



Celebrating Valemount's Grads P10-15

Rocky Mountain Goat

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Sam drops in the Valemount Skate Park next to the Canoe Valley Recreation Centre, using the previously rarely visited facility. Some citizen scientists speculate whether the local resurgence of skateboarding is linked to COVID-19. Skateboarding combines the ability to hang with friends, social distance and look cool at the same time. /ANDRU MCCracken

Tourism numbers bruising: drop in summer traffic expected

By Andru McCracken

In a typical summer, say 2017 through 2019, 60% of Valemount's summer traffic has been international visitors according to statistics kept at the Valemount Information Centre. Valemount's economic development officer Silvio Gislimberti said local tourist businesses will be bracing for a big hit this summer, because by law, international visitors aren't flying to Canada, and if they do they'll be required to endure a 14-day quarantine period. "Even right now in Europe, they have not yet opened borders between the European countries," he said.

Some estimate Vancouver's numbers will be down by 80%, said Gislimberti.

Valemount could fair better. Unlike Vancouver, about 40% of the community's traffic at the tourism info centre is from BC and Alberta.

Gislimberti said an increase in the number of staycations could improve those numbers further but encouraging tourism is a quandary.

"It's a little bit tricky. On one hand, one would like to say, 'Yes, we're open, please come.' On the other hand, we have to say we have to be very careful because if anything goes wrong, we do not have the means and the facilities to really take care of ourselves."

Councilor Pete Pearson, chair of Tourism Valemount, said as much at a recent council meeting.

"It's an interesting time for a tourism committee. Our job is to promote tourism, but it's pretty hard to promote tourism when you are telling people, 'Don't come,'" he said.

Questions abound for local operators.

"Is it okay to come and use the bike park? Are the rec sites open?" asked Pearson. "It makes it really interesting trying to promote our area without encouraging people to come."

Pearson noted that the number of reservations for BC Provincial Parks crashed the system.

CONT'D ON P3

Irene Berndsen


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see LISTINGS ON
BACKPAGE



Grizzly love story?

As always it's so exciting to film grizzlies closeup in the wild. The sow grizzly was feeding on the spring beauty flower bulbs and grasses on a mountain slide and then crosses over a fast moving mountain river to try to possibly escape a trailing boar grizzly. Nearly three hours later and with the light starting to fade a boar grizzly shows up and he who is not so easily fooled follows her scent trail to the river and without hesitation crosses over and hurries on to catch up to his possible "Love of his Life". /LEON LORENZ

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COVID-19 IMPACT ON BUSINESS Part 5 of 5

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Economic impact cont'd from A1

He said he'd like to work with council to develop what he called 'a united front' and to answer questions from prospective travellers.

Mayor Owen Torgerson said he could sense the frustration of local operators, but also those visiting Valemount in spite of the words of the Provincial Health Officer Bonnie Henry.

"Somebody else's backyard is pretty appealing when there are 60,000 in your own," said Torgerson.

Gislimberti said the tourism office is getting numerous inquiries about what is open.

"People want to go somewhere," he said.

Industrial uptick

Gislimberti is hopeful that with an increase in industrial activity, namely the construction of the Trans Mountain Pipeline Expansion scheduled for late summer will soften the blow.

Tourism Valemount has surveyed local hospitality providers to find out what services they can provide for pipeline workers according to the rules and directives of the health officer.

"We will pass on all this to Trans Mountain so that they can then use that info," he said.

"It's too much of a nerve game. It costs you 15-20 grand just to start back up... if a week later they say 'Sorry,' that hurts.

- Rudi Thoni
Caribou Grill co-owner

It's going to be a bruising summer for tourism, and end to a three-year growth streak that defied deluges, wildfire and smoke. Visitor numbers climbed during 2017, the year that fires raged in the Caribou diverting traffic onto Highway 5 past the community. But the trend held for 2018 and 2019.

"Totally crazy: in 2018 we still had an increase and traffic increased in 2019," he said.

A nerve game

Rudi Thoni is the co-owner and chef at the Caribou Grill in Valemount. He said they have decided not to reopen yet because there isn't enough traffic to sustain their operations.

He said food costs are huge and if they don't have the business, food goes to waste.

"It's too much of a nerve game. It costs you 15 to 20 grand just to start back up... if a week later they say 'Sorry.' ...that hurts," he said.

Thoni is watching China and South Korea reopen and notes that they have at times reimposed lock down measures.

If the lockdown continues on for more than a year it could spell trouble for the restaurant.

"We know we can't just keep going. We're all limited, right?"

An odd turn

Thoni said that the many delays to the start of the pipeline could end up saving Valemount's tourism sector.

"With the pipeline, hopefully that will be enough business to warrant us opening up."

Like many business owners, Thoni and his wife are examining their business model, considering opening for a few days a week or for take-out only.



Like many business owners, Thoni and his wife at the Caribou Grill are examining their business model, considering opening for a few days a week or for take-out only. They are currently closed. /LAURA KEIL

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Editorial

Floyd, Dickens and me

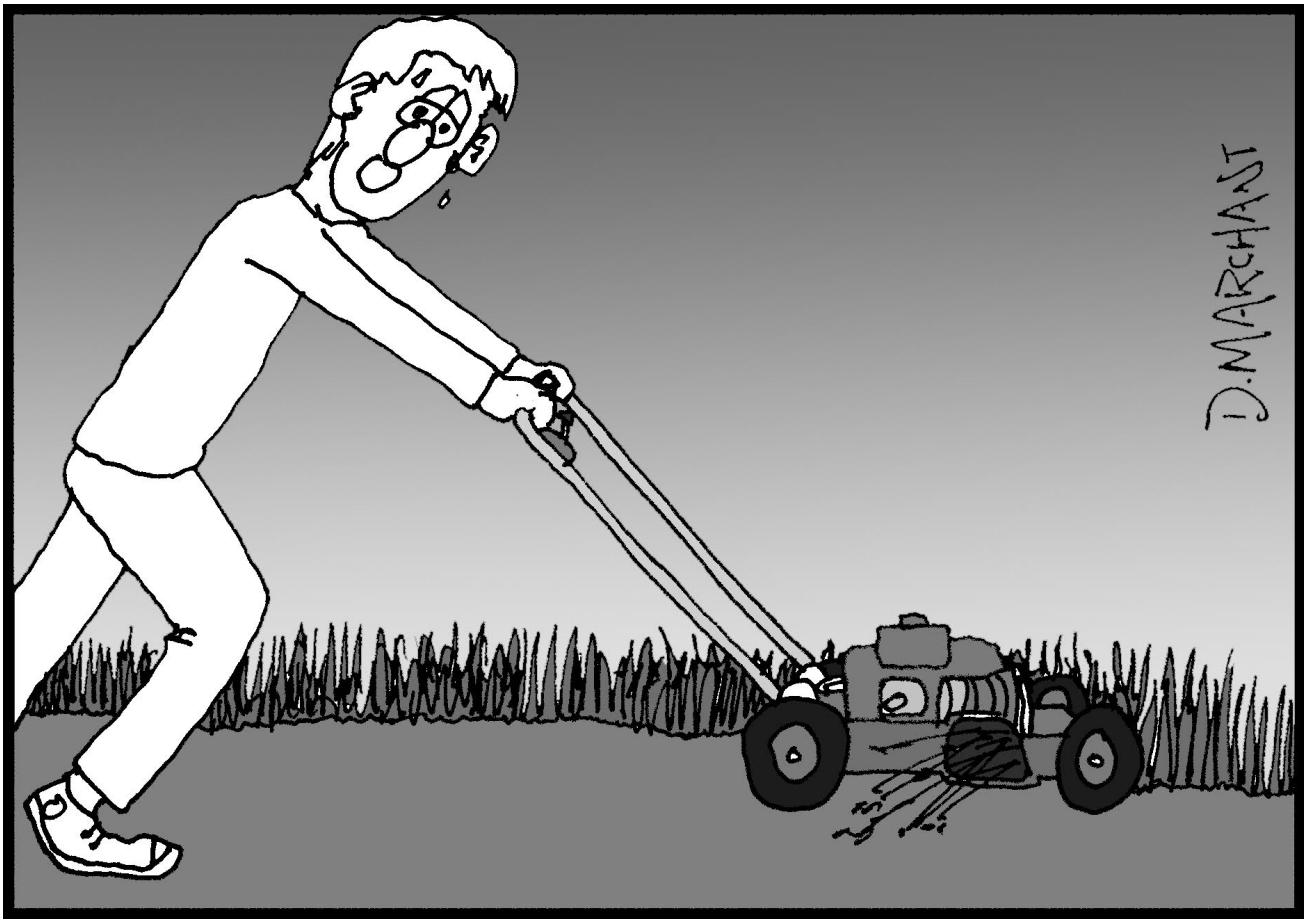


ANDRU MCCrackEN, EDITOR

Let’s not smirk as we look south to the chaos raging over racism and police brutality in the United States after the death of George Floyd on May 25. Cruelty and stupidity, I’m finding, is ageless. If you want to get a particularly horrible image of it, I encourage you to read Charles Dickens... just to kind of remind yourself of the amazing variety of awful things humans do to each other. In Dickens, it’s inoffensive because it’s from a long long time ago (except for the striking antisemitism of the author which is harrowing). If you have some sort of e-reader or a computer or a phone you can save yourself several pence and download Dickens’ books for nothing. They are now in the public domain.

If you read, say, *Oliver Twist* you’ll come across the story of a poor boy who is used and abused by authorities paid to protect him. Dickens lived close to the Cleveland Street Workhouse and he would have known kids living in the poor house and worked alongside them when his family was in financial trouble. I read a bunch of Dickens last winter, and was pulled into a horrifying age. I was mortified at the cruel picture that Dickens painted of the era. Kids forced to labour without enough food under the auspices of sadistic, opportunistic authorities. I’m mostly glad Dickens didn’t focus more on girls in the era; it would have been worse. Reading that compelling account of cruelty of that age filled me with a certain smug sense: I’m glad I don’t live in those times. I’m glad that we are now, on the whole, humane to each other. And I’m glad that Canada doesn’t share that vicious history.

My reflections then hold a similar shape to comments I hear in response to the chaotic riots in the US. “I’m glad I don’t live there, that place is messed up.” Rest assured, you live in an equally twisted place with a recent history of cruelty and debasement that matches the tenure of idiotic violence and oppression in the south, and compares quite capably to the cruelty of Dickens’ time. When I cracked open ‘*Unsettling Canada: A National Wake Up Call*’ it didn’t take long to find a common thread with *Dicken’s* and *Twist*. In it, the author talks about his realization that the food in his residential



“IT’S HARD TO BELIEVE THAT SOME PEOPLE ACTUALLY FERTILIZE AND WATER THEIR LAWN TO MAKE GRASS GROW.”

school was worse, much worse than what he was fed in prison. He learned this after being incarcerated for hopping box cars as a young man. It’s a good story. I haven’t finished reading *Unsettling Canada*, but our shameful treatment of Indigenous people as less than human and the systematic approach to crushing their culture and violating agreements with them... Well, I think I will withhold judgement on the U.S. and cast about for something constructive to do. Arthur Manuel (1951 – 2017), a former Chief of Neskonalith Indian Band, chair of Shuswap Nation Tribal Council, and spokesperson for the Indigenous Network on Economies and Trade is the main author of ‘*Unsettling Canada*.’ While international bestselling shit disturber Naomi Klein wrote the forward for his book, Manuel is the better writer. The story of his family and his call to activism and resistance is compelling. The backstory, it turns out, is important.

Arthur Manuel is the father of Kanahus Manuel, the leader of the Tiny House Warriors currently protesting the Trans Mountain Pipeline Expansion in Blue River and more recently calling for the closure of the Blue River Campground given concerns about COVID-19. For many of us, the Tiny House Warriors have been an enigma, impossible to understand, their actions consistently breaking every community standard we have... I doubt Arthur Manuel’s book will explain the tactics of the Warriors, but it is doing a pretty good job of setting up the rage. If you are looking south and wondering what a person can do to help the world move past this... it might not be a bad investment to check ‘*Unsettling Canada*’ out of your local library.

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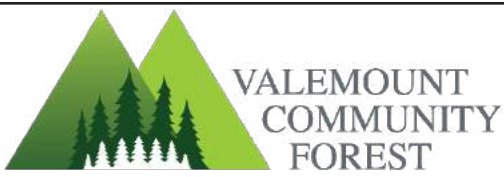
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Bike Park and our Forest

Dear Ruby and bike park users,

The VCF is struggling with an outbreak of douglas fir beetles from Crooked Creek to the Packsaddle River. Douglas fir is a leading species in this area and we are using all the tools that we have today to limit these destructive bugs' damage. We are developing future blocks, harvesting blocks and salvaging single tree areas. We also have a number of areas that we fell trap trees and have established beetle baits with cone traps hoping to pull beetles out of sensitive areas such as the bike park. These trap trees are currently getting hit hard with fir beetles. We will soon be on the ground monitoring our progress and to see how active the beetles are in the bike park and surrounding area.

The VCF does not want to log in the bike park! We have worked in partnership with local groups to develop the park and see its value and in no way want to see it damaged. There is nothing good for us here as salvage logging is expensive, damaging, messy, disruptive and it looks very poorly on us.

I hope we are done harvesting in the park. The beetle outbreak will determine the future action required. We cannot allow the beetle numbers to blow up and run across the entire area surrounding Valemount. Please monitor our website for updates.

The community is in a tough spot of protecting our forests and its recreation areas. We will do our best in association with the local user groups.

Craig Pryor, manager
Valemount Community Forest LP



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For more information regarding this exciting opportunity and how to apply please visit the Village of McBride website: <https://www.mcbride.ca/business/local-career-opportunities>.

Op-Ed

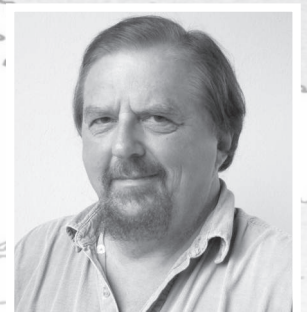
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Global Thoughts

BY GWYNNE DYER

What Coronavirus teaches us about climate change

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



Human beings respond well to a crisis that is familiar, especially if it is also imminent. They don't do nearly as well when the threat is unfamiliar and still apparently quite distant. Consider our response to the current coronavirus threat.

Countries in East Asia with recent experience of similar viruses (SARS, etc.) immediately responded with 'test, track and isolate' drills, plus instant lock-downs if the virus had already gained a foothold in the population.

Other countries, just as rich and well-educated, had the same information, but they still waited several months before taking emergency measures that upset the comfortable routine of their lives. So the United States, Britain and France all ended up with death rates per million more than fifty times higher than China, Korea and Japan.

The same applies to global heating, except that in this case we are all Americans. None of us has prior experience of a genuine climate crisis, and although we have known enough about what's going to happen to justify urgent action for thirty years now, we have done nothing decisive about it.

We have lots of 'clean' technology, but total demand for energy has grown so fast that we are still getting a steady 80% of our energy from fossil fuels. Realistically, this is not going to change much. We are who we are, shaped by millions of years of evolution, and our ancestors didn't do long-term planning; they had to concentrate on acute short-term problems.

A truly serious response to the climate threat will therefore come only when it is actually starting to hurt. Unfortunately, by then it will probably be too late.

The Earth system – biosphere, atmosphere, the oceans, the rocks, all the components that govern the climate – plays by its own rules. It will absorb new inputs like warming for a long time while changing as little as possible: it's a 'homeostatic' system.

But when the pressure on the climate system gets too great – reaches a 'tipping point' – it is liable to charge off in unpredictable directions at high speed. 'Non-linear change', they call it, and we won't like it a bit. Hundreds of millions, maybe billions, will start to die.

THEN we'll be ready to make great changes to save ourselves, but it will be too late. UNLESS we can win a little more time by geoengineering.

Geoengineering is not a cure. It would lower the average global temperature by reflecting back a small part of the incoming sunlight in one way or another, and give us the time to do the real job of getting the excess carbon dioxide out of the atmosphere.

In fact, you could say that it is 'positive' geoengineering, as opposed to the large-scale 'negative' geoengineering we have been doing for the past two centuries by dumping huge amounts of warming gases into the atmosphere.

We don't need to start geoengineering now. It would be wonderful if we never have to do it, but that would take a miracle. We cannot know how long we would have to go on doing it, either: long enough to get the carbon dioxide in the atmosphere back down to a safe level, certainly, which would be at least a matter of decades.

But even without knowing when we must start and how long we will have to go on, we clearly need to speed up research and testing of the various potential techniques for geoengineering now.



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Bigger patios, tourism mixed messages, chickens on the shelf

BY ANDRU
McCracken

The Village of Valemount held their regularly scheduled council meeting on May 26. The meeting was presided over by Mayor Owen Torgerson, councilors Hollie Blanchette, Pete Pearson, Donny MacLean and Sheri Gee were in attendance at a virtual meeting. Staff member CAO Wayne Robinson was also

present.

Backyard chickens

A survey about backyard chickens came back positive: many residents want to see backyard chickens allowed in the village. Council tabled the topic of Backyard Chickens “until the community is further engaged with respect to permitted land uses during the review and revision of the Village of Valemount Official Community Plan and Zoning Bylaws.”

Office Reopens

Staff updated council on the opening of the village office on June 1. Hollie Blanchette asked whether the parks and washrooms in the parks would reopen at the same time. “In order to have public washrooms we would have to have a fairly rigorous cleaning

regime,” said Robinson.

He said that might mean using public works staff or a contractor. He is hoping parks will be open at the beginning of July at the latest.

Blanchette said she experienced the importance of the issue while out of town.

“We were away this week and we had that issue, there is no place to go,” said Blanchette.

Business Facade Improvement Program

The Facade improvement program run by the Northern Development Initiative Trust will not require 50% matching funds from the business. Council applied for about \$8850.51 to help local businesses spruce up their look.

“It’s nice to see this year’s change, not requiring 50% matching funds. That will help businesses access this program,” said Pearson.

Regional Business Liaison

Council supported an application by Community Futures for a grant to provide business advice from an advisor based in Prince George. The position would be funded externally 100%.

Village website

A company called Creative Inc. won the bid to remake the Village of Valemount’s Website for under \$20,000.

Official Community Plan

Council moved that MVH Urban Planning and Design Inc. be awarded the contract for the Village of Valemount Official Community Plan and Zoning Bylaw, with a budget not to exceed \$140,000.

“It’s nice to see this getting underway,” said Pearson.

Embiggening patios

Council approved changes to make it easier for drinking establishments to expand their patios with Liquor Board approval.

“We’re asking council to provide a blanket approval for all liquor primary establishments within our jurisdiction. This would allow for any liquor primary establishment to expand their patio boundaries on their own lot to create an outdoor space,” read the staff report.

“To allow them to achieve social distancing but not to exceed the number of patrons they would normally be allowed. It’s a way to help them provide service to the maximum number of people they would normally be permitted to.

“I think this is a smart way of going,” said Pearson.

Council gave the blanket approval.

Torgerson said it’s a temporary measure ending on October 31.

Celebrating Graduates

Council agreed to allow the Valemount Secondary School to use the main Village entry sign

and downtown light posts to display portraits of graduates to help celebrate the grads of 2020.

Water Supply and Regs

Council gave three readings to a new water supply and regulation bylaw that will see varying degrees of water restrictions depending on the situation.

“[...] more comprehensive water restrictions will further aid the Village in conserving water, particularly during times of increased demand, decreased supply or in case of an emergency situation,” said staff.

It adds Watering Violations to municipal offences. Depending on the watering restrictions, fines range from \$50 to \$400. See story P7.

Council Reports

During her verbal report Blanchette implored people to continue to abide by the rules for COVID-19.

“Stay at home, stay local, only go out when you have to. Social distance is still key, and wash and wash and wash,” she said. “I’ve noticed at the grocery store since the may long weekend everyone has just forgotten this is going on. Please don’t butt by people, follow the lines.”

“Words to live by,” said Torgerson.

Mixed messages and local tourism

Pearson said Tourism Valemount is currently surveying local hospitality to see if they

can safely house or feed Trans Mountain Pipeline Expansion workers.

“It’s an interesting time for a tourism committee. Our job is to promote tourism; it’s pretty hard to promote tourism when you are telling people, ‘Don’t come,’” he said.

Questions abound for local operators.

“Is it okay to come and use the bike park? Are the rec sites open?” asked Pearson. “It makes it really interesting trying to promote our area without encouraging people to come.”

He said he’d like to work with council to have a united front and to answer questions of usage beyond the Provincial Health Officer Bonnie Henry’s recommendations.

Torgerson said he could sense the frustration.

He said he could understand why people with very populated backyards wanted to come to Valemount.

“Somebody else’s backyard is pretty appealing when there are 60,000 in your own,” said Torgerson.

Pearson noted the number of reservations for BC Provincial Parks crashed the system.

www.valemount.ca

Notice Disposition of Land: Valemount Learning Society – Amended

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease to and the Valemount Learning Society.

The building is situated at Lot 9, District Lot 7354, Cariboo District Plan 21237 and comprising of office space on the second floor, for a term of 1 year from June 1, 2020 to June 1, 2021.

The annual rental fee for the space, (amended from the Notice of May 28, 2020) is:

- \$8.77 per square foot of leased space for the year 2020, and
- \$8.95 per square foot of leased space for the year 2021.

For more information please contact Wayne Robinson CAO, Village of Valemount 735 Cranberry Lake Road Valemount, BC V0E 2Z0 at 250.566.4435 or email cao@valemount.ca.

Water Restrictions

Water restrictions are now in effect. Watering is only permitted between the hours of 7 am – 10 am and 7 pm – 10 pm.

Bears and Garbage

Bears are out and have been spotted on several occasions in the community. Everyone can do their part to reduce bear attractants on their properties. Please store garbage in the basement, garage, or a bear proof shed until the morning of garbage day.

Please DO NOT put your garbage out before the morning of garbage collection. Garbage receptacles left out prior to garbage collection day may be subject to bylaw enforcement measures.

Please call the RAPP hotline at 1-877-952-7277 if a bear poses a threat or danger to public safety.

Official Community Plan (OCP) and Zoning Update

The Village of Valemount has chosen MVH Urban Planning and Design Inc. to update the OCP and Zoning Bylaw. We will be seeking the public’s participation. Stay tuned for more information.

Information for Liquor Primary Establishments

At the May 26, 2020 Regular Council Meeting, Council gave blanket pre-approval for all liquor primary and manufacturer establishments within Valemount to apply to the Liquor and Cannabis Regulation Branch (LCRB) for an expanded service area. This allows eligible business owners to expand their service area (not their occupancy) in response to the Public Health Officer (PHO)’s physical distancing requirements, and reduces the overall processing time for the LCRB to issue these temporary permits. Please contact the LCRB for more information.

Village Office Opening

The Village Office is now open to the public.

We encourage the public to continue contacting us via phone or email; make payments through online banking, email transfer, or cheque; and complete your Home Owner Grant online (new this year. Visit www.valemount.ca/home-owner-grant).

Here’s what you need to know:

- At this time the Public will be required to maintain safe physical distancing based on Public Health Organization guidelines (markers on the floor will guide you).
- No more than **two** members of the public will be allowed in the Municipal Office at one time.
- Hand sanitization stations must be used as you enter the building.
- A maximum of two members of the public will be allowed in the Village Office at any given time.
- Visit the Municipal Office only as a last resort. Anyone with cold, flu, or COVID-19 symptoms must not come to the office and will be turned away.

We appreciate your patience and respect for the measures put in place to protect you, the community, and Village employees from the spread of COVID-19.

Village Website

The Village website is getting a new look!

The website will be under construction over the next couple months. We are excited to share the new website with you once its complete. We will keep you updated on the progress.



735 Cranberry Lake Road
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MCBRIDE COUNCIL NOTES

Economic Recovery,
Funding, & Effluent Income

By ANDREA ARNOLD

The members of McBride Village Council met via Zoom on Tuesday May 26, 2020. The meeting was called to order by Mayor Runtz at 7:01pm. Councilors Hruby, Smith, Green and Frederick were in attendance along with CAO McCutcheon.

Storage structure

Council received a response to the letter the Village sent to the owners and tenants of 1177 4th Ave. The response requested an extension to the removal deadline be granted. The structure in question was built as a temporary structure with the intent to move all items related to the building into a commercial lot by the end of October. The owners of the commercial location have six months to remove their belongings, leaving the tenant at 1177 4th Ave with minimal options for storage. Council discussed the matter. Their concerns were that the structure height exceeds the bylaw, and they had questions about how safe the construction is. A friendly amendment was made by Council, and the revised deadline date of July 15, 2020 was agreed on unanimously.

Economic recovery

Village Administration is asking Council members for feedback in response to a letter from The Honourable Selina Robinson, Minister of Municipal Affairs and Housing requesting communities to identify ideas or areas of focus, regarding economic recovery. Councillor Frederick said he has been pleased with the way the community has adapted and continued to function through the last few months. Council decided to set a deadline of June 5, 2020, for members to provide feedback stating their ideas to Administration. Administration will then provide a response to the Ministry.

Wastewater hauling

Council denied the motion to approve the agreement between the Village and Summit Camps Sewage and Wastewater Hauling and Disposal at this time. Summit Camp (located outside Vanderhoof) wrote a letter offering the Village 180,000 litres/day should the request be approved. This is an increase from the original 10,000 litres the original letter agreed to, due to a large increase of employees at the camp. Minimum revenues are estimated at \$80,000 for the entire term of the contract. Council passed the motion directing Administration to reply to Summit Camp explaining that there is possibility of a future contract once infrastructure is in place and successful.

David Franzmann E.I.T, from Radloff Engineering joined the conversation to provide an overview of the proposal, and possible options to accommodate the extra lagoon usage. The increase in employees at the camp is due to the change from camp building to operation. The amount each day is not guaranteed, so the understanding is that the Village would receive a set amount per day for setting aside the usage for Summit.

Mayor Runtz expressed concern regarding the previous odor issues. He wants to ensure the smell is not an issue before committing to anything long term. One of the options presented is to modify the dump location with equipment to prevent the backflow of smell. Mayor Runtz would like to test the set up before signing any more contracts. Other members of Council agreed. If the approved upgrades do not meet expectations, then the existing contract with Horizon will be reconsidered.

Much discussion was had regarding the different possibilities for solutions that would be pleasing to all parties. Councillor Frederick proposed a motion to spend the money to upgrade the infrastructure at a manhole on the south east frontage and test it. Money was set aside in the capital budget for infrastructure in regards to this project. This motion was passed by Council.

Nominee Program

Council passed a motion to receive the report containing updates regarding the BC Provincial Nominee Program Entrepreneur Immigration Regional Pilot Program. The project was introduced in January 2019 with the intent to bring foreign entrepreneurs into communities outside major population areas. Due to the COVID-19 pandemic regulations in place, all exploratory visits have been suspended. McBride had one visit scheduled for June 10 and another planned for October. The first has been suspended and the second is expected to receive the same order. Once the visits are given the green light to resume, Administration will bring the resumption of visits to McBride before Council for consideration.

Pandemic Recovery

Council passed a motion that administration provide a letter of support for Community Futures Fraser Fort George's application to Northern Development Initiative Trust's Regional Business Liaison program to support Robson Valley businesses through the pandemic recovery period. NDIT is making one-time funding available to provide additional community-based resources to support small and medium-sized enterprises in accessing COVID-19 support programs. The funding is available to support up to three regional business liaison positions per northern region (total 12), up to \$75,000 for one year. This incentive is to encourage the hiring of locally based talent.

In Camera

Council passed the motion that in accordance with Section 90(l) (c) labour relations or other employee relations, (e) the acquisition, disposition or expropriation of land or improvements, if Council considers that disclosure could reasonably be expected to harm the interests of the municipality, and (i) the receipt of advice that is subject to solicitor-client privilege, including communications necessary for that purpose, Council move into a Closed In-Camera Meeting.

Columbia Operations update
conference call


We're hosting a conference call to provide information about our Columbia facility operations. Topics to be discussed include information about forecast inflows and our expected operation of our facilities including Mica Dam and Kinbasket Reservoir, Revelstoke Dam and Revelstoke Reservoir, Hugh L. Keenleyside Dam and Arrow Lakes Reservoir, and the Columbia River flows at Birchbank.

When: Tuesday, June 16, 2020

Time: 6:00 p.m. to 7:00 p.m. PDT

Location: Conference call

We hope you can join us. Please email Dayle Hopp at dayle.hopp@bchydro.com by Friday, June 12, 2020 to register for the call. We will distribute a copy of the presentation and dial in instructions to all registrants in advance of the call.

5743

Village moves to increase
watering restrictions

By ANDRU McCracken

The Village of Valemount gave first, second and third reading to a bylaw that would allow them to manage the water supply with more finesse depending on the situation.

Existing restrictions allow residents to water grass, trees, shrubs and gardens between 7 am to 10 am and 7pm to 10pm each day between June 1 and September 1 of each year, but a more comprehensive set of water restrictions are in the works, different for different scenarios like when there is increased demand, decreased supply or an emergency.

Village of Valemount Water Supply and Regulations Amendment Bylaw No. 822 proposes four stages of water restrictions.

Stage 1 restrictions are the same as the Village currently enforces from June to September of each year (7-10 morning and night).

Restrictions in stages 2 and 3 are progressively more stringent. Stage 4 is for extreme conditions.

For example, Stage 2 prohibits watering on even or odd numbered days of the month depending on your house number. Odd house numbers would be allowed to water on July 1st, 3rd, 5th and so on. Even numbered houses could only water on July 2nd, 4th, 6th and so on.

Stage 3 restrictions limit lawn watering to 2 days a week. Thursdays and Sundays for odd numbered addresses and Wednesdays and Saturdays for even numbered addresses.

With stage 3 in place, people are prohibited from filling any swimming pool, hot tub, fountain or pond, also bulk water sales may be restricted at the discretion of the CAO or the public works superintendent.

In Stage 4 residents aren't permitted to use water for 'any purpose other than drinking, food and beverage preparation, personal hygiene, fire protection and to maintain the health and safety of humans and domestic animals. All bulk water sales are prohibited, except as deemed necessary for fire protection.'

If you are just starting a new lawn, whether from sod or newly seeded, you can get a permit to get your lawn started.

The permits are not valid during Stage 4 water restrictions.

The water bylaw comes with a new set of fines for violation tickets. \$50 for violating stage 1, \$100 for violating stage 2 watering restrictions. \$200 for stage 3 and \$400 for stage 4 violations.

The Village also added watering violations to their Enforcement and Dispute Adjudication system.

Get your message out! Advertise in
the Goat. 250-566-4606

Tree planting crew digs into first season

By Andrea Arnold

Five local youth began their first tree planting season this past week, under the guidance and watchful eye of veteran planter Rod Reimer.

Recent graduates, Teo and Lilly Esser, Jael Reimer, and Brynne Whelpton as well as almost grad Amber Whelpton all had other plans for the summer. Teo, Lilly, and Brynne all had specific jobs they were headed to, while the other two knew they needed something, but it wasn't clear yet what path they were taking. With the complications and regulations that have come due to the pandemic, all of them found themselves looking for a plan B.

Teo was hoping to take a position as an intern at the Evangelical Free Church in McBride, but it became clear that wasn't a viable option. Lilly intended to work on her parents farm until the work ran out. Brynne was looking forward to another summer working out at the Mount Robson Cafe, after returning from a school based missions trip.

Jael was raised in a family where tree planting was the summer normal, although she never participated. "I haven't tree planted in the past," she said. "And I never really thought I could do it. But the question of what if always sat in the back of my head." Her parents, Rod and Deb Reimer of Rock Reforestation have been active in the tree planting community together since 1986. Rod had 11 years experience before their marriage. So for Jael, the answer for a summer job was under her nose.

Earlier this spring, Lilly and Brynne had talked about the possibility of working a summer sometime, as tree planters. When Jael approached them about a week later, with the opportunity to join a tree planting crew this summer, it was an easy decision. She started talking to her friends and soon, Reimer's crew was set. Five rookie planters, Teo the only one with a little forestry experience, and two experienced planters from out of town.

Before their first official day of the season, all of the local hires agreed that they expected it to be a challenging summer. "The biggest challenge I think will be mentally getting into the routine of the physical labour," said Amber.

"I've never had such a physical job," Brynne said. "So I expect to be tired and sore for the first weeks."

Jael is looking forward to being pushed and changed for the better. "I'm excited for it to toughen me up, and for it to show me things I never knew about myself." The five friends also are apprehensive about working all day with the extra blood sucking, biting or stinging coworkers that come with working outside, and expressed concern about how the call of nature will be answered on site.

The two experienced (and non local) planters on the team, Justin Alexander and Jord Duhaime have over 25 years experience between them. Justin began his career when as a firefighter, he was talked into trying planting, and he continues along that path. He has worked with the Reimer crew for the last six years, and for Jord, this is his first year working in the Robson Valley having been



Rod Reimer (far left), and his crew Jael Reimer, Lilly & Teo Esser, Amber & Brynne Whelpton, Caleb Reimer, Jord Duhaime and Justin Alexander set out on the first planting day of the season. The group is following COVID protocols, wearing masks during driving to the work sites, dividing the group up into pods and working appropriately spaced. For the purpose of the photo the family groupings stood close enough to fit the frame. /ANDREA ARNOLD

given the recommendation by another planter. Faced with working with a group of first timers, Jord commented that everyone is learning all the time. "Nobody knows everything," he said. "Things are always changing, and we can always get better." Jord says he started tree planting many years ago when his mom made him try it for a summer.

Reimers son, Caleb was on hand for the start of the season. Currently he is home due to COVID shutdown, and hopes to return to his job as an Engineer with Yellowhead Helicopters soon. "I'm helping out while I can," he said.

The five local youth are excited to have the opportunity to grow and learn as a group. They are close friends and siblings, and this experience will create some great memories and stronger bonds. They all enjoy spending time outside, and are enthusiastic about the chance to work in creation.

Jael has an added bonus. "I'm super excited to be working with my dad and seeing first-hand what he does best, and learning from him," she said.

The senior Reimer is looking forward to the challenges that come with training a new team.

"Due to the work being piece work (paid by the tree) and the high quality standards, it is always better to have an experienced crew," he said.

"However over the years we have had to train new people and for the most part they have all turned into good and even great planters.

We have tried to hire locally as much as possible with limited success due to lack of interest. This year we are excited to have our daughter Jael and four of her friends from

McBride to train and turn into tree planters." He also sees the contract that they have (from the McBride Community Forest Corporation) as a blessing. "We're looking forward to being able to go to work and have a job in the midst of the

COVID-19 pandemic," he said. The regulations that have come from the pandemic created the requirement to hire mostly locals, resulting in job creation for the five friends. They have had to make adjustments, such as transporting the crew in separate vehicles to work sites, sanitizing the vehicles, wearing masks when in close proximity working in separate pods on the block and keeping the non-local crew separate from the local crew even in down time.

The local crew is able to return to their homes each night as the blocks they are working on are all within a reasonable distance from McBride. MCFC hopes to plant 32,400 Fir, 32,400 Pine and 151,200 Spruce in the Belle, Little Falls Pit/Beaver and Crescent Spur. This also means they can relax in their homes every fourth day during their three on one off rotation.

Prior to Saturday's start on the first block, the team had several days of training on how to use equipment and the procedures needed to be successful. They worked on their skills on the Reimer's property in Dunster and were also given the chance for a real scenario with a two day private contract.

At the end of their first day, they agreed that while they were all exhausted and sore, that it was a great start to the season, they had shaken off the first day jitters, and were ready for bed.

"I believe that this job opportunity is a true blessing, and it will really impact myself and my friends in many incredible ways that we aren't even aware of yet," said Jael.



PUBLIC NOTICE

Bridge Replacement 15 km Holmes FSR

Please be advised work will commence
June 8, 2020 thru June 20, 2020.
Expect delays and / or closures during this time period.

Any questions, please call
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250-563-9271
Keith Taite

Valemount Days cancelled BUT CHRIS THE CLOWN MAY COME

By Goat Staff

Valemount's biggest family-friendly festival will not happen in 2020. The organizing board of Valemount Days made the final decision to cancel the festival last week.

President Jacki Lussier said they had hoped to do some kind of scaled-down event, but in the end, COVID-19 restrictions simply wouldn't allow it.

At present there are no plans regarding rescheduling.

But a mainstay of the festival - Chris the Clown - is offering private bookings "on-lawn or on-line."

He said he is willing to make the trip if he can get four bookings each day of the weekend Valemount Days would have otherwise happened - June 13th and 14th.

He said the cost would be \$125 for a 45 minute personal Comedy Magic Show.

He is also offering online shows. "If June 13th & 14th just doesn't work for you or maybe your child's birthday is coming up then maybe you'd like to have me do an on-line visit with your children. I will talk to them and do a few Magic tricks and just be my silly old self. The cost for this will be \$50 for 30 minutes."

All payments can be done by e-transfer so no germs are passed back and forth.

"I'm doing this to help me get by for right now and also put some well needed smiles on everyone's faces!" he said.

For more info visit www.unclechristthec clown.com/

“Let’s get it built”

Social distancing will limit pipeline protests, says Alberta’s Energy Minister

By JAKE CARDINAL, LOCAL JOURNALISM INITIATIVE REPORTER (ALBERTA NATIVE NEWS)

On May 22, 2020 Alberta’s Energy Minister Sonya Savage spoke about the COVID-19 pandemic’s positive effect on Alberta’s Energy Sector; the positive being the limited amount of people able to protest.

Minister Sonya Savage’s comments “Now is a great time to be building a pipeline because you can’t have protests of more than 15 people,” Savage said. “Let’s get it built.”

Savage’s comments came after she appeared on a podcast hosted by the Canadian Association of Oilwell Drilling Contractors. Her comments were in response to questions raised about the progress of the Trans Mountain Pipeline; the pipeline itself will run from Edmonton to Vancouver when completed and will triple the oil capacity of Trans Mountain, creating an additional 590,000 barrels of crude oil each day.

“As we go on and we get out of more immediate phases of COVID, people across Canada are not going to have tolerance and patience for protests that get in the way of people working,” Savage is quoted saying.

“People need jobs and those types of ideological protests that get in the way are not going to be tolerated by ordinary Canadians.”

As expected, Savage’s comments sparked a flurry of responses.

The Responses

Irfan Sabir, the Opposition New Democrat energy critic, said in a Global News article: “These comments do not come as a shock.” Sabir continues, “The UCP have already used the pandemic as an excuse to suspend environmental monitoring. When combined with the minister’s latest comments, this will harm the reputation of Alberta’s energy industry and inhibit our ability to attract investment and get our product to market.”

Climate Activist Greta Thunberg referred to Savage’s comments in a Twitter post, saying “at least she’s being honest.” Thunberg’s comments are most likely in reference to the Alberta Government being named “most secretive provincial government in Canada,” which was an award bestowed upon the government by The Canadian Association of Journalists (CAJ) earlier this year.

The Union of BC Indian Chiefs (UBCIC) also responded to Alberta Energy Minister Sonya Savage’s troubling comments in which she attributed the sluggish construction schedule to protest that was more effective than industry.

“Alberta Energy Minister Sonya Savage should resign over Trans Mountain comments,” said Grand Chief Stewart Phillip, President of the UBCIC.

“Minister Savage’s remarks should worry anyone who values the democratic values of free speech and assembly. Effective protest and land defence isn’t dependent on large groups of people. Sometimes a small group of determined people can change the world, as we saw earlier this year.

“At the end of the day, TMX simply does not have consent of all impacted Indigenous Nations, and that is not going to change because of COVID-19.”

“While Minister Savage and the Albertan provincial government have canceled

all environmental monitoring under the cover of COVID-19, they push for accelerated construction on Trans Mountain,” added Chief Don Tom, Vice-President of the UBCIC.

“Either both monitoring and construction are safe and reliable or neither are. We can’t just go back to business as usual after the pandemic emergency and ignore the climate emergency. We need a just recovery for all.”

Judy Wilson, Secretary-Treasurer of the UBCIC stated, “Alberta has now suspended all environmental reporting and monitoring in the tar sands with few timelines to resume. Recently, some of the world’s largest investment funds have announced they won’t invest in the province because of concerns around Indigenous rights, climate change and the environment. This isn’t something that is going away, and it is not an opportunity for Alberta Ministers to try to sneak through the pipeline.”

On the UBCIC website, from a page published over two years ago, it was reported: Over 20 Indigenous and environmental organizations delivered an open letter to 28 major banks, calling on them to “back away from funding the Trans Mountain pipeline expansion project (TMEP).”

The warning letter urges banks to “avoid the reputational and financial risk of supporting this destructive project, which is incompatible with realizing the goals of the Paris Climate Agreement and respecting human rights, especially those detailed in the U.N. Declaration on the Rights of Indigenous Peoples.”

“Mark my words, Kinder Morgan’s Trans Mountain pipeline expansion project will never see the light of day,” said Grand Chief Stewart Phillip, President of the Union of the BC Indian Chiefs.

The Double Standard

Minister Savage has yet to comment on the issue, however, her spokesperson, Kavi Bal acknowledged that the Minister was indeed on the podcast.

Bal also stated: “We respect the right to lawful protests.” The spokesperson continued, “I would note that the limitations to public gatherings... have benefited no one – including project proponents and any opposition groups.”

Government House leader Jason Nixon jumped to Minister Savage’s defence at a morning press conference. “Pipelines remain a priority of the people of Alberta and necessary for our prosperity and our future and we will continue as a government to do everything possible to get our product to market,” Nixon said. “Minister Savage was not saying that the Alberta Government in any way would prevent somebody from legally protesting. We believe in a democratic right to be able to express their views inside democracy.”

Premier Jason Kenney hasn’t commented on the issue so far either; however he is quoted in a Global News article as saying that “The right to peaceful protest is a fundamental right that includes both the freedoms of speech and assembly.”

Kenney’s statement is not in reference to energy sector protests however, it is instead in regards to the arrest of a Caucasian quarantine-protester, which happened in front of the Alberta Legislature earlier this month.

Some Reassurance?

But Kenney’s, Bal’s, and Nixon’s reassuring comments appear hollow,

Some playgrounds slated to re-open this week

By LAURA KEIL

As schools re-open to all students on a voluntary basis this week, schools are working hard to open playgrounds.

SD57 communications person Jason Peters says they are aiming for June 5th as an opening date for McBride and Valemount school playgrounds. The playgrounds would be open during school hours as well as after.

Valemount Village staff said at the last Council meeting they are looking at July as a possible start date for opening local parks due to the logistics of cleaning washrooms more frequently.

Backyard chicken survey is out

By ANDRU MCCracken

Backyard chickens may have gotten platinum reviews in a recent survey, egg-hungry fowl fans shouldn’t do the funky chicken just yet. Residents are largely in favour. More than 64% of those who responded to the Village of Valemount’s Backyard Chicken Community Feedback Survey supported backyard chickens. 28% did not support the idea and about 8% were unsure. The survey had a wide circulation: 181 residents responded.

Even chicken fans acknowledged the birds could bring problems, for example, 43% or respondents were concerned about their potential to attract wildlife, rodents and pests.

Deputy Corporate Officer Carleena Shepherd said that because chickens are currently prohibited in the Zoning Bylaw and the Official Community Plan it’s best to deal with the issue during the upcoming Official Community Plan review.

Staff from every department, planning, bylaw, and public works pointed to potential problems experienced by other municipalities.

For example, in the conclusion of

his in-depth report to council, Bylaw Services Supervisor Dean Schneider said: “With food security on everyone’s mind, it may seem logical to think that there is a need to allow people to have chickens to produce their own eggs despite there being no evidence of a shortage. It should be noted that “farm fresh” eggs are currently available from local farms within agricultural areas,” wrote Schneider in his report. “In view of the above, it is the opinion of Bylaw Services that the keeping of poultry should remain limited to the RR1 zone to the west of Highway 5, as this area permits similar agricultural land uses and have an appropriate lot area to mitigate impacts on the property and on adjacent land uses.”

Shepherd said that if chickens were permitted, keeping them would be tightly regulated with application, permitting and inspection procedures, chicken coop standards, minimum distances from adjacent lands, mandatory procedures for disposal of carcasses and byproducts, no on-site slaughter or commercial sale and with consequences for non compliance.

or at the very least “questionable.”

In June 2019, the Kenney Government created an “energy war room” to counter what he called a “conspiracy by foreign-funded interest to attack the province’s energy industry.”

“Critics say the theory behind that conspiracy has been debunked,” says the CAJ. “Instead, they say the war room, which has a \$30-million annual budget, is an attempt to silence those who would tell the truth about Alberta’s oil patch and its contribution to the existential threat of global climate change.”

Also, earlier this month, the Alberta Energy Regulator (AER) lifted environmental monitoring restrictions for all oil and gas companies in the province. The lifted restrictions allow for Alberta oil and gas to suspend the monitoring of air, water, and wildlife around worksites.

**LAKE DISTRICT MAINTENANCE INC.**

SERVICE AREA # 20 – ROBSON DISTRICT

13410 BLACKMAN ROAD, TETE JAUNE – BOX 108 VALEMOUNT BC V0E 2Z0

PHONE: 250-566-4474 / FAX: 250-566-4350

HIGHWAY LITTER PICKUP

Annually, in the spring, Lakes District Maintenance Inc. performs highway litter pickup.

We will donate monies to any volunteer/non profit community or school group interested in litter pickup adjacent to our local main highways.

If interested, or for more information please contact Brock Maguire, Planning & Quality Assurance Manager at 250-566-4474 extension 207 or bmaguire@ldmld.ca with subject line “Litter Pickup.”

Valemount Senior Citizens
Housing Society

Annual General Meeting
Thursday, June 18, 2020 at 7 pm

Location: Beer Gardens at Valemount Sports
Day Grounds (behind Arena)

Numbers will be limited.
Health directives will be strictly observed.

2020 VALEMOUNT CONGRATULATIONS GRADS

Livestream? reverse-parade? Public invited to grad in alternative ways this year

By LAURA KEIL

Valemount's grad class will be one of the few in the district allowed to go ahead this year due to its small size - just 13 students. Each grad can have two guests. Even though the ceremony will be closed to the public, there are still ways for the community to be involved - namely through a live-stream and a "reverse parade." The reverse parade idea came from another community, Valemount Principal Derrick Shaw said. The grads will exit the school after the ceremony and stand six feet apart along the sidewalk near the bus lane and community members are invited to drive by to wish the grads good luck and see them in their formal attire. The only caveat is the parade of

onlookers must practice social distancing, preferably by staying inside a vehicle. The live stream is being managed by Valemount Community TV. Anyone who wishes to watch the grad live on YouTube can visit this link: <https://youtu.be/KiYPDuRNTSk>. The ceremony is scheduled to begin at 1pm on Friday, June 5th. The parade will take place at approx. 3:30.

The details for McBride's grad ceremony June 20th are still being worked out, but they will likely have an invite-only live-stream of the ceremony and are also hoping for some type of parade, if approvals are given. Speeches from dignitaries will be taped and broadcast during the ceremony. Current plans include a sit-down dinner and a social-distancing themed dance. Stay tuned for more details.



10% OF THIS FEATURE GOES TO THE 2020 GRAD CLASS!

CONGRATS TO THE
GRADUATING CLASS OF

2020



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Especially Alex and Clayton

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and staff at
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& *Ride* **SAFE**



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Valemount and
District Fire
Department



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Grads!*



Shirley Bond, MLA
Prince George-Valemount

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Prince George, BC
Phone: (250) 612-4181
f ShirleyBondforBC
t ShirleyBond
i ShirleyBondPG

*Congrats
Grads*

And so the
adventure
begins...



*Well Done Grads! Best Wishes
for the road ahead!*

From Mayor, Council
and Village Staff



**Congratulations
and Best Wishes
2020 GRADS!**

www.rdffg.bc.ca



**REGIONAL DISTRICT
of Fraser-Fort George**



Congratulations
Class of 2020

"Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey."
- Michael Josephson

Valemount: 99 Gorse Street • (250) 566-9107
McBride: 942-3rd Avenue • (250) 569-2266



CONGRATS GRADS!
FROM ALL OF US AT THE
GOAT!

VALEMOUNT GRADS CONGRATULATIONS

2020



Emma KIM



Kenton ABERNATHY



Clayton BURSTROM

Congratulations 2019 Grads!

All the best in the future!

VALEMOUNT MUSEUM

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*Valemount
Grads of 2020!*



Legion

Valemount Legion RCL Branch #266

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grads!

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valemount.bc.libraries.coop

Valemount Pines Golf Club & RV Park

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Class of
2020

Congratulations Grads

"Start where you are.
Use what you have.
Do what you can."

- Arthur Ashe

Way to go 2020 Grads!
**Good luck with all your
future adventures!**



www.valecoffee.ca

*Congratulations
Grads!
Follow your dreams!*



Sass Studio's Inc
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2020

VALEMOUNT CONGRATULATIONS GRADS

Congrats!

Class of
2020





BEST WISHES,
GRADS!
FOLLOW YOUR
DREAMS!


From all at the Caribou Grill
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The Valemount Learning Centre
supports lifelong learning through
courses, workshops, literacy, youth
and employment services.



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and Danielle!**

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**Congratulations to the
grads of 2020 on your
achievements!**



BIKES & BITES

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1030 Main St. Valemount

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Grads!**

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**Community
Futures** Fraser Fort George



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2020 Grads!**

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Infinity



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CONTRACTING**

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**CLASS OF
2020**

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Ellie DEULING



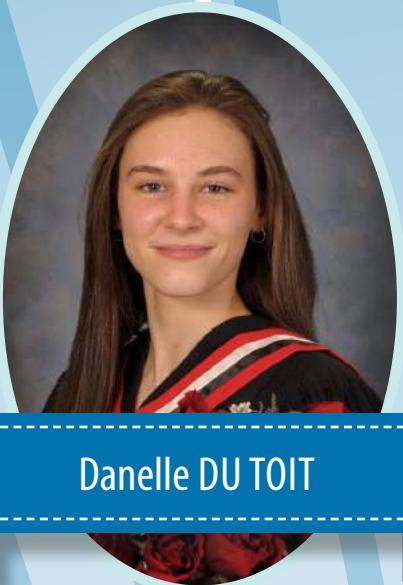
Lehna CUDDEBACK

VALEMOUNT GRADS CONGRATULATIONS

2020



Danielle KNELSEN



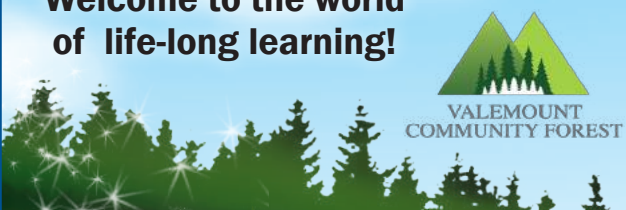
Danelle DU TOIT



Emily KUNKA

Congratulations on your graduation!

Welcome to the world of life-long learning!



CONGRATULATIONS GRADS!

Wishing you all the best as you begin to build your future!



Home Hardware

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CONGRATULATIONS TO ALL GRADS!



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Congratulations to all the grads!



Danelle and Jason, good luck in your future endeavours!

From Management and Staff at Valemount IDA Tele-Pharmacy 250-566-4594



Congrats, Grads!

To the

brightest of futures!



LAKES DISTRICT MAINTENANCE INC.

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13410 Blackman Rd. Box 108 Valemount, BC

Congratulations to all the grads!

D.A.N. CONTRACTING

(250) 566 1207



2020

VALEMOUNT CONGRATULATIONS GRADS



Makayla KUNKA



Alex MUECK



J.M. MARQUEZ

Best of luck
for the future



From everyone at
Travis Automobile Service!

250-566-8403

Travis Wied 945 Hwy 5 N Valemount

Congratulations Grads!

Set the goals, take the action, live your dreams. Other people or life's circumstances may try to limit you but don't limit yourself!



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class of 2020

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Rob Raabis Owner/Tech
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Congratulations
to all the grads!



Tim Hortons
CONGRATULATIONS
CLASS OF 2020!

You did it!

From your
Valemount Tim Hortons
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clearwatertims@yahoo.com

Congratulations & Best Wishes
TO THE 2020 GRADUATING STUDENTS

**May Your Dreams and Aspirations
become Reality**

YELLOWHEAD
MOTEL

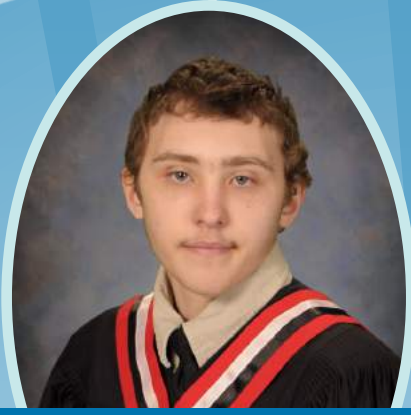
ROCKYINN

250-566-4411

250-566-4477

VALEMOUNT GRADS CONGRATULATIONS

2020



Sebastian TARKANEN



Jason VAN DER WILK

**Wishing the class of 2020
all the best for grad
and beyond!**



From
Yellowhead Campground
ph. 250.566.0078



*Best wishes to the class of
2020
in all of your future endeavours!*



Cell: 250-612-2820
wendy@sewhot.ca



PETER REIMER
NOTARY PUBLIC

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live your dreams. Other people or life's
circumstances may try to limit you but
don't limit yourself!*

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ph: 250-566-4464 • notary@vis.bc.ca

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**CONGRATULATIONS
ON YOUR HARD WORK
AND ACHIEVEMENTS!**

*May all your dreams
come true!*

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Lynn Jackson speaks out on living with dementia in a pandemic

By FRAN YANOR, *LOCAL JOURNALISM INITIATIVE*

If keeping busy, having purpose and staying socially-connected protect against cognitive impairment, as some studies suggest, Lynn Jackson is an undisputed anti-dementia champ.



Lynn Jackson says, “You have to stop and smell the roses.” //MONA HETSCHKO

“This last week was very busy,” the former emergency room nurse said from her Vancouver home. “Every day I had a Zoom, or a Skype, or some sort of video conference with a different organization. So that was good.”

Currently collaborating with scientists from four Canadian universities on a cross-section of projects to improve quality of life for people with dementia, Jackson has an unique perspective in hot demand with researchers: she has early-stage dementia. Ever the high achiever, the 65-year-old Jackson has somehow flipped a harrowing diagnosis and life-long neuro burden into another flourishing new career for herself,

this time as a thoughtful, articulate spokesperson for those living with dementia.

But the path that led her past self to the woman she is now, was far from smooth.

Before her diagnosis in her early 40s, Jackson endured a decade of troubling behaviours that she struggled to rein in to keep from ruining her career and personal relationships. Crying jags, angry outbursts, sporadic disorganization and loss of words and trains of thought, general fogginess, pressing fatigue and erratic memory lapses plagued her with escalating frequency and intensity until she finally sought help from a doctor. Even then, it was another couple years before she got a formal diagnosis of frontotemporal dementia and she learned all her behaviour, memory and energy challenges were due to shrinkage in her frontal and temporal brain lobes.

At first, she was unfazed by the diagnosis.

“I could not have cared one way or the other,” Jackson said in a 2002 presentation. “I was in what I refer to as ‘Dementia Land.’” Apathy can be a symptom of dementia.

Once she began a program to combat her apathy and behaviour issues, she gained back her energy and cognitive faculties. With that came the realization of the horrendous implications of having dementia.

“I felt very depressed, and went in and out of denial, grief, disbelief and anger,” recalled Jackson in her presentation. “Until, finally, some form of acceptance that I have now for my disease.”

About 500,000 Canadians have been diagnosed with dementia, 72 per cent of whom are women, costing the healthcare system an estimated annual \$10.4 billion, according to the Alzheimer Society of Canada.

Fast-forward 18 years through a stream

of other challenges and accomplishments, and present-day Jackson has embraced many best practices for a person living with dementia.

According to a study published in the Journal of Alzheimer’s Disease, physical and intellectual activities build brain and cognitive growth. Prior to COVID-19, Jackson exercised every day and attended several different group classes, including a laughing yoga class (which, she recently did via livestream in her living room). These days, she walks outside everyday, around the neighbourhood, or on errands. “Listening to great music, with headphones, on while walking, is helping me get through this time,” she said.

So has maintaining a consistent schedule. “Especially for people with dementia (it’s important) to keep on track so you can keep functioning well,” said Jackson, who tries to get up and go to bed at normal times.

“Predictability and regular routine help a person living with dementia to orientate to place and date and time,” said Carly Gronlund, provincial coordinator, program development, for Alzheimer Society of B.C. The rapidly-changing pandemic environment can cause additional disorientation and anxiety, Gronlund said.

“If you don’t have a routine,” said Jackson. “Then you get out of line and tired. It doesn’t work as well.”

Maybe, but Jackson’s personal responsibilities would be onerous for anyone.

“I have my days, let me tell you,” she said.

Prior to her father’s placement in long-term care three years ago, Jackson looked after both her parents at home. Her dad had Lewy Body Dementia and died more than a year ago. She continues to care for her mother who recently developed congestive heart failure and is exhibiting memory issues as well.

“I don’t know what she’s remembering

and what she doesn’t,” said Jackson. “That can add some dynamics to our living arrangements and I get frustrated with that.”

With the restrictions of COVID-19, their home cleaning service has stopped, almost all in-person meetings and activities have been curtailed, and cabin fever has set in.

“Sometimes I feel like it’s all too much for me too, but I think I think a lot of people feel that,” said Jackson.

“I’ve got a lot on my plate,” she added.

“A big conversation we have with caregivers is about taking care of themselves,” Gronlund said. “They have to take care of themselves so that they can continue to take care of the person living with dementia.”

One thing that pulls Jackson through the rough spots is purpose. “Each day, I make myself a list of things to do, whether it’s a big chore or a little chore,” she said. “So I feel like I’ve accomplished something.”

As for social engagement, Jackson’s resources are rich.

“I get my access to my cohorts with different committees that I’m on,” she said. “So I get to see them via video link.” Beyond those, she also counts six people as her best friends and many more she could call on if needed.

It is accepted theory that social connectedness wards off depression, and as an editorial in the Journal of Neurology, Neurosurgery & Psychiatry in 2012 noted, depression is increasingly considered a precursor, or risk factor, for dementia itself.

So perhaps equally important to sustaining a regime and putting purpose in each day, is holding hope. “Just knowing that tomorrow is going to be a better day,” Jackson said. “Or if it’s not tomorrow, it will be the next day, but it will be better.”

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Greenhouse meditations: how one senior is living it large

By FRAN YANOR, *LOCAL JOURNALISM INITIATIVE*

Social connection and physical activity could be the antidotes to COVID-19 isolation in rural seniors. If so, Pete Amyoony is living it large.

“The COVID thing doesn’t really change my life very much,” said Amyoony, a senior who has lived for years on a rural farm near Dunster. “I’ve been living on the land for so many years now, I’m pretty independent that way.”

He has a freezer full of food and a root cellar with potatoes, carrots and beets, and goes to the nearest town, McBride, to grocery shop once a week.

“I’m not totally self-sustaining,” the 79 year-old said. “I can’t grow junk food.”

Amyoony does, however, know how to grow nearly anything else.

One of the original organizers of the Dunster, McBride, and Valemount farmers market, the horticulturalist is in the process of transitioning the bulk of his operations to a young couple who recently moved onto the farm with him, but still oversees a thriving greenhouse and a collection of 208 varieties of heritage tomatoes, from which he grows up to 80 varieties for tomatoes and safe seeds.

A busy, robust lifestyle may not only combat loneliness, but also dementia. A 2012 study published from the Netherlands published in The Journal of Neurology, Neurosurgery and Psychiatry found that loneliness was a predictor of

dementia in later life.

“I really feel sorry for people who are stuck in an apartment building where they can’t get out that much, and if they do get out, they got to be careful,” said Amyoony, who recommended gardening as the perfect pastime for people feeling trapped at home. Even a person living in a condo can grow a box garden, he said.

“Gardening to me is the most relaxing and amazing thing a person can do to get in touch with yourself and with nature,” said the former teacher, whose farm is surrounded by mountains. “When I’m in my playpen, which is what I call my greenhouses, I’m doing my yoga and meditation and everything all at once.”

Amyoony is one of 20 per cent of British Columbians over 65 years-old and an estimated 100,000 seniors who live in rural communities in B.C. According to Better at Home, a United Way agency-funded program that delivers home support to help seniors stay in their homes, in 2017, 61 percent of the Robson Valley Better at Home recipients lived alone, and of those, 40 per cent were men. One of the services provided by the home support agency ever since the pandemic-driven days of self-isolation is a weekly chat with seniors living at home.

Even though Amyoony provides support to other seniors, he himself gets called twice a week by Better at Home volunteers to see if he’s okay.

“It’s so funny because they say, we know you’re volunteering for other seniors



Pete Amyoony is an active senior who also supports other seniors /RMG FILE PHOTO

and here we are trying to make sure that you’re okay,” laughed Amyoony. “But I said, ‘No, that’s great. Just call me if that’s your job.’”

A longitudinal study by a team of European researchers indicated that social engagement was correlated with a decreased risk of dementia.

For the seniors on Amyoony’s phone tree, “I call them to make sure that they don’t need something,” he said. “There’s three or four of them here that are quite isolated.”

To ease their aloneness, he visits and

brings them meals, “so they don’t have to be quite so tied down,” he said.

Meanwhile, Amyoony doesn’t feel lonely, he said. “It’s a good life; I don’t seem to want for anything.”

Besides his greenhouse meditations, he plays music for an hour or two a day. “I’m still learning; I took up the fiddle at age 72,” he said. After the fiddle, guitar and piano and guitar, what’s next?

“I still want to do the banjo and a couple of other instruments,” he said.

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Minister defends new cow/calf moose hunt tags

By Fran Yanor, Local Journalism Initiative

A proposed increase in hunt tags for cows and calves in two areas of the province was denounced by some as flawed wildlife management, while others called it a science-led strategy to protect at-risk caribou.

“An abundant moose population results in an abundance of wolves,” Doug Donaldson, Minister of Forests, Lands, Natural Resource Operations and Rural Development, told The Goat last week.

Moose numbers have increased in Parsnips, north of Prince George, and the population in the Revelstoke area has risen 55 per cent over three years, Donaldson said. “When there’s more moose around, more caribou will be predated upon as well,” he continued. “Wolves don’t discriminate between a moose or a caribou.”

Caribou don’t do well with predators and usually live in difficult-to-access locations, said Jesse Zeman, director of Fish and Wildlife Restoration at BC Wildlife Federation. When an area has been logged, wolves use logging roads to reach caribou they previously couldn’t reach easily. The short-term fix to protect caribou is to employ predator control and reduce alternate prey, explained Zeman.

“Population management is needed until protection and recovery of habitat overcome the legacy of industrial development,” according to a collaborative study by Canadian and American researchers.

“The science that’s recommended through our experts,” said Donaldson, “is that by reducing the prey, which in this case, is moose for wolves, we’re able to add to our management of the caribou.”

A study by Canadian and American researchers suggested reducing primary prey quickly was key. Which is where limited entry hunting (LEH) came in. Applications opened last week. A lottery-type process to authorize hunting of a particular species in a specific area, the 2020-2021 season included increases for moose cows and calves around the Revelstoke and Parsnip areas.

The moose population in the Revelstoke area is estimated at about 575 moose. Provincially, there were 420 cow and calf hunt tags issued for 2020/2021 for a total estimated population of 147,500 moose. With a harvest success rate of 27 percent, the tags represent 0.00007 per cent of the total moose population in B.C., said Zeman.

“To put that into perspective, we’re going to kill more moose now with vehicles around the city of Prince George alone,” he said, “then licensed hunters will kill in the whole province.”

Scott Ellis, executive director of Guide Outfitters of B.C., which has written an issue paper on the primary prey theory, disagrees with the premise that reducing moose will save the caribou.

“It’s a very simplistic alternate trade theory,” he said.

After 15 years of using that wildlife management approach, he said, “Do we have any more caribou in that area? No, we don’t.”

Depending how far back the timeline extends, both perspectives of the moose populations may be correct. A moose population survey done in the Revelstoke area in 2014 estimated 286 moose, a drop from 806 moose in 2007 and 1,650 moose in 2003.

The situation is complex, says Ellis. Yes, wolves have increased, but the landscape has also been altered by logging, and there are grizzly bears, black bears, and a host of other predators and prey which also figure into caribou restoration.

Two ‘levers to pull’ in caribou recovery involve creating continuous and quality habitat for food and cover, and reducing predators, said Ellis. Which is to say, scale back logging and kill wolves. “Neither of those decisions are popular,” Ellis said, “Everyone digs in with their own emotions of what they think about those things.”

Zeman said predator control has been happening in Revelstoke since 2017. “We’re shooting wolves, we’re managing moose populations and slowly scaling logging back,” he said. “It’s not happening as fast

as people would like... there’s so many competing interests and values on the landscape.”

For Dan Simmons, a self-described carpenter, fisher and hunter from the Williams Lake area, any cow or calf moose hunting is wrong. “They absolutely have to stop the antlerless moose hunting in this province,” he said. Simmons started the Cow Moose Sign Project in 2014. “Everybody knew moose were disappearing and nobody was doing anything about it,” he said. “Finally, I just got mad; I got a couple signs made up, and it snowballed.”

The signs feature large photos of cows and calves with a slogan to respect the cow for the health of future moose populations. The grassroots movement has gained support from hunters, guide outfitters, non-hunters, more than 30 First Nations, and ironically, the provincial government, Simmons estimates more than 1,000 signs, including billboards, have been purchased from the sign-making company and put up throughout the province (the project is non-profit).

“Then our ministry sells tags to resident hunters,” said Simmons, referring to LEH authorizations. “It’s a backwards move.”

Cow and calf hunting is prohibited in 88 per cent of the areas occupied by moose in the province, said Donaldson. Most areas, including the Omineca-Peace (besides Parsnips) and Cariboo-Chilcotin areas, had no change in LEH authorizations this year. The final decision will come in June, the Minister said. “But this is the path that’s being recommended right now.”

Ellis hopes the strategy was an oversight. “Since this is something the Minister inherited, we think he missed it,” he said, adding, there’s still time to change course.

Simmons, too, is optimistic. He hopes to hear from the Minister or get a response to the unanswered letter he sent Premier John Horgan in 2017. “It’s about the moose,” he said. “The future needs the moose.”

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Seniors no longer welcome on health bus without appointment

By Laura Keil

Northern Health Connections has reversed a 2018 decision to allow seniors 60+ and those with mobility challenges to ride the medical bus without a medical appointment if space permits.

Now, only those who have verified medical appointments or their medically-necessary companion will be able to ride the bus, which travels through the Robson Valley every Tuesday (Valemount-Prince George route) and Thursday (McBride-Kamloops route)

Companions for moral support will not be permitted. Staff and physicians travelling for work may use the bus service.

The bus service reduced its passenger count at the beginning of the COVID-19 pandemic. Northern Health Connections said it will continue to limit seating and have enhanced safety measures. Some changes will be permanent, including:

- All travel must be booked 48 hours in advance.
- No walk-on passengers (no exceptions).
- Anyone with COVID-19-like symptoms will not be allowed to travel.
- In order to ensure physical

distancing, a maximum of 12 passengers will be allowed on a coach and a maximum of five passengers will be allowed on a minibus.

Valemount senior Helen Harmon has used the bus a number of times this past year to go to Prince George, where she visits her daughter or goes to a medical appointment. She said she often pairs it with BC Bus North - leaving Tuesday on the health bus and returning Friday on BC Bus North. It saves her some money to take the health bus - about \$15. BC Bus North runs from Valemount to Prince George and back every Monday and Friday.

Harmon doesn’t understand why they would limit the eligibility of passengers, when they rarely have a full bus - even with COVID-19 restrictions.

“I’ve taken it and been the only passenger there and the only passenger coming back.”

She said seniors use the bus to shop and visit friends and family in the city. She said the new rules will also interfere with seniors using the bus to visit loved ones in the hospital, since only those with appointments themselves are allowed to board.



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BC HYDRO RENEWAL OF AN ELECTRICITY PURCHASE AGREEMENT
WITH ROBSON VALLEY POWER CORPORATION

On April 30, 2020, BC Hydro filed an application with the British Columbia Utilities Commission seeking acceptance of an electricity purchase agreement (EPA) between BC Hydro and Robson Valley Power Corporation for the Robson Valley hydroelectric project (Robson Valley EPA Renewal). The EPA has a three-year term and is effective February 1, 2020. The BCUC is currently reviewing the application and welcomes public participation in the process.

To learn more about this application, visit:
<https://www.bcuc.com/ApplicationView.aspx?ApplicationId=765>.

HOW TO PARTICIPATE

• Submit a letter of comment

• Register as an interested party

IMPORTANT DATES

• Thursday, June 18, 2020 – Deadline to submit a letter of comment with the BCUC

For more information on getting involved, please visit our website (www.bcuc.com/get-involved) or contact us at the information below.

GET MORE INFORMATION

British Columbia Hydro and Power Authority

• 16th Floor – 333 Dunsmuir Street
Vancouver, BC V6B 5R3

• E: bchydroregulatorygroup@bchydro.com
• P: 604.623.4046

British Columbia Utilities Commission

• Suite 410, 900 Howe Street
Vancouver, BC V6Z 2N3

• E: Commission.Secretary@bcuc.com
• P: 604.660.4700

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Rural paramedics: more jobs with benefits but return to \$2 on-call

By ANDRU MCCracken

A new collective agreement between CUPE 873 Ambulance Paramedics and BCEHS (BC Emergency Health Services) is going to change how paramedics are paid and one rural paramedic is speaking up about it.

Until recently paramedics on call would receive four hours per shift at their full wage, regardless of whether they receive a call or not, but new changes to the collective agreement means that paramedics will no longer receive four hours of guaranteed pay, leaving them with just \$2 per hour while they are on call.

Juliet Kaczmarek, a paramedic stationed in Oliver wrote BC’s Health Minister Adrian Dix asking for help.

“Smaller communities primarily rely on the services of casual paramedics. At the Oliver station, there is only one full-time position and the rest of the schedule is filled by casual employees,” she said. “[The] Ministry of Health is relying on casual paramedics to service rural communities as a cost-saving mechanism. Such an approach is grossly unfair to skilled paramedics who perform a highly valued service and is equally unfair to smaller communities that deserve the same standard as larger communities.”

Kaczmarek said doctors and nurses provide an essential service in the fight against the current pandemic.

“So too paramedics,” she said.

Sarah Morris, spokesperson for BC

Emergency Health Services said her organization is committed to improving paramedic services in rural and remote communities.

“A new ‘scheduled on-call’ model will see hundreds of new scheduled positions with benefits, in rural and remote communities that have typically relied on on-call staffing,” said Morris.

However it is uncertain yet whether those positions will be coming to Valemount or to McBride.

Morris said that the Kilo Guarantee (the four guaranteed-pay hours) was a temporary measure to stabilize staffing and that it will be completely phased out, including in Valemount and McBride by late 2021.

“Meantime, we are working to mitigate the impact on those employees who do on-call work. BCEHS has made changes in our dispatch process to ensure that the ‘Kilo’ ambulances are activated first for hospital transfer work to ensure adequate work for on-call employees as much as possible,” said Morris.

“The new collective agreement marks a major advancement in our service model, and it’s going to take some time to determine the details and make sure we get it right.”

She said BCEHS has been evaluating communities’ needs.

“At this stage we don’t have community-level details to share, however we will announce any significant changes as soon as we can,” said Morris.

Village of McBride turns down sewage deal - for now

By ANDRU MCCracken

The Village of McBride has said no to a new sewage disposal deal that would increase the amount of sewage being hauled to McBride’s lagoon from 10,000 litres per day to 180,000 litres per day... for now.

The Village has a contract to take up to 10,000 litres or raw sewage per day from the Summit Camp near Vanderhoof, but the smell of the sewage disposal has impacted residents.

The dump location has been moved away from houses to the frontage road, but Mayor Gene Runtz said the smell can still affect the frontage area.

He said that sewer gasses, heavier than air, are displaced from the sewer system and cause havoc with area residents’ air quality.

The Summit Camp has changed from a 60-person camp to a 1000-person camp and they are looking for a place to handle their waste... up to 180m3 per day starting on June 7th until December 2021.

Radloff Engineering, who designed the village’s lagoon system, said the system can handle it, but council wondered if residents could.

Ultimately council chose to spend \$5000 to \$10,000 on an upgrade that aims to keep sewer gases from flooding that area where it is being

dumped. Runtz committed to testing it to ensure it works.

“It’s an engineered plan to seal it,” said Runtz said of Radloff Engineering’s plan to weld a fitting to a manhole cover with a few charcoal filters thrown in for good measure.

Runtz said that the village still has a contract with a camp for 10,000 litres per day, but they are able to cancel it with some notice if the sewage can’t be transferred without causing harm to neighbours.

“We have the capacity, we know that for sure, we can bring in a lot of revenue we need, but not at the expense of residents. Nobody should have to smell what I was smelling. It was terrible, just terrible,” he said.

Runtz said if the tests are successful the smells would be limited to the lagoon area.

Councillor Allan Frederick proposed the motion to spend the money to upgrade the infrastructure at a manhole on the south east frontage and test it and council passed it unanimously.

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Gardening with Pete



Pete 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.

Aphids

I think the most disappointing thing for gardeners is to just get finished planting out all the little transplants and to go back to the garden a few days later to see them chewed off or wilting because they have been attacked by pests.

The main complaints I hear in the Robson Valley are problems with aphids, cabbage maggots, cutworms, cabbage caterpillars and slugs. A few other “nasties” show up from time to time, but these are the most common ones in our area. For the next few columns, I will try to deal in depth with each of these pests.

For my first ten years in the Valley, I never saw an aphid on my plants. As more and more plants were brought in from “outside”, more of the aphids showed up. I also believe that our milder winters are allowing more to survive and reproduce.

Aphids are hatched in spring from over-wintering eggs that were laid last fall. They are all females and give birth to many generations of live young (also all females) until late in the summer. Then some of the young appear as males. They mate with some of the females who go about laying eggs that will hatch next spring, and so the cycle begins again.

You will usually see them on the tender growth

tips of young plants and they are usually seen in very large numbers. Some have wings, while many have not. Because of their great numbers, they can really harm the plants as they suck the juice from the plants. They secrete a sweet sticky substance called “honeydew” that attracts ants. With all this movement of aphids and ants, there is a real danger of viruses and diseases being transferred from plant to plant. That is why it is important to get the aphids under control as soon as you see them! I expect to see a few each year sometime around the end of May.

That’s when I get on the phone and order in a package of 3000 ladybugs. They can be released in the greenhouse and gardens a few dozen at a time and make short work of cleaning up the aphid population. The remainder of the ladybugs are placed in the refrigerator to keep them hibernating until more are to be released.

The next simplest way to control aphids is to spray the leaves of the plants from underneath with a stiff but fine spray of water. Once they are knocked off onto the ground, they don’t seem to be able to crawl back up the plant. Aphids don’t like moisture and seem to thrive in hot dry environments.

A spray of Safer’s Soap can also be used to control these little pests. You should always try a few leaves on one plant first before spraying all your plants. Some plants such as peppers are very sensitive to insecticidal soaps. Be sure to follow directions exactly and don’t mix the solution any stronger than recommended. This is one case where “more” is not better!

Planting marigolds and garlic among your most tender plants will also help with most pests as the pests usually depend on smell to guide them to their favourite food.

I have also used a homemade garlic spray to control many pests. Crush three or four large cloves of garlic in a few cups of warm water and add 1/2 teaspoon of cayenne pepper. Let sit for a day or so and then strain into a spray bottle. Slowly fill the container with warm water and add 1 tsp. dish soap. Spray on the underside of leaves where you see aphids. Unless the aphids were immigrants from Lebanon like my family, they more than likely will not appreciate the garlic and cayenne pepper! You will need to repeat this spray two or three times for a week or so to get the next generation of aphids.

Strawberry Moons Forever

Human connection takes courage. The full “strawberry moon” on June 5 will be emotionally as sweet and juicy as the ripe fruit for which it’s named, as the Sagittarius moon injects a fearless, adventurous spirit into the atmosphere. Then, when excited tension is at a peak, a lunar eclipse adds poignancy. Not only do we realize the rarity of the moment, but also we have the presence of mind to capture it and keep nostalgia alive.

ARIES (March 21-April 19). Your success secret of the week: You will be easy on the ears. Your voice will be strong, pleasant, clear and seldom used. Verbal economy is not only gracious; it’s smart. It’s the best way to make sure that people actually listen and respond. You will be moved to express what’s

thoughtful, relevant and kind.

TAURUS (April 20-May 20). Never has your five-year goal been more obvious to you than it is this week. Your clear vision for the future will focus you so that it’s easy to know what to do next and, more importantly, what not to do. You’ll ignore distractions until they go away. You will gain momentum, and this will help with your stamina, too.

GEMINI (May 21-June 21). Some dreams exist outside you. You travel through them as Alice traveled through Wonderland. Some dreams exist inside you, and you don’t travel through them so much as assemble them as you go like you would a cake or story. You’ll explore both types this week; one shapes you, the other gets shaped



You don’t have to put on any kind of show to be liked. You are real. You are humble, and you are kind.

VIRGO (Aug. 23-Sept. 22). With love comes risk; that’s nonnegotiable. So don’t waste time trying not to get hurt, as emotional pain is unavoidable. Instead, decide who you are willing to be hurt by and agree to the pain when that day comes. Now, forget about all that and soak up the abundant joy radiating from your relationships this week.

LIBRA (Sept. 23-Oct. 23). The good people aren’t always easy, and easy people aren’t always good. This is no time to bother with assessments or questions like “whom should I choose?” You will learn something valuable from each and every person who comes into your life. It will be fortuitous to take them in the order they show up.

SCORPIO (Oct. 24-Nov.

21). You’ll only involve yourself with people who are nice, generous-spirited, thoughtful, conscious of their own motives and disinclined to wallow in laziness. These are your bare-minimum standards and anything less isn’t worth even one second of your attention, which is more precious than gold.

SAGITTARIUS (Nov. 22-Dec. 21). There’s a time and place for rules of reciprocity; namely, when everyone involved is flush enough to have something extra. That’s when the nuances of fairness and balance begin to matter. Until that time, they don’t at all. You’ll expect nothing in return as you help those in need because it’s the right thing to do.

CAPRICORN (Dec. 22-Jan. 19). No one gets to be in charge of their own reputation; that’s up to other people. What you do have control over is your character, which you’ll spend much of the week refining. And as for the mysterious, shimmering core of you, it remains eternally, gloriously unchanged. Believe it!

AQUARIUS (Jan. 20-Feb. 18). In some areas, you are miles above the competition. In others, you win by a hair. If it were just about attitude, you’d be in a league of your own. But there is a combination of factors at play. You’ll want to work on your skills this week so the margins aren’t so tight.

PISCES (Feb. 19-March 20). How do you know what’s right? You just do. For now, trust that. Your version of rightness will be different from someone else’s. It will even be different from what you know to be right in August of 2020, and that’s fine. There’s a time to doubt and question and a time to stand and act. You’re in the stand and act phase.

THIS WEEK’S BIRTHDAYS: Brainpower is the theme this trip around the sun. Your cosmic birthday gift will be a life-changing idea so inspiring that it causes you to get into action and finish the first stage of a big project by November. You’ll also apply your smarts to money matters. Details will be rearranged to favorably and considerably change the bottom line of your financial situation. In 2021, you’ll be incredibly fulfilled by lifting spirits and bettering lives. In February, your family circle enlarges.

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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.



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THE TOUGHIE

by Myles Mellor

Answers on P19

Across

- Smart dresser
- Business watchdog for customers (abbr.)
- Massage
- Cream
- Wiggly fish
- “Chicago” star
- Arrival times, roughly
- Florentine painting, e.g.
- Sufficient
- Tom Cruise film
- Carry to extremes
- Arm of the Mediterranean

- “20,000 Leagues” harpooner ____ Land
- Nasty warrior in “The Lord of the Rings”
- Elder
- Crafty
- Tom Cruise film
- Concealed oneself
- “Do ____ say!”
- Tuskegee U. locale
- Tom Cruise film, with The
- Certain GI
- 911 respondent
- So untrue!

- Threefold
- Kind of test
- Passed
- Tom Cruise film
- Nobel’s nationality
- Article in Der Spiegel
- Jodie Foster’s “Little Man ____”
- Pad ____ (noodle dish)
- Diaper wearer
- Celebrated
- Morse code symbol
- “Where did ____ wrong?”
- Mach 1 breaker

Down

- Eat
- A hop up the piano
- Entreated
- Ernie’s roommate
- Kiss ballad
- Cordon ____
- Act of retaliation
- Web address
- Worker in a garden
- Old Soviet Union
- Feds
- Prior to, old-style
- Trim
- Baseball’s Blue Moon
- Singer Simone

- Actor Alan
- The Science Guy
- Skill
- An heir
- Excitement
- Suffix for Hindu or hero
- Can
- AZ native
- Abuse
- Half of D
- Part of a waste reduction strategy
- Siberian city
- Rope loop

- Place for pins
- Goodies
- Many Bob Marley fans
- Add
- Calf-length skirt
- Explosives
- Himalayan legend
- Bookstore sect.
- Gay Talese’s “____ the Sons”
- Most-used edition, abbr.
- Reporter’s question

CROSSWORD

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Answers on P21

Across

- Dietary passing craze
- Alternative to i.e.
- Cousin of alg.
- Bobby of hockey
- Floats like a butterfly, stings like a bee
- Like hen’s teeth
- August baby
- Shared by all
- Phi Beta ____
- Spell-off
- Demoralize
- Greenhouse plot
- Type of washing machine
- To the left (prefix)
- Pigeonhole
- Add sugar to
- He wrote “The Raven”
- Kind of board
- Order of corn
- Song
- Tusked beast
- Cow discussion sound
- Healthy berry
- Part of a geisha’s attire
- Bed in enthusiast
- Barbershop call
- Welcoming ____
- “Brainiac” author Jennings

Down

- Music for the everyone?
- District
- Dew ____
- Empty
- U.N. workers’ grp.
- African nation
- Quiz option
- Wasn’t colourfast
- Mr. Gershwin
- Thicken
- 1997 Will Smith film “____ in Black”
- It precedes a return in the CFL
- Pizza topping
- Try for a trifecta, say
- Dusk
- Mafia boss
- Teaspoon, abbr.
- Lure to love
- Hatred
- Haggling word
- Vivacity
- Conveyance
- Blue pencil
- Run ____ (go crazy)
- Solo
- “One giant leap for mankind” site
- Haggard
- Rink surface
- Inattentive
- Lone starters

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Recycling depot re-opens

By GOAT STAFF

The Valemount Recycling Centre is re-opening on June 10th at 11am.

The centre has been closed since March and is the only place in the Robson Valley to recycle cans and bottles that have a deposit, as well as electronics among other things.

The posted operating hours are Wednesday to Saturday 11am - 4pm.

The owners request customers bring their cans and bottles pre-sorted. If not, there will be sorting tables set up outside. Only one person will be allowed inside the store at one time.



Many residents and businesses have been waiting with great anticipation for the Valemount recycling depot to re-open after a nearly 3-month closure, including Terry Power of Summit River Lodge who made a private appointment to deal with his trailer-full. /SUBMITTED

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CROSSWORD ANSWERS

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TOUGHIE ANSWERS

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GENERAL

Now Online: Check out 2 new additions to our Foraging in the Robson Valley series! Foraging for Dandelions & Nettle. <https://youtu.be/tNdIWmxlPK4>. Learn all about local dandelions and stinging nettles with local forager Jean Ann Berkenpas, including how to source, identify and cook with them. Recipes provided. Foraging for Birch Sap. <https://youtu.be/Rko8Ybm1Log>. Learn all about harvesting the ever-nutritious birch sap with Gwen Barker, and the process of transforming nature's elixir into syrup.

VALEMOUNT FOCUS

MONs. **Parenting Wellness Chat.** Receive resources, learn about mental health related tips and support, Mondays from 1:30-2:30. Please email events@rvcsbc.org to obtain the Zoom link and password.

FRIs **Valemount Family Place Online-** Resources and a virtual coffee and chat with our staff via ZOOM. Stories, Songs, interactive games to do with your kids. FRIDAYS: Join Zoom Meeting by contacting events@rvcsbc.org and 1-844-324-2004.

WEDs **Youth Drop In** Online get together with other kids, talk about concerns and participate in fun activities, From 2pm-3pm (ages 7-12) and 3pm-4pm (ages 13-18). TUES **Nobody's Perfect Parenting Class.** Contact programs@rvcsbc.org to sign up for this free parenting class. From 1:30pm-3:30pm. Please email events@rvcsbc.org to obtain the Zoom link and password.

WEDs & FRIs. **Kids Yoga-** Join us on Wednesdays and Fridays from 10:30 - 11am for Kids' Yoga with Anita Kelder. Anita has lots of experience as a yoga instructor, and she's excited to share her love of mindful meditation with everyone. Please email events@rvcsbc.org to obtain the Zoom link and password.

MCBRIDE FOCUS

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TUES & THURS. **Virtual Stories and Songs.** Hey parents! Since we are all safely tucked inside our homes, the McBride and District Public Library and Community Literacy Program are bringing storytime to you! We'll be sharing stories and songs on the ukulele. Come to the McBride and District Public Library page @ 11am on Tuesdays & Thursdays and look for the Facebook Live video to join the fun!

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High art



Residents of Valemount are responding positively to a new art installation outside the local post office. Art critiques are calling it unmitigated genius: the flag pole, notably at full mast, has been bashed over the post office. Some say it represents a modern nation unaware of the struggle raging inside of it for equality. /ANDRU MCCRACKEN

Informal mission



Captain Jose Areekadan, Company Commander and Warrant Officer Sheldon Slugoski flank regimental brewmaster Michael Lewis. The Rocky Mountain Rangers stopped by to pay a visit to their regimental brewery in May and they turned some heads with their full body plus mask uniform. They had just finished conducting wildland firefighting exercises south of Kamloops. Three Ranges makes the regiment its own beer: Ram's Head Amber Ale. Lewis said it's in recognition of the Rocky Mountain Rangers' and their role in BC and Canada's Military history. /ANDRU MCCRACKEN



1. New soil being loaded for delivery to the community garden. 2. Amy Gerig transplanting seedlings into the new garden beds /RENA O'BRIEN 3. New garden plantings in the fresh garden beds, and hope for a bountiful summer. 4. The garden before RVCS started the revitalization project this spring. /PHOTOS SUBMITTED

By JEAN ANN BERKENPAS

Robson Valley Community Services (RVCS) has taken over management of the Valemount Community Garden, an underused space behind Valemount Secondary School. The garden is undergoing a spring transformation. This comes at a time when public interest in gardening is at a high point. With more people staying home this summer and food security at the forefront of many people’s minds, gardening is seeing a resurgence in popularity.

The community garden was previously started and used by the Valemount Secondary School gardening class taught by Dan Lawless. However, since much of the outdoor growing season takes place during summer holidays, the students instead spend the bulk of their time in the school greenhouse and on indoor growing projects during the spring. The high school principal Derrick Shaw is supportive of RVCS taking over management of the garden.

The transformation taking place includes the removal of weathered garden beds, and the construction of new, taller, cedar beds. These are made to be comfortable for work without back bending and therefore accessible to a greater range of users.

While RVCS is paying for the project, the community has been generous in the donation of much of the labor and supplies. New construction of garden beds and a children’s sandbox were done by Shawn Thompson, Jared Pietz, and Owen Dean. Donated supplies include a huge pile of wood mulch from Cedar Valley Holdings. Loads of manure, old hay and the muscle to move them were provided by Willow Ranch. Thunder Valley Towing and Graham Darragh provided trucking services to deliver soil, and Canadian Mountain Holidays supplied the use of their machine along with labor to help with moving soil. Many others have contributed their labor and expertise.

Currently there are 10 new raised garden beds for the 2020 growing season. Three will be used by RVCS as a part of the Food Literacy Program and Supported Child Development Program, according to RVCS. These may be used for teaching, day-programs and of course to provide food to community members and organizations that feed people in need. Seven other boxes will be available for individuals in the community.

RVCS is in a unique position to manage this resource in the community, with multiple programs and staff members according to Lina Thompson, Executive Director of RVCS. She says the vision for the garden is for it to be used by many different groups. Aside from the obvious connection to food security and literacy, the garden will also be used by children’s programming and hopefully families and seniors. The new design is intended to make the space more accessible and welcoming. A shaded gazebo area is also in the works, with hopes that it can be a multi-use space for teaching, yoga, and just enjoying the garden.

The garden is on land owned by the Village of Valemount, with RVCS’s Licence to Occupy in progress. The bulk of the garden infrastructure, as well as insurance, is being paid for by RVCS.

Community members interested in signing up for a garden bed should contact Jana MacMaster or Rena O’Brien to sign up at foodsecurity@rvcs.org . Use of a garden bed for the season is free of charge and anyone in the community can apply to use a space. Priority will be given to those who do not have a gardening space of their own, or who are in need of fresh produce.

Due to COVID regulations, RVCS will be ensuring that users adhere to physical distancing regulations in the garden.

While construction and planting is underway, there is also a need for additional help, donations and expertise. Supplies that are still required include pea gravel, plants, seeds, and people willing to share in the work of constructing, planting and labor of putting it all together.

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#4-3115 River Bend Rd

MCBRIDE

- Immaculate 3 bdrm in Mobile home park
- Includes storage shed
- Great neighbours and quiet setting.
- Rural setting close to town




\$126,000

1057-3rd Avenue

MCBRIDE

- great floor plan, great views
- breakfast bar, stainless appliances
- bright , dry basement- separate entrance
- large shop - excellent location




\$59,000

1048-4th Avenue

MCBRIDE

- bright and sunny 2 bdrm
- cheaper than rent
- lots of character
- great location



\$45,000

3497 Jeck Road

MCBRIDE

- small rural property
- almost 1 acre
- beautiful mountain views
- good access



RE/MAX CENTRE CITY REALTY

Cell: 250-566-1086

Office: 250-562-3699

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SOLD

FOR SALE

Shelly Battensby
REALTOR

DIFFERENT
BETTER

VALEMOUNT



NEW

\$372,000

1185 9th Avenue

This 3 bedroom, one-level home is the perfect escape from today's crazy world. With large windows and a private backyard, you will feel like the world is at your doorstep, while the open concept floorplan celebrates time together. Built in 2015, you have all the modern touches you are looking for, with wood and log accents to give you that cozy cabin feel.

LIVING AREA



KITCHEN



VALEMOUNT



\$335,000

1272 4th Avenue

This 4 bedroom family home features a central location, tiered deck, fenced yard, and an updated interior. Fresh and bright on the inside, you'll find the large entry, spacious living room and generously sized bedrooms make this the perfect family home. Priced right and well maintained, this is a sure bet.

MCBRIDE



\$375,000

115 Sansom Road

This is rural living at its best. Bordering town limits and on municipal water, the property has sweeping mountain views and is set up and fenced for a hobby farm. The 4 bedroom home is warm and inviting, with opportunity to put your stamp on things in the partially finished basement.

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED