigh the bag and then weigh out the same amount of silica gel. Place both in a dry glass jar with a good rubber seal and close the lid tightly. Some silica gel has a colour indicator that changes colour from blue to pink as it absorbs the moisture from the seeds. If you get the regular silica gel, leave the jar in a dark spot for around 7 days. Test the seeds to be sure they are hard and shatter when hit with a hammer.

When you are sure the seeds are totally dry, they can be placed in paper envelopes with the variety and the date marked on them. The envelopes should then be placed in a dry glass jar with a good rubber seal and closed tightly. The jar can then be stored in a cool, dry, dark place until next year. Some people prefer to store their seeds in a freezer as it gives longer-term storage. If you do freeze your seeds, always bring the jars out of the freezer and let them come to room temperature before opening them. Otherwise, there is a tendency for the jars to get condensation on the inside as you open them with such a large temperature difference. This is bad for the seeds inside.

I have made it a practice to retain about ¼ of the "old seeds" in my containers from previous years. I just add this year's fresh seeds to these. This gives a better chance of having a more diverse genetic mixture if the seeds in the container are from many years' harvests.

Saving our own seeds is a real step toward sustainability.



Pete Amyoony has lived, worked & gardened in the Dunster area for 35 years. He tries to deal with the "down to earth nuts and bolts of organic gardening" in his columns.

arts &  
culture funding

## Grant Writing Workshops

CKCA is hosting FREE workshops for individuals or groups in the Columbia Basin who are interested in applying for Columbia Basin Trust arts and culture funding.

Workshops start December 16, online.

For schedule and to register visit:

[www.basinculture.com](http://www.basinculture.com)

**Pre-registration is required.**

Administered and managed by:  
P.O. Box 103, Nelson, BC, V1L 5P7  
1-877-505-7355 250-505-5505  
Info: [admin@wkcartsouncil.com](mailto:admin@wkcartsouncil.com)



Photo: Plein Aire Painting Wkshp - W.K. Chapter-Federation of Cdn. Artists



## Final Solar Trine of the Year Goes to Mars

The sun is in its send-off phase of the wild ride of 2020. Dec. 10 brings the final solar trine of the year, and the sun has chosen Mars, the warrior, in fully armored Aries. It's a bright push of aggressive energy, like the charge of battle or a surge of war cries, each led by its own conquering spirit. Now, where should this mighty power be directed? The enemy is our own resistance to evolving.

**ARIES** (March 21-April 19). There are many things you accept as who you are that actually have little to do with your core being. Rather, they are actions you perform repeatedly, mostly to fit in with society. It will help you this week to separate who you are from what you do. Pleasure, well-being and vitality spring from adjusting a set of actions.

**TAURUS** (April 20-May 20). Short bursts of pleasure can provide an escape from the humdrums of reality but often come at a cost high enough to make them an unsustainable remedy for life's daily frustrations. Shoot for joy, not pleasure. Dig into interests that take a little longer but fortify as they go.

**GEMINI** (May 21-June 21). Once you dreamed of being a person who could help others in a certain way. You worked toward the ability until it was yours to apply to the benefit of all. This is a source of deep satisfaction. Continue on the path. Now you have new, noble aims, the pursuit of which will make you stronger and even more able to uplift.

**CANCER** (June 22-July 22). You're not one to go in just because things look nice.



You'll do the test run, kick the tires and make sure there's value to match the shiny facade. You may not have the luxury of time this week to put a thing to the sort of checklist you would like for assurances. You can, however, trust the high recommendation of friends.

**LEO** (July 23-Aug. 22).

You'll always have you. Time passes. People come and go. You are there with yourself through it all. Invest in you. This week, you'll educate yourself on a new topic of interest or follow through on a tight little plan. Whatever you do to strengthen your relationship with yourself will be a lasting fortification.

**VIRGO** (Aug. 23-Sept. 22). While it is wise to avoid the sort of distractions that were designed to lure you, when it comes to genuine interest, this is a week to go all-in. Notice what stimulates your mind and allow yourself to follow your interest even if it's unusual, trifling, implausible or plain silly. There's a reason attention goes where it does.

**LIBRA** (Sept. 23-Oct. 23). It is standard-issue protocol for jealous humans to compare themselves with the competition in hopes of finding ways in which to be superior. The tendency is nothing to be ashamed of, though it should be worked through privately with the intention of examining and fortifying one's sense of self-worth.

**SCORPIO** (Oct. 24-Nov. 21). Accolades, like nicknames, don't count if you give them to yourself. You've long known that the more impressive a person tries to be, the less an impression

gets made. So, you avoid the song and dance, opting for the dignified choice to complete a series of meaningful tasks. Praise will catch up with you later.

**SAGITTARIUS** (Nov. 22-Dec. 21). You can't deliberately get people to care. They know when they do, and they have their own personal motives for it. The best you can do is to observe what's working and duplicate it. The tools that will make you powerful this week include curiosity, acute awareness, social grace and excellent listening.

**CAPRICORN** (Dec. 22-Jan. 19). Appearances definitely matter in the short-term, but superficial judgments are brief and interchangeable. Ugly becomes pretty; good becomes bad. Instead of focusing on making things look the right way, focus on making them useful. Accomplishments speak in a way that appearances never can.

**AQUARIUS** (Jan. 20-Feb. 18). The complexity of a relationship builds, getting more exciting and also more vulnerable. The best relationships are like trees; they grow up and down at the same time. There have to be roots deep enough to anchor the height and fullness. Relationship roots grow in daily trust built over time, from plans made and kept.

**PISCES** (Feb. 19-March 20). People assume things that aren't true, and that's the norm. So much is unknowable, including the inner thoughts, feelings and experiences of another person. To accept that you don't know and stop guessing about it is liberating. Relatedly, you'll feel best around people who don't, with their actions, tell you who to be.

**THIS WEEK'S BIRTHDAYS:** You'll do the right thing. It will be terribly inconvenient, and it will also produce an avalanche of good fortune. Furthermore, there are opportunities -- subtle at first, but as the months pass, greater trust will be invested in you until you find yourself in a position where people rely on you and seek your leadership. It's not a prize so much as a calling. In 12 month's time, you'll look back at this fascinating juncture, in awe at your ability to navigate with such integrity.

Write Holiday Mathis at [HolidayMathis.com](http://HolidayMathis.com).  
COPYRIGHT 2020  
CREATORS.COM

## SUDOKU

		4	1			9	7	6
			5	8			2	
	9			6			5	
			2	3		5	9	
3								7
	5	9		7	6			
	2			4			8	
	4			1	2			
7	3	6			5	1		

### HOW TO PLAY

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.



Answers on P21

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17			18							19				
20							21							
22				23	24	25		26			27	28	29	30
31				32			33		34					
			35				36			37				
	38	39						40	41					
42						43								
44				45	46		47				48	49	50	
51						52		53			54			
				55			56				57			
58	59	60	61				62	63	64					
65						66					67			
68						69					70			

## CROSSWORD

1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
		17	18						19		
20	21					22	23				
24				25	26				27	28	29
30				31					32		
				33					34		
35	36	37				38	39				
40				41	42				43	44	45
46				47					48		
49				50					51		



Answers on P21

### Across

- Kind of art or tart
- Comparison word
- Haul
- Keen perception
- Long sandwich
- Unique
- Live
- Front door, e.g.
- Female deer
- Hide and \_\_\_\_
- Where Bhutan is
- Coverage, so to speak
- Pendant
- Take care of a bill
- Thus far
- No place special
- Bizarre
- What drill teams present

- Consider, with on
- Place for bubbles
- Made public
- Devoured
- Minable metal
- First-place
- Stock holder
- Miles \_\_\_\_ gallon
- Hooting experts
- Not happy

- Whenever
- TV Guide span
- "Don't \_\_\_\_!"
- Symbolic tree
- \_\_\_\_ which way
- Go with
- Unfriendly
- Latest
- Shaver
- Conjunction
- Possibly
- Recliner part
- "I agree"
- Pass the \_\_\_\_
- "I \_\_\_\_ you one!"
- Field yield
- In this place
- "happily \_\_\_\_ after"
- Fight starter
- Tosses in
- "Give it \_\_\_\_!"
- Mean
- Hot beverage
- Halt

### Down

- Veggie in a pod
- Galley tool
- Guess
- Biblical pronoun
- Nesters
- Type of studio
- Negative alternative
- Colour shade
- Gave the prescribed amount to
- Root veggie
- Tempe sch.
- \_\_\_\_ Harbour, Fla.
- Golf ball placement
- U.S.N. officer
- Abbr. at the bottom of a letter
- Flubs
- "And others," in a bibliography
- Link
- Words before sight and mind
- Gamblers' mecca

- Mentioned before
- Snack
- Student score (abbr.)
- Patriot Putnam of the American Revolution
- Peach \_\_\_\_ (dessert)
- Leaking
- Trappers' pelts
- Some investments, for short
- Romantic flower
- Large lake
- Farm call
- Misinforms
- Some lodge members
- Eagle nests

- Multitudes
- Specify
- Jason wears one in "The Bourne Identity"
- Islamabad's country, abbr.
- Check bar codes
- Presidential brother
- Article in "El Sol"
- Tried for office
- Duke's grp.
- S.F. hours
- Interjection
- Shoot the breeze

Answers on P21

## THE TOUGHIE

by Myles Mellor

Answers on P13

### Across

- Itinerary abbr.
- "Kill Bill" weapon
- There's a final one, in poker
- Ending for west or east
- Prohibited thing
- The lightning Bolt sprinter at the Olympics
- 1999 film, Tobey Maguire starred
- Hit Broadway
- Three set
- Control pill in a test
- Forcing back
- "\_\_\_\_ durn tootin'!"

- Hit the road
- Accelerated
- The Duke of \_\_\_\_ "Rigoletto" role
- "\_\_\_\_ life!"
- Classic sports film with Kevin Costner
- Knot in wood
- Outbursts
- Fit for farming
- Asunción assent
- Car club
- Attacks
- Baby blues
- Stretches one's budget
- Subject of some treaties

- One of a dinosaur series
- Create a statute
- "Buckwheat groats"
- Brain scan, for short
- Baccarat "declaration"
- Flowing, at the bar
- Common ID

### Down

- Duplicate a duplicate
- Big hit
- Ingratiate oneself
- Bering, e.g., abbr.
- Comic strip cry
- Sale abbreviation
- Lopsided score



**BOOK YOUR AD! 566-4606 OR  
GOATNEWSPAPER@GMAIL.COM**

## LOCAL RESOURCE DIRECTORY

4 Weeks \$13/week | 1 Year \$11.50/week contract



### Accounting



**CAMPBELL & COMPANY**  
Chartered Professional Accountants  
www.campbellco.ca

ACCOUNTING • TAX • ADVISORY  
Call or email to book an appointment  
tf: 1-800-846-9190  
e: ca@campbellco.ca  
KAMLOOPS • BARRIERE • VALEMOUNT

### Computers



**COMPUTER  
SERVICING & REPAIR**

Servers, Networks, PC Repair, Upgrades,  
Virus Removal & Remote Access

Tel: (1) 250 566 8221 Cell: (1) 250 566 1990  
http://www.mica-electronics.com

No Obligation Estimates, Affordable Rates & Reliable Service  
Serving The Robson Valley Since 2005

### Fuel



**CANGAS  
PROPANE**

**YOUR LOCAL  
PROPANE PROVIDER**

Sales • Service • Installation  
**1-833-852-8811**

### Contracting



**DMC** Chartered Professional Accountants Inc.

Accounting, Taxation and Consulting Services for  
Corporate and Not for Profit Organizations

P. 250.564.2660 F. 250.563.3281 TF. 877.278.9977  
696 Brunswick St., Prince George, BC, V2L 2C1 www.dmca.bc.ca




**CASTELLA  
CONTRACTING LTD.**

OFFERING SIDING, METAL ROOFING, WINDOW  
INSTALLATION, TIMBER FRAMING, MASONRY  
WORKS AND GENERAL CONTRACTING SERVICES.

20+ years of experience.  
Can take on bigger projects.

Contact Petr at 1-250-552-8239 to get a quote.



**Four Rivers  
Co-operative**

Delivering Fuel  
East to McBride &  
Valemount

Commercial, Farm & Personal

Visit our Gas Bar in Prince George  
6749 Westgate Avenue - Tel: 250.964.2697

Valemount Cardlock: 1500 - 9th Avenue Valemount BC TF: 866.309.2667	McBride Cardlock: 2130 Zeidler Road McBride BC TF: 866.309.2667	Prince George: Tel: 250.564.3488 TF: 866.309.2667 Fax: 250.564.3433
--	--	--

### Automotive

**Monashee Motors Ltd  
Towing & Auto Repair**

3050 BIRCH ROAD, VALEMOUNT (CEDARSIDE)

• VEHICLE INSPECTIONS	• PROPANE • OIL • RV SUPPLIES • HEAVY TRUCK TIRES	• BATTERIES • MECHANICAL SERVICE ...AND MORE!
--------------------------	--	--

24-HOUR TOWING  
BCAA AUTHORIZED ROAD SERVICE  
OPEN MONDAY-SATURDAY 8:00 AM - 5  
PM  
CLOSED SUNDAYS & HOLIDAYS



250-566-4318

### Construction

Shawn Fowler  
Ph: 250 566 1725





**CANOE MOUNTAIN  
DEVELOPMENTS**  
Valemount, British Columbia

<b>GRAVEL</b> Fill Landscape Rock 3/4" Crush ...and more!	<b>SERVICES</b> Loader/Excavator Grader Skidsteer and attachments Rubber Tire Hoe	<b>LOTS FOR SALE</b> Fully serviced half acre lots in town limits
---	---	--

www.canoemountaindevelopments.ca shawn@canoemountaindevelopments.ca

**Sands Distribution Ltd**

- Cardlock and Bulk Plant Facility
- Fuel truck for your delivery needs
- Lubricants

3205 McLennan Rd Valemount BC 250-566-4818

**Travis' Automobile Service**



SNOWMOBILE REPAIR  
INSPECTION FACILITY  
LICENSED AUTOMOTIVE &  
HEAVY DUTY MECHANICS  
SPECIALIZING IN DIESEL  
ENGINE REPAIR, 4X4 REPAIR,  
AND MISCELLANEOUS REPAIRS  
WELDING, LATHE WORK &  
TIRE SALES

**250-566-8403**  
Travis Wied 945 Hwy 5 N Valemount



**Whisper Creek Cabin  
Rentals and Builders**

SHAWN & DIANE FOWLER  
BC Licensed Builders

250 566 8483  
shfowler@telus.net  
www.whispercreekcabinrental.com  
1170 Canoeview Pl, Valemount



**Superior Propane** Our Energy Serving You

Propane Delivery  
Residential/Commercial/Industrial  
Sales/Service/Installation

**1-877-873-7467**

### Design

We do... **BRANDING AND PROMOTIONAL  
GRAPHIC DESIGN SERVICES**

- Affordable, professional logo and branding design from a local company you can trust
- Free consultation and quote
- Logo redesigns, business cards, letterheads, 3D upgrades and much more

goatnewspaper@gmail.com  
**250 - 566 - 4606**

### Golf

**Valemount Pines  
Golf Club  
& RV Park**



1110 Hwy 5  
Tel: (250) 566-4550

### Optometry

**DR. MONIKA BRAUN  
DR. JENNIFER LANGFIELD  
OPTOMETRISTS**



**HINTON OPTOMETRY CLINIC:**  
158 Athabasca Avenue, Hinton

**For appointments call 780-865-3915 or 1-800-323-9891**  
Monday/Friday 8 AM-4 PM, Wednesday/Thursday 9 AM-5 PM, Tuesdays 9 AM-6 PM.  
Closed Fridays 12PM-1PM for lunch.

## Valemount air quality monitor down

By ANDRU MCCracken

Recent upgrades to an electrical panel at the Valemount Firehall has caused the air quality monitoring equipment to go offline, according to David Karn, a spokesperson for the Ministry of Environment.

They said a breaker has been tripping when a vacuum pump turns on. The equipment stopped recording (and publishing) air quality data on November 30.

"The Ministry of Environment is working with the Village of Valemount to ensure the proper breaker is installed for the instrumentation," said Karn.

Valemount's air quality has been flagged as one of the worst in Canada thanks to a combination of geography and meteorology. During periods of poor venting, fine particulates—like woodsmoke—build up thanks to weather and the bowl shaped mountains, leading to progressively worse air quality.

### Physiotherapy



**ROBSON VALLEY  
PHYSIOTHERAPY**

Offering Telephone appointments  
and Video Conference appointments  
**Mon-Thurs 10:00 AM - 4:00 PM**

PH: 250-569-7995 | EM: robsonvalleyphysio@gmail.com





**BOOK YOUR AD! 566-4606 OR**  
**GOATNEWSPAPER@GMAIL.COM**

# LOCAL RESOURCE DIRECTORY

4 Weeks \$13/week | 1 Year \$11.50/week contract

**Security**

- Fire, smoke, flood, detection
- Video surveillance systems
- Local Installation technician
- Serving McBride, Dunster, Valemount & Mt. Robson

**ALARMS-DIGITAL VIDEO**  
**24 HOUR MONITORING**

web: curtiselite.com

**Mike Dryden** 250-566-1536  
**Brian Bailey** 250-614-8000  
**Toll Free** 1-844-614-9600

**Shoe Repair**

- SKATE SHARPENING & SKATE REPAIRS
- Top grain leather belts (X-long available) - \$39.99
- Super feet Archmold insole - \$49.99

**Ryan Vale** | LOCATED IN THE  
ryanjvale@yahoo.ca | MCBRIDE HOTEL!

**250-569-7822**

**Transport Services**

Pilot truck service  
Redi-mix Concrete  
Gravel Products  
Concrete Products

Tandem & Tridem gravel trucks  
7 & 8 Axle Lowbedding  
Tractor Service  
Log Trucking

**GLACIERSTONE INDUSTRIES LTD.**

**Myron Baer** 250-569-7245  
**Brendan Zimmerman** 250-569-7404  
glacierstoneind@gmail.com

Big Iron  
Transport &  
Croydon Enterprises  
have merged!

**Television**

**Valemount Community Television**  
Don't just watch TV - make it! 250.566.8288

Facebook.com/ValemountCommunityTV www.vctv.ca

**Find us on Satellite!**  
Bell or Telus Channel 653 across Canada  
Or find us over-the-air on Channel 7

**Valemount TV**

**Photography**

**Passport photos & more ...**  
**Taken and printed in just 15 mins!**

- Passports (including babies!)
- Firearms • Visas
- Citizenship & more

**Andru McCracken**  
**250-566-3050**

(Rocky Mountain Goat Office) 1170 5th Ave., Valemount

**VAC Truck**

**Valemount Vacuum Truck Service**

- Hydro Vac Service
- Septic Tank Cleaning
- Line Cleaning
- Hazardous waste hauling

**BLAIR or MIKE 250-566-1536**

**VALEMOUNT RENTAL LISTINGS**

**SEEKING NEW CLIENTS**

Rustic Luxury will work with you to provide housing options for the Valemount area. Licensed and experienced property management services support your tenant/landlord relationship while improving and maintaining your real estate investments.

**CALL JEN TODAY!**

**PHOTOS & DETAILS**  
www.rusticluxury.com Call Jen 250-566-1323

**PUZZLE ANSWERS**

**SUDOKU ANSWERS**

5	8	4	1	2	3	9	7	6
6	7	1	5	8	9	3	2	4
2	9	3	7	6	4	8	5	1
4	6	7	2	3	1	5	9	8
3	1	2	9	5	8	4	6	7
8	5	9	4	7	6	2	1	3
1	2	5	3	4	7	6	8	9
9	4	8	6	1	2	7	3	5
7	3	6	8	9	5	1	4	2

**CROSSWORD ANSWERS**

**TOUGHIE ANSWERS**

**WHEN RESULTS MATTER**  
**Community Classifieds DELIVER**

**classifed@bccommunitynews.ca**

**CONTACT US TODAY**  
**1.866.669.9222**

**communityclassifieds.ca**

Your ad will reach almost 2 million British Columbians EACH WEEK for just pennies per household.

**Provincial Classifieds**

**SERVICES**

GET RESULTS! Post a classified in 95 newspapers in just a few clicks. Reach almost 2 million people for only \$395 a week for 25-word text ad or \$995 for small display ad. Choose your province or all across Canada. Best value. Save over 85% compared to booking individually. www.bccommunitynews.com/advertise or 1-866-669-9222.

**HEALTH**

GET UP TO \$50,000 from the Government of Canada. ALL ages & Medical Conditions Qualify. Have a child under 18 instantly receive more money. CALL BRITISH COLUMBIA BENEFITS 1-(800)-211-3550 OR Send a Text Message with Your Name and Mailing Address to (604) 739-5600 For Your FREE benefits package.

**BUILDINGS FOR SALE**

INTEGRITY POST FRAME BUILDINGS since 2008. Built with concrete posts. Barns, shops, riding arenas, machine sheds and more. Adam.s integritybuilt.com. 1-250-351-5374. www.integritybuilt.com.

**Robson Valley & North Thompson Classifieds**

**FOR RENT**

Furnished Accommodation: 1 Bedroom, 2 Bedroom, 3 Bedroom, Mobile Homes for Rent. Viewing with Appointments. No Pets. Call 250-566-5072 or 250-566-9884 Email: kurien@live.ca

**ACREAGE FOR SALE**

SETTLERS! approx 20-acre homestead between Blue River and Clearwater. Cabin, tool shed, hay and barn shed. 5-acre hay field, two water rights. 8 miles to nearest house. Very private. Peaceful and quiet. A deal at \$184,900! Lots of pictures, will meet. John 604-530-9295 or Bernie C: 250-674-8075.

**Goat Classifieds AS LITTLE AS \$7/WEEK!**  
goatnewspaper@gmail.com  
250-566-4606

**GET RESULTS!**

Reach almost 2 million people in 95 papers for only \$395/week for a 25-word text ad, or \$995/week for a formatted display ad

**bccommunitynews.com/advertise**  
**1-866-669-9222**

Book by province or whole country and save over 85%!

**Classifieds**  
**In print and online, too!**

250-566-4606  
goatnewspaper@gmail.com

under 20 words .....\$7/week  
under 40 words .....\$10/week  
box classified (<40 words) ... \$25/week  
'Guaranteed to Sell' .....\$40/3months (<40 words)

**EXTENDED HOLIDAY HOURS!**

**We will be open late until 7pm**  
**Monday, Tuesday, Wednesday**  
**Dec. 21-23!**

**Valemount IDA**  
1214 5th Ave.  
250-566-4594

**atomax**

**Regular Hours: MON - SAT (9 AM - 5:30 PM)**  
**SUNDAYS (10 AM - 4 PM)** **OPEN 7 DAYS A WEEK**



# New FIRE TRUCK



By ANDRU MCCrackEN

The Valemount Volunteer Fire Department has a new fire truck. Fire Chief Rick Lalonde said insurance underwriters have rules in place specifying the type and number of front line vehicles the department needs to have in place. The purchase has been in the works for 22 years.

“We’ve been saving for this capital purchase since 1998 after the purchase of the last fire engine,” said Lalonde. “The price of the new engine is \$565,000.” The new unit is a 2020 Freightliner Pumper Tanker and it’s been decked out in a way to minimize hazards to firefighters and to maintain its useful life after 20 years.

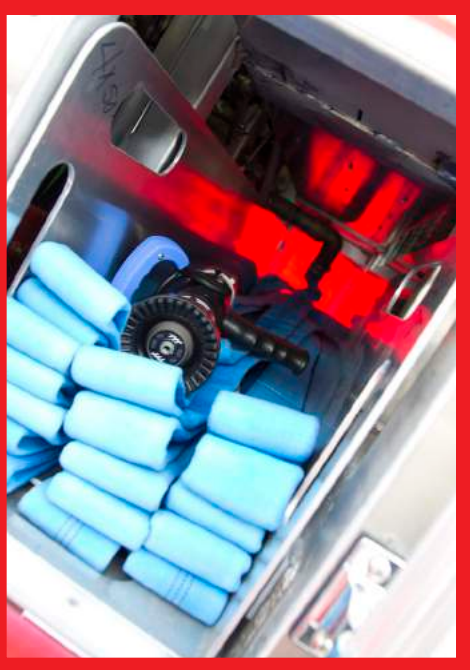
The truck’s foam system can be refilled from the ground, the truck features a back-up camera, better work lights, ABS brakes, automatic tire chains, hydraulic ladder storage and a hydraulic drop-tank (the hydraulic ladder and drop tank minimize how often firefighters need to climb up the top of the truck, thus minimizing risk of injury. Lalonde said it’s important to keep firefighters from getting injured as they all have day jobs to get back to after responding to a call.

The new truck also has a 1500 gallon water tank. Lalonde also plans to get an additional 10 years out of the new purchase by using it a tanker when it can no longer be their front-line engine.

Lalonde is a heavy duty mechanic by

trade, and while the purchase of the unit is welcome, he clearly regrets not being able to run the older unit because of its excellent condition and low mileage. The older pumper will remain in the fleet as a backup for the occasional big fire in the area. Lalonde gives the BKB Mill fire in McBride as an example of the need for a back up truck in the valley.

The decision to make the purchase was informed by input from the fire department’s Community Consultation Committee. Members include Hollie Blanchette, Trevor Pelletier, and firefighters Donovan Gee, Dean Schneider and Fire Chief Rick Lalonde (pictured bottom left).



From the top: Firefighters Donovan Gee, Dean Schneider and Chief Rick Lalonde are happy with the truck’s numerous improvements that will keep them safe. Hydraulic lifts store hard to reach gear up and out of the way, meaning firefighters don’t need to climb the truck as often. The fire department’s community consultation committee members pose in front of the new truck. Above right: Removable hose beds make getting the pumper truck ready for the next deployment simple and fast, helping volunteer firefighters return to their day jobs quicker.

TURNING DREAMS INTO REALITY, ONE PROPERTY AT A TIME!



**Sherri  
MALONE**

CALL ME!  
**1-250-566-1022**

Realtor at  
**ROYAL LEPAGE  
ASPIRE REALTY**



**ROYAL LEPAGE**  
**Aspire Realty**  
Independently Owned and Operated

EMAIL: [sherrimalone@royallepage.ca](mailto:sherrimalone@royallepage.ca)  
WEB: [propertiesinvalemount.com](http://propertiesinvalemount.com)  
OFFICE: 1275 5th Ave, Valemount BC V0E 2Z0





## CHRISTMAS TREE HAUL

Intrepid senior Irma Brownlee successfully cut down her own Christmas tree and loaded it into her mini van on Sunday. /LAURA KEIL

## You're not alone: message from Food Bank



SUBMITTED BY RUTH HANUS,  
VALEMOUNT FOOD BANK

Just when you think you are in control; life throws you an unexpected curve ball. It can happen at any time and it usually does. The bitter truth in dealing with loss of employment, being under employed, sick, injured, or age, creeps into your life to steal your power and your dignity. Add the Covid-19 pandemic to these usual financial hazards and, those already heavy burdens, become almost unbearable.

To some, going without food or "food security" is inconceivable. For others, it has become a harsh reality!! Of course, there are community agencies and associations that can assist with a monthly food top up however, feelings of fear, stigma, and embarrassment in fulfilling the need to get additional food can be the cause for many families to go without proper nourishment.

What you need to know is that there are so many families that have been placed in this very precarious position due to the

Covid- 19 pandemic and that you are not alone!

In the past few months, the Valemount Food Bank has been working with "FoodMesh" which is a Retail Food Recovery Program that was created to help retailers divert their surpluses food to the highest end use. On November 25, 2020 the Food Bank, IGA and FoodMesh launched a working partnership to ensure a higher level of food security in our community. This means that those that need additional food such as fruits, vegetables and meats will be able to access healthy food for free.

Due to Covid-19, we will not be able to have our Community dinner as we did last year and so we are now taking names for Christmas food hampers. Our cut off date for Christmas Food Hamper requests will be Monday December 14th. These hampers can be picked up on December 21st between 12-2 PM at the Food Bank located in the basement of the New Life Centre Church 1245-1 St. Ave in Valemount (entry through the

back door). Please make your Requests by phone to, Sherry (250 566-1840), Monika (250 566-0033) or Ruth (780 454-4442).

To access a monthly food hamper, pick-ups are every 2nd Wednesday of the month. We are also introducing a "Food Top Up" option for those who need a few

extra meals to get them to the end of the month.

The Food Bank is bound by ethical standards and privacy and that we hold our client's confidentiality in the highest regard.

## HOLIDAY NEWSPAPER DATES

**Dec. 10<sup>th</sup>** - \*Includes special Xmas section

**Dec. 17<sup>th</sup>** - NO Paper

**Dec. 23<sup>rd</sup>** - \*Includes New Year's section

**Dec. 31<sup>st</sup>** - NO Paper

**Jan. 7<sup>th</sup>** - NO Paper

**Jan. 14<sup>th</sup>** - \*1st paper of 2021

RMG Office will be closed Dec. 23<sup>rd</sup> - Jan. 3<sup>rd</sup>

Food Bank board members celebrate the new partnership between Valemount IGA and FoodMesh (an initiative to give food a 2nd chance and keep edible food out of our landfills). (Left to Right) Ruth Hanus, Monika Springer, Bev Smith, Jack Hoy, Barbara Kelly, Bert Pyper (new Manager from IGA), Sherry Tinsley, and in front, Sid Brar, Trainer from FoodMesh. /SUBMITTED

## Did You Know...

• Food insecurity in Canada is estimated to have increased by 39%, and disproportionately affects Northern communities, like the Robson Valley.

• Due to the pandemic, folks are finding it increasingly more difficult to adequately nourish their families.


• Our Valley has many food services available. Visit the RVCS Food Security Page on our website under "Robson Valley Food Offerings Calendar".

Rebecca Wylie, our Food Security Coordinator, is available to assist in finding the supports you need in a safe and confidential way.  
Contact: [rebecca@rvcsbc.org](mailto:rebecca@rvcsbc.org) or (778) 763-1319, Mon. to Wed. 8am-4pm.

Visit [www.robsonvalleycommunityservices.org](http://www.robsonvalleycommunityservices.org)







Shelly Battensby

REALTOR

DIFFERENT

BETTER

RE/MAX CENTRE CITY REALTY

Cell: 250-566-1086

Office: 250-562-3699

Visit [ValemountMcBrideListings.com](http://ValemountMcBrideListings.com)


A great resource for your property search in the valley

WITH YOU EVERY STEP OF THE WAY.

SOLD

FOR SALE

VALEMOUNT




\$495,000

11944 Essen Road

This custom log home sits above the Fraser River valley in the Tete Jaune area. Designed with catering and entertaining in mind, the home has a large open concept living space that opens onto a covered deck with Cariboo Mountain views. If you want a property with the potential for your dreams, this is it.


VALEMOUNT



SOLD!

Lot 2 DL6022 Hwy 16

MCBRIDE




\$384,900

3225 Dore River Road

This small acreage offers you privacy and solitude in a well maintained package. Three bedrooms, three baths, open concept living, and move-in ready. The manicured yard features a large garden spot and a private coffee corner perched above the riverside view, making this property top notch.

MCBRIDE



\$375,000

115 Sansom Road

At nearly 20 acres, this 4 bedroom farmhouse is the perfect hobby farm. Well maintained and welcoming, the home has everything you need. Outside you'll find fenced pastures, a workshop and a small barn. And the location can't be beat.

Visit my website to see all of my featured listings. [www.valemountmcbridelistings.com](http://www.valemountmcbridelistings.com)

A GREAT RESOURCE WHEN LOOKING FOR REAL ESTATE.



MCBRIDE

3121 Dorman Road

- beautiful new home 3 Brm 3 1/2 Bath

- Very private, 2+ acres fenced

- great views - minutes from McBride

- landscaped, treed and outbuildings

\$695,000



KITCHEN



LIVING ROOM

ASPIRE REALTY

Irene Berndsen

[ireneb@royalpage.ca](mailto:ireneb@royalpage.ca)

[ireneb7397@gmail.com](mailto:ireneb7397@gmail.com)

[www.mountainviewrealty.ca](http://www.mountainviewrealty.ca)

TEL: 250-569-7397

SERVING MCBRIDE, VALEMOUNT AND THE ROBSON VALLEY





MCBRIDE

906 Airport Road

- 2 Bdrm, 2 Bthrm, plus den

- double garage plus workshop

- 1/2 acre lot - fenced back yard

\$299,900



MCBRIDE

246 Main Street

- large main street storefront

- 3 revenue suites

- many updates - good condition

- excellent value

\$193,000



VALEMOUNT

1418 Bruce Place

- large commercial lot

- 2 buildings - lots of paved parking

- room for more development

- excellent location

\$329,000



DUNSTER

Pepper Plt Road

- 135 Acres in Dunster

- beautifully treed (cannot be logged)

- year around creek

- small cabin

\$219,000