



Goodbye to Oscar's

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ROCKY MOUNTAIN GOAT

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Flattening the curve

The familiar skyline of the Premier Range echoes a declining COVID-19 curve in B.C. Despite the Province's talk of increasing social contact and "re-opening" B.C. to some degree, tourism-reliant businesses are still bracing for a tough year ahead. Flattening the infection curve has also meant flattening the anticipated uptick in spring and summer visitors to the Robson Valley. /LAURA KEIL

Northern Health won't reveal "community outbreaks"

By LAURA KEIL

In a virtual town hall April 22nd, Northern Health's Acting Chief Medical Health Officer Dr. Raina Fumerton said the health authority would not make public community outbreaks due to their inability to enact additional public health

measures in community settings.

Unlike in Alberta, B.C. has not publicised the locations of known COVID-19 cases. Fumerton said in B.C. they are only using the term outbreak to describe cases in "closed settings" such as long-term care centres or penitentiaries - and in those settings, a

single case can constitute an outbreak.

"The term is helpful in that closed setting because we can then implement evidence-based infection control practices that have been known to be effective in settings such as a long-term care facility - so we enhance everything - we

enhance cleaning measures, we enhance testing... to help us contain and control an outbreak... In a community where there aren't four walls around it, it's a bit of a different scenario."

Fumerton said health authorities assess on a

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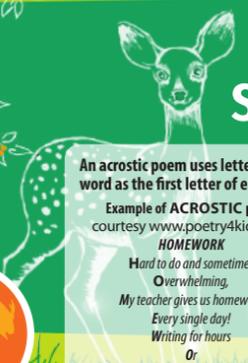
Irene Berdsen



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see LISTINGS ON
BACK PAGE



Calling STUDENT WRITERS!

DEADLINE EXTENDED!

The Goat is inviting students K-12 from the Robson Valley & Blue River to submit haikus, limericks or acrostic poems on the following themes: 2-m social distancing, COVID-19 or springtime.

Submit your writing to goatevents21@gmail.com by May 8th to have it published in our May 14th edition! Limit of 2 poems per student. We aim to publish all submitted poems, though we may only publish one per student if space is an issue. Poems received after May 8th will be considered for publication in a future edition. To protect the privacy of minors, we will only publish the first name and last initial of the students who submit.

WRITING TIP: try writing poems longhand before you type them!

An acrostic poem uses letters of a word as the first letter of each line.
Example of ACROSTIC poem courtesy www.poetry4kids.com

HOMEWORK
Hard to do and sometimes
Overwhelming,
My teacher gives us homework
Every single day!
Writing for hours
Or
Reading for hours.
Kids need a break!

A limerick is a humorous verse of three long and two short lines rhyming AABBA.

Example of LIMERICK
By Edward Lear
There was an old man on the
Border,
Who lived in the utmost disorder;
He danced with the cat,
And made tea in his hat,
Which vexed all the folks on the
Border. Kids need a break!

A haiku is a poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world.

Example of HAIKU
By Matsuo Basho
An old silent pond...
A frog jumps into the pond,
splash! Silence again.

ROCKY MOUNTAIN GOAT | STUDENT POETRY | 2020

Combating anxiety and depression in times of uncertainty

By FRAN YANOR, LOCAL JOURNALISM INITIATIVE

For someone who was already anxious or depressive, the uncertainty brought on by the pandemic could be debilitating without counteractive strategies for calm.

"If anxiety or depression were moods we've been learning to cope with for a long time, or are skills that were never learned," said Winnipeg counsellor Krystal Kaposi, who specializes in dealing with anxiety, depression, burnout, dementia and more. "We are likely going to feel helpless, overwhelmed and potentially hopeless."

Worse, any uncertainty, particularly on a large scale like the pandemic, could trigger a cascade of emotional fallout.

"Aspects of the pandemic might trigger historical trauma," said Kaposi, who teaches clients coping skills. "It might be the perfect storm to lead to feeling re-traumatized and not coping."

The first step to finding your way through anxiety is to remember what is under your control, she said. "You. You can only control your actions and reactions."

Here's a few more tips to wrestle anxiety under control, avoid burnout and keep depression offside.

SET LIMITS WITH YOURSELF

"Ask yourself, 'Have I done too much

today? Do I need to take a break? Am I doing too much? Why am I doing so much? Or why am I doing nothing?" asks Kaposi.

SET LIMITS WITH OTHERS

Know that it's okay to say no, or to not be available, or feel incapable of helping.

"This one is really hard for caregivers," said Kaposi. "Typically caregivers are good at putting others first, including putting others' needs ahead of their own basic needs for rest, sleep, food, safety and health."

This can lead to grave physical and mental outcomes for the caregiver.

EXAMINE YOUR TOLERANCE FOR UNCERTAINTY

People with a low uncertainty tolerance try to plan their way through every potential outcome.

They make lists, seek frequent reassurance, refuse to delegate, avoid, procrastinate, and seek constant distractions. "This is a huge expenditure of energy in comparison addressing the issue or just learning to tolerate uncertainty," said Kaposi.

She suggests building uncertainty resilience by experimenting with small activities that cause a mildly fearful reaction, such as buying a dessert without asking for opinions, or delegating a minor task to someone else (with an inner commitment not to criticize the outcome).

GET HELP IF NEEDED

Breakdown thoughts, feelings, issues in order to gain order, perspective, and spend less time being stuck and allowing these ideas or feelings to take over and feel true

"Ask, 'What is causing me stress or anxiety?'" said Kaposi. Once a cause, a root, or a trigger can be named, it can be addressed. "When it's unknown, it feels like we have no control and it's just happening to us," she said.

If this is too hard, then establish another person who can be called on to help provide a reality check. Have him or her ask questions like, how do I know this is true?

ALTERNATIVE THOUGHT

If your first thought or reaction is negative, think of a second alternative thought.

Such as, 'I'm going to die from COVID-19.'

Alternative: 'I am doing everything I can to take precautions and reduce my risks. Everything will be fine. I will be okay.'

PLAN FEEL GOOD ACTIVITIES

Whatever makes you feel good, hot showers, flavourful coffee, yoga, anything that brings a sense of betterment. "Then lift it up a notch and think of ways to make them even better," said Kaposi.

GET OUTSIDE

Go for a stroll, a jog or meditative walk, in the yard, up the street, anywhere outside.

"Just stepping out the front door can do wonders," she said. Try to do this at least once a day.

SLEEP

Consider changes or establishing a routine that promotes relaxation. Examine your and diet to ensure nothing is interrupting your natural sleep. Eliminate disturbances and ensure the sleeping environment is set up for deep sleep.

If waking in the night is an issue, consider incorporating relaxing activities just before bedtime such as, having tea, using a white noise emitter, meditating, journaling, reading, whatever feel restful.

"Recognize you'll catch up on sleep the



To cope with anxiety and depression people should set personal limits, practice 'alternative thought' and build uncertainty resilience, says Counsellor Krystal Kaposi. /DON KAPOSI

next day," said Kaposi. "Worrying about not sleeping only makes it worse."

REDUCE NEWS WATCHING

Check news twice a day at the maximum. Reduce or eliminate social media, limit time on the phone, and communication with others that sometimes can be counterproductive if it's non-stop throughout the day.

RECOGNIZE WHEN YOU NEED HELP

Signs you need help:

If you have thoughts of harming yourself or others; you feel unable to function or not able to think clearly; you are unable to wake up to attend to responsibilities such as children, parents or work; if you are not looking after basic needs like bathing, eating, or taking life-saving medication; if others mention these concerns; if you are not getting along with other or feel overwhelmed or isolated.

"There are many options for help," said Kaposi. Speak with someone you trust or call a community organization near where you live.

"Remember, it's temporary, things will change," Kaposi said. "You will get through this."

Did You Know?

**Robson Valley Community Services offers...
Child & Youth Mental Health Program**

CYMH provides confidential and professional evidence based mental health services to individuals or groups for children and youth ages 0-18, and their families. Using strength based approaches to promote positive mental health and help build resilience, we strive to increase understanding of mental health, reducing the stigma of mental illness, and to encourage healthy caring connections with one another.

Youth Drop-In: Wednesdays
2-3pm (7-12yrs) & 3-4pm (13-18yrs)

Give us a call at
1-844-324-2004

Email events@rvcsbc.org for the Zoom link and password.

IN LOVING MEMORY OF

April 5, 1947

April 30 2020

Nicholas (Nicki) Forman, (nee McCormick)

It is with great sadness we announce the passing of our dear mom, Nicki on April 30, 2020.

Mom will be fondly remembered for her generosity, decisiveness, and her love of travel and card games.

Born in Salisbury, NB to parents Clarence (Mike) and Margaret McCormick, Nicki was a happy and beautiful child. In 1969 she married Garry Forman and they moved to Golden, BC. In 1972 they moved to the village of Valemount, BC where they started their business, Yellowhead Helicopters Ltd. and were active members in the community with the Lions Club, minor hockey, figure skating club and where Nicki was a Certified General Accountant performing bookkeeping and taxes for the public before working for Yellowhead Helicopters exclusively.

Nicki was the loving wife of Garry for 50 years, beloved mother of sons Jacob (Shelley), Carl (Lori), and daughter Sarah (Trent). She leaves behind her adored grandchildren Alyssa, Brendan, Ian, Logan, Spencer and Samuel.

Nicki is predeceased by her parents Clarence (Mike) and Margaret and her brother Eric.

Forever in our hearts, Nicki will be sadly missed by her family and dear friends.

The family held a private service at the Lakeview Cemetery in Lake Country where she was laid to rest. A Celebration of Life service will be planned in Valemount at a later date. Further details will be provided.

In lieu of flowers, Nicki's family ask you to please consider a donation to the BC Cancer Foundation in her memory.

BC gov turns to models in bid to relax social distancing

By LAURA KEIL

Modelling released May 4th by the BC government shows the projected outcomes of different degrees of social distancing, as the Province mulls relaxing restrictions.

It shows that keeping social contact at 40 per cent of normal will continuously lower the infection rate. Keeping social contact at 60 per cent of normal (reducing by 40 per cent) will mean new cases and COVID-19

hospitalizations increase slowly. At 80%, cases and hospitalizations both peak.

The Province was scheduled to announce its official plan to relax restrictions later this week. It also released risk factors that led to more serious COVID-19 symptoms and fatalities: being male, over the age of 50 and having at least one chronic condition. Nearly three quarters of those who have died have been male, and two thirds of those hospitalized.

Scenarios With Varying Degrees of Relaxed Distancing

The figure consists of six line graphs arranged in a 2x3 grid. The top row shows 'New Cases' and the bottom row shows 'New Hospitalizations'. The columns represent different social distancing scenarios: 40% (60% physical distancing), 60% (40% physical distancing), and 80% (20% physical distancing). Each graph shows a red line representing the projected trend and a black line representing historical data. As the degree of relaxed distancing increases (from 40% to 80%), the peak of the red line shifts to the right and increases in height, indicating a later and more severe wave of cases and hospitalizations.

Graph source: May 4th BC Gov presentation

VALEMOUNT COUNCIL NOTES

No to backhoe; new public art committee

By ANDRU McCracken

Valemount Council held a virtual meeting April 28. Councillors Hollie Blanchette, Pete Pearson, Sheri Gee and Donalda McLean and Mayor Owen Torgerson attended. Chief Administrative Officer Wayne Robinson was also present.

Accounting

KPMG gave an overview of the village's consolidated financial statements.

"There is an expectation that there will be infrastructure stimulus programs coming out of government; we're recommending to our municipal clients to make sure they have projects that are essentially shovel ready," said the presenter.

Council received the presentation without questions.

"Another clean bill of health, I'd like to thank Lori (Chief Financial Officer) for a job well done," said Blanchette.

Reading File

Council supported the community of Hazelton's request to have municipalities under 10,000 be eligible to apply for community gaming grants.

Craig Correspondence

MacLean brought up a letter written by resident David Craig wondering why the village is hiring a new employee and buying a new backhoe when COVID is having such a toll on the economy.

Robinson said the backhoe purchase has been in the works for years and candidates for the new village position

already interviewed.

"Regardless of what happens with COVID-19, that doesn't change administration's concerns in regards to the fact that we have an understaffed public works department," said Robinson. Blanchette asked if the backhoe can wait a year.

Staff said they are putting off expensive projects like resurfacing Main Street, Torgerson added staff are constantly reviewing all projects that involve spending.

Ultimately, Blanchette asked for a resolution and MacLean moved that the backhoe purchase be deferred to the next fiscal year and the motion was passed unanimously. Council didn't deal with Craig's recommendation to not hire a new employee.

Mutual aid

Council authorized the mayor and CAO to enter a mutual aid agreement with the Thompson Nicola Regional District regarding sharing qualified operators of water and sewer (See story page 9).

5-year financial plan

Council gave third reading to their five-year financial plan which passed unanimously.

Public Art Selection Committee

Blanchette wanted to make sure that the new Public Art Selection Committee didn't think their word was final, so she added more verbiage to make it clear that if council doesn't like the art, it wouldn't be selected.

She added the line: "The committee will provide feedback and recommendations

CONT'D ON P5

MCBRIDE COUNCIL NOTES

Lease, Liquor and Bylaws

By ANDREA ARNOLD

The members of McBride Council met via Zoom on Tuesday April 28, 2020. Mayor Gene Runtz, and CAO Sheila McCutcheon were joined by Councillors Rosemary Hruba, Lucille Green, Diane Smith and Allan Frederick.

Draft Lease

Council passed the motion to approve the draft Lease between Northland Properties Corporation (landlord) and The Corporation of McBride (tenant) for the land currently being used for the sewage treatment facilities as well as the eco-tourism park "Phil & Jennie Gaglardi Park." Lawyer Pat Cotter from Wilson King LLP was present to summarize the agreement. The draft was created using the 2010 lease as a guideline. The agreement is for a 60-year lease with the option to renew for 39 years. The rent cost to the Village is a one time payment of \$100. By agreeing to the terms, the Village is committing to covering expenses that arise during the duration of the agreement, including but not limited to liability insurance and taxes on the leased land. At the conclusion of the lease agreement, the Village is required to restore and remediate the land based on the environmental regulations at the time. This means all evidence of the lagoon system needs to be removed and the land returned to its natural state and drainage. The Landlord retains the option of leaving the Eco-tourism park in its current state (at the time of lease expiry).

5-year financials

Council passed the motion to give first and second reading to the Five-Year Financial Plan (2020-2024) Bylaw No 793.2020; and further give third and final adoption of the same bylaw at the May 12, 2020 Regular Council meeting. If there are questions or concerns brought forward by Council members by Tuesday May 5, 2020 they will be addressed by Village Administration or, if needed, a special meeting scheduled before May 12.

Property Tax

Council approved the motion to give 2020 Municipal Property Tax Bylaw No 794.2020 first and second reading; and further consider third and final reading at the meeting on May 12, 2020.

Liquor Retail

Council passed the motion approving a three- year extension on the Liquor Distribution Branch retail lease in McBride from August 1, 2020 to July 31, 2023 at a rate of 8.90 per square foot. At the end of the lease, there will be the option to renew presented. Council also moved to authorize Mayor Runtz and CAO McCutcheon to execute the lease agreement.

Council was adjourned at 7:40pm by Mayor Runtz.

Regular Property Tax Deferment Program

The Regular Tax Deferment Program is a low interest loan program that allows you to defer paying all or part of your property taxes on your principal residence if you're:

- 55 or older
- a surviving spouse of any age, or
- a person with disabilities

Applicant Qualifications

To qualify for this program, you must:

- Be a Canadian citizen or permanent resident of Canada
- Be a registered owner of the property
- Have lived in B.C. for at least one year prior to applying
- Pay property taxes for the residence to a municipality or the province, and
- Have paid all previous years' property taxes, utility user fees, penalties and interest

For more information, please visit: <https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/defer-taxes/regular-program>

Call For Public Art Selection Committee

Volunteers

Currently, Village of Valemount Council is seeking Expressions of Interest from community members who wish to serve on the newly formed Public Art Advisory Committee.

The Committee will provide feedback and recommendations to the Village of Valemount with respect to selecting and installing public art projects in the community.

The Committee will consist of up to 5 voting members, including three representatives from the community at large.

To see a complete description of the committee's mandate and composition, please read the complete Terms of Reference, available on the village website at www.valemount.ca.

To apply for a position on the Public Art Advisory Committee, please forward a brief letter outlining your relevant arts-related interest and experience by email to corporate@valemount.ca, or by mail to Village of Valemount, PO Box 168, Valemount BC, V0E 2Z0.

The deadline for applications is Monday, May 19, 2020 at 4 PM.

Spring Clean-up

Spring clean-up will take place **May 19 – 22**. This year, due to COVID-19, the Village is offering curbside pickup of **yard waste only**. We will be unable to pickup household items.

All yard waste must be bagged and includes:

- Leaves
- Branches
- Grass clippings

*Please note that yard waste must be kept separate from garbage and other items or it **will not** be picked up. Please place garbage in your garbage bin for your regular scheduled collection day.

Pickups must be scheduled no later than Thursday May 14 by 4:30 pm. To schedule a pickup please call 250-566-4435.

Tourism Committee Schedule Change

Notice is hereby given that the Tourism Valemount Committee is amending its meeting schedule.

Meetings will now occur on the 1st and 3rd Tuesday of the month, commencing May 5, 2020. Meeting Times will remain at 3:00 PM. The amended meeting schedule will be in place until further notice.

Please note that committee members will attend these meetings electronically. Public attendance is not permitted at this time; however, minutes are available to the public.



Editorial

Micromanaging is always partial



ANDRU McCracken, EDITOR

A good letter from a resident sent council into a tizzy at their last council meeting. It was as if the councillors had suddenly realized they weren't dressed in their finest clothes, but were, in fact, naked.

In the letter, a resident asked council to reconsider two expensive measures: the purchase of a newer backhoe and hiring a new employee.

The resident is knowledgeable and his letter was more than fair. It came from a good place and the message was simple: be prudent because COVID-19 will have an unprecedented impact.

The decision to go ahead with the purchase and the new employee appears indulgent. It's not a good look at a time when everybody else is tightening their belts. But residents don't manage the water plant. Residents don't look after the sewer and the complex set of aging systems that gets sewage and water across town. Most residents don't know all the buildings, control systems, pipes, roads or what infrastructure is required for Valemount to function every day. But the Village staff do know and need to maintain all of it. They are the ones on the hook if there is raw sewage pumping into people's basements because public works didn't have enough staff to keep up with scheduled maintenance.

I'm not proposing village staff be anointed dictators, but the CAO needs to be consulted before Council overrules proposed spending. Councilors didn't ask him a single

question about what the machinery or personnel was for or what the repercussions would be if public works had to do without. Council didn't seem to know that the administration had, for example, postponed a quarter million dollar resurfacing project in light of the pandemic, and when they were told, they weren't particularly interested.

Regardless, they passed a motion that the village not purchase a backhoe. The new employee? They appear to have forgotten that altogether during the five minutes they discussed the motion.

Only Mayor Owen Torgerson spoke up about the steps staff had taken to keep the village on track and prepared for disaster. He tried to spark some dialogue between council and staff. It didn't work, but it was a good move.

Staff often bring bad news, because aging villages fall apart, but they aren't the enemy. Residents, letter writers, taxpayers, editorialists all know council is spending our money, and we all know our taxes are going to increase: we just want reassurances that our money is being spent wisely.

The justification piece falls on council, not staff. A resident wanted reassurance that his money was being spent wisely and that village assets were being cared for prudently. For that to happen, Council needs to know what is happening and why. It's time for them to start asking questions - out loud during council meetings - before making decisions.

Snow geese



A few weeks ago, Leon Lorenz was doing some filming at Horseshoe Lake near McBride and captured some footage of snow geese. There were about 30 of them feeding and resting in the area along with many other species of waterfowl. He says the three geese on the right are easily recognized as immatures by their still greyish plumage, legs and feet. /LEON LORENZ



Dear friends and family, I thought you would enjoy this message that was forwarded to me.

Love and hugs,
Joan Nordli.

Just be careful, because people are going crazy from isolation! Actually, I've just been talking about this with the microwave and toaster while drinking coffee and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end, the iron calmed me down as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic ... told me to just suck it up. But the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to ... yes ... Pull myself together.

-- Anonymous (posted on social media such as Reddit / Facebook without attribution)

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We welcome all letters to the editor
Write to us! goatnewspaper@gmail.com



Not the time to up Village expenses

Attention: Mayor and Council As a concerned citizen of Valemount, and taxpayer, I have serious concerns about you hiring another employee to the village staff. As you have no capital projects to warrant it at this time. The country is in a dire crisis, where the people have no money to pay out. As a shortage of work, I would estimate that 25% or more of the town are not going to be able to pay taxes, because of the COVID pandemic. In the past when an employee quit or retired, you then hired someone and trained them. This should not change. We as citizens of the town think you have enough staff to manage the town as it is. Our taxes are high enough! The people are not going to like having to pay more to accommodate another employee. People are struggling

to get by as it is. You want your tax money, but businesses are going broke. What happens then? I would appreciate you putting your efforts more towards, how you are going to help the businesses survive. Not spend more money. Which brings me to the purchasing of a new backhoe. Is that really money that has to be spent at this time? I know at this time that you are trying to stop everyone from going outdoors. All you want is for us to stay home. Money does not grow on trees. We have to work to survive. We can do this best and as safe as possible at this time by distancing. Thank you for your time.

David Craig
Valemount, BC



Thoughts on post-COVID-19 forestry recovery

Dear Editor,

The plan of the BC post COVID - 19 Economic Recovery Task Force will be announced soon.

A viable plan will identify different and new demands affecting natural and economic forces determining post COVID -19 success and survival.

This could be a positive turning point for BC forestry. Downward trends since 1987 project diminishing returns with the status quo:

This could also be a missed opportunity. Civilization after civilization has risen and fallen when the quality and abundance of their natural resources were exhausted.

It will not be enough to simply reduce current problems. The aim must be to create the future we all want.

Getting the fundamentals right, will focus on:

* Managing liquidities: Putting financial strength before earnings. The federal Government is selling bonds to the Bank of Canada, increasing cash, without increasing debt.

* Managing and conserving productivities: (source of all forest values). This requires:

- decisions made on best available knowledge;
- forest conservation - when both people and forests are better off, we have conservation. When either one is failing, we do not;
- innovation - organizations need both an operational budget (90 percent) and innovations budget. To innovate successfully, top management will commit half their time to each.
- meaningful work - people need jobs to feed their families.
- Paying the full stewardship costs of the future in the present. Only planting costs in BC forestry are paid now.

Set high standards. People perform better when keeping score. Character is destiny.

Ray Travers, RFP (Ret.)
Victoria, BC

CONTACT THE GOAT
250-566-4606

Mystery package



The Village of Valemount got a mysterious package delivered via the post office. It was from their T-shirt supplier for the visitor centre, but the Village hadn't ordered any shirts. When they opened the box they found a shipment of special COVID-19 "Valemount Strong #wecanbeatthis" shirts, a gift from the T-shirt maker. Council decided to donate the shirts to front-line workers at IGA and IDA tele-pharmacy. "A thank you to all the local businesses that are open and helping to keep the village running," said Valemount CAO Wayne Robinson. Above L to R: Valemount Mayor Owen Torgerson, IDA manager Jenny Byford and IGA franchise owner Mike Simms. /LAURA KEIL

Council Cont'd from A2

to the council of Valemount with the understanding that council may alter recommendations."

Torgerson pointed out that council has final say anyways, because the committee is only making a recommendation.

"Everybody knows we may change the recommendation and it's not anything to do with the committee members. Nothing personal," said Blanchette.

MacLean said the belaboured wording could discourage potential committee members from joining.

"I wonder if anybody would want to be on such a committee if we [council] are going to make the final choice," said MacLean. "Yep, we've got a committee here, but we're going to make the final decision. Should we trust the people we select for this committee?"

Torgerson said councillors are always responsible for voting their conscience.

"As long as you aren't breaking legal requirements of the community charter, you vote the way you want," he said.

Torgerson called the question twice because of technical difficulties and both times MacLean voted in favour of the amendment and it was approved.

"Thank you, that was good discussion," said Torgerson.

Community Garden

The Robson Valley Community Services is hoping to revive the community garden near the Valemount Secondary School. Council agreed to allow the organization to begin using the space and cleaning it up, while staff prepare a lease.



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1st Place 2019 Best Feature Story
3rd Place 2018 Best Historical Story
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Trans Mountain Expansion Project – Blue River Pump Station Construction Notice

Blue River, BC | May 2020 – February 2021*

As part of the Trans Mountain Expansion Project, Trans Mountain is planning to begin construction of the Blue River pump station in May 2020*. Pump stations contain electric motors to drive the pumps that maintain the pressure and flow rate in the pipeline. Detailed explanations of the construction activities are included in this notice.

**Activities and dates are subject to change.*

As some regulatory approvals have a long lead time, Trans Mountain is notifying affected parties now regarding these activities. Trans Mountain's first priority has and will always be the health and safety of our workforce, their families and our communities. In response to the evolving COVID-19 pandemic, Trans Mountain and our construction contractors for the Trans Mountain Expansion Project have been working diligently together to ensure adherence to all advice and direction from government and health officials both provincially and federally.

Trans Mountain continues the uninterrupted safe operation of the Trans Mountain Pipeline and construction of the Trans Mountain Expansion Project. We are grateful to all our people who continue to work under these challenging conditions and are committed to taking all appropriate measures to keep everyone safe, healthy and able to work.

For more information on Trans Mountain's COVID-19 response, please visit: transmountain.com/covid19

Trans Mountain thanks the public in advance for its patience, as we work to minimize any disruptions or inconvenience associated with construction activities.

WHAT YOU MAY NOTICE

During the course of these activities, the public may notice:

- Construction equipment, vehicles and workers on-site
- Increased activity and intermittent construction-type noise in proximity to the worksite
- Intermittent, temporary traffic delays or increase in traffic volumes to move equipment in and out of the worksites
- Signage in locations where construction activities will take place near recreation areas
- Additional directed lighting at the worksite

CONSTRUCTION ACTIVITY DETAILS

Trans Mountain is committed to maintaining safe work environments and minimizing any impacts of these activities to the public and the environment. In preparation for the commencement of work, the following measures will be in place to manage potential impacts:

- Hours of work: Typical working hours will be 7 am to 7 pm, Monday to Saturday
- Contractors will abide by applicable noise bylaws and the Trans Mountain Noise Management Plan, as approved by the Canada Energy Regulator – A sound barrier will be strategically placed to mitigate construction-related noise
- Dust from construction traffic will be controlled using best industry practices, including water trucks and street sweepers
- Lighting will be directed only on work areas for worker safety
- Tree and vegetation removal work will comply with necessary approvals. Registered professional foresters and certified arborists will be on-site, as needed.
- Construction-related traffic will follow site-specific traffic management plans to minimize impacts during peak hours
- Construction vehicles will not occupy off-site public parking spaces
- Work will be monitored by Environmental Inspectors and Indigenous Monitors

Trans Mountain conducts all work under its Environmental and Pipeline Protection Programs to ensure compliance with applicable regulations and requirements.

Site preparation

There are a number of steps involved in preparing the pump station sites for the arrival of construction crews and equipment, including tree removal, flagging and installing temporary infrastructure. They include:

Construction of the transmission line involves the following steps:

- BC One Call, locating and marking of all buried facilities
- Surveying
- Flagging and staking the right-of-way and any temporary workspace required for construction
- Installation of signage
- Clearing trees and vegetation from pre-approved areas essential for construction
- Disposing of unsalvageable timber, like branches, tree limbs or shrubs left behind from clearing

Pump station construction

After site preparation, construction of the pump station involves the following steps within the pump station footprint:

- Install piles and pour concrete
- Mechanical equipment installation
- Piping and tie-ins (welding)
- Construction of structural steel and buildings
- Electrical installation and instrumentation
- Insulation and pre-commissioning
- Cleanup and restoration activities

Pump station construction activities will take place over an 8- to 10-month period (timing subject to change).

ENVIRONMENTAL PROTECTION

As part of the Trans Mountain Expansion Project, extensive work has been conducted to determine environmental impacts and mitigation measures to reduce those impacts. Our goal is to protect the environment, have as little impact as possible and, where we do have an impact, ensure we return the land to a similar function.

We completed field studies between 2012 and 2018 along the pipeline corridor studying a wide range of environmental features, including wildlife, fisheries, plants, species at risk or species of special status, soils, heritage resources, traditional land use and air and greenhouse gas emissions. Following the field studies, we conducted extensive analysis to predict the effects associated with the Trans Mountain Expansion Project, including those that could be caused by construction, operations, decommissioning or abandonment, as well as potential incidents and malfunctions. The information and analysis were used to develop our unique Environmental Protection Plans.

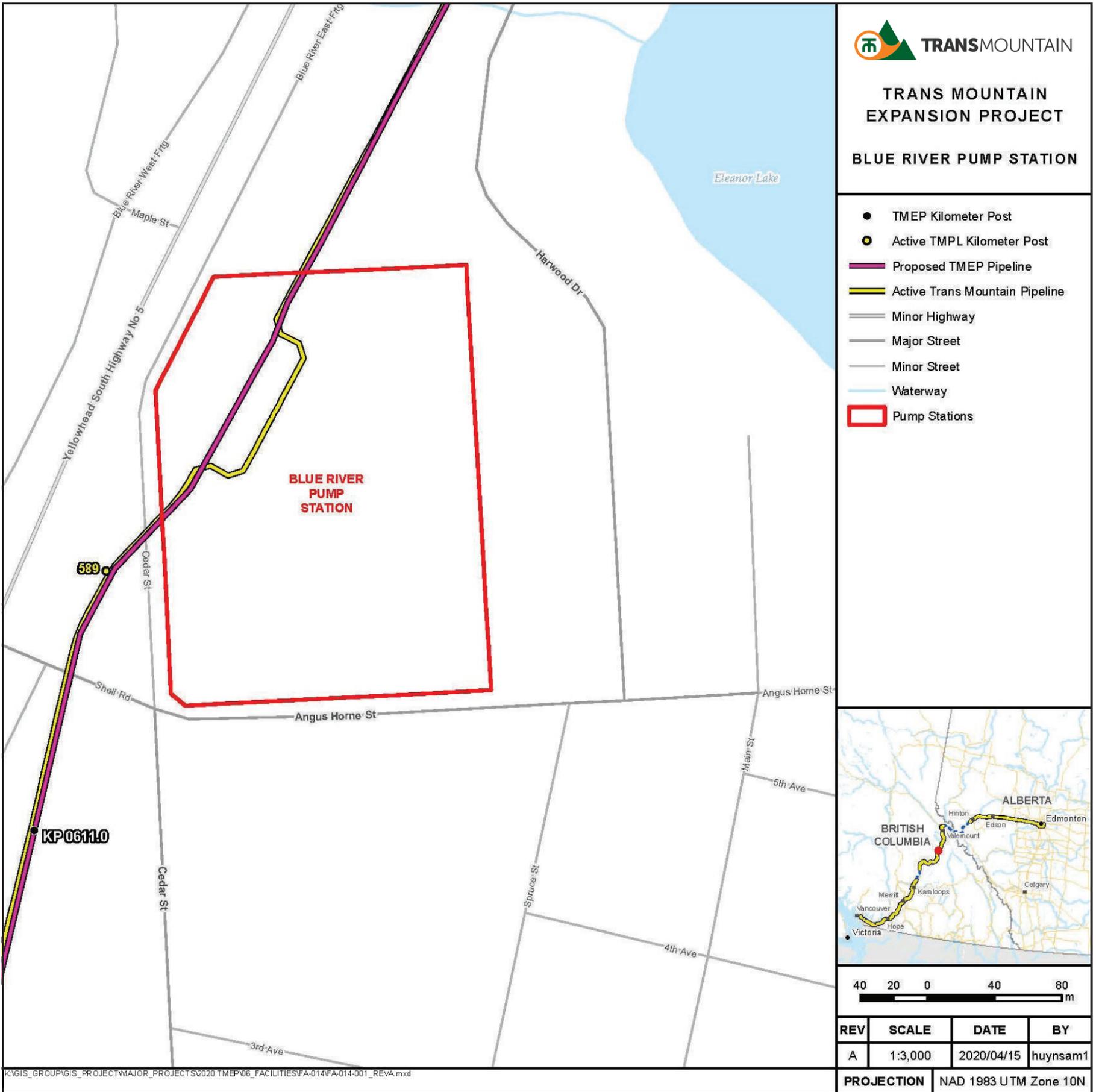
Mitigation strategies for avoiding or reducing potential environmental effects will be employed at all stages of the Project. For more information about environmental mitigation methods and our Environmental Protection Plans, visit transmountain.com/environmental-protection-plans.

Trans Mountain Expansion Project – Blue River Pump Station Construction Notice

Blue River, BC | May 2020 – February 2021*

CONSTRUCTION AREA

To view a detailed map of this area please visit www.transmountain.com/blueriver



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Learn more about construction in your area and sign up for updates at transmountain.com

For more information, please contact: info@transmountain.com
1.866.514.6700

In case of a pipeline emergency or to report odours? Call 24 hours: 1.888.876.6711

Le présent message contient des renseignements importants. Si vous avez besoin d'une traduction, veuillez communiquer avec info@transmountain.com.

MUSEUM GOES TO AUCTION



Right: The late Maurice Bonneville with wife Isabelle Bonneville in Oscar's Wildlife Museum.



IN LOVING MEMORY

Robert Lawrence Elliott



It is with heavy hearts that we announce the passing of Robert Lawrence Elliott. Bob, was surrounded by his loved ones when he quietly passed away on March 15, 2020 in Parksville, B.C. Bob was born on June 20, 1950 in New Westminster B.C. He is predeceased by his mother and father, Anne and Lorne Elliott.

Bob spent his formative years growing up in Queensborough. Bob's love of the outdoors came from growing up along the Fraser River. This is where Bob learned about boats, duck hunting and fishing, his lifelong passion. Bob had many great memories of growing up there and all the time he spent with his friends.

In 1975, Bob moved to McBride B.C. It was there that he set up and managed Far West Cedar for his father. He managed the mill and employed many, until it closed its doors in 1980. For the next 23 years, he worked for Ministry of Forest. He then worked for the McBride Community Forest Corporation, as Operations Manager until 2018. Bob was a multi-talented, hardworking man.

Bob established himself and his family in McBride B.C. There, he built his home and raised his family for the next 45 years. Bob loved McBride and was always there to help and contribute to the community. There are countless stories of people that he helped; whether it was employment, fixing cars, welding someone's ATV or broken sled (usually Matt's). If there was anyway Bob could help you, he was there to help, no questions asked. He could also cook up a storm! His famous barbecued salmon (always a favorite) or baking the best award-winning apple pie you have ever had.

On top of all of this, Bob rebuilt his beloved 1957 Blue Chevy pick-up. Rebuilding this truck demonstrated how patient and tenacious he was. He loved to drive his truck around, cruising for "Blonde Bombers" and doing burnouts whenever he wanted to show off a bit. He loved going to Show N Shines and has many trophies to acknowledge his hard work. Bob loved to fix things and problem solve which he was very good at. We will sure miss having him there to always help us whenever we need him.

Whatever it was that Bob did, he was always enthusiastic, ready and willing to be of assistance and did it with his wonderful smile and incredible blue eyes.

Bob, is lovingly remembered by Deidree Ellingham (his first and last love), his children and grandchildren: Matt, Sara, Max, Emily and Logan, Kimberly (Kimba) Sean, Scarlett and Isla, Shannon (Swinga) Jeremy and Elaina.

When all is said and done it easy to see that Bob was a builder. When we ask ourselves, what has he left us? Bob left us with a love that was built to last!

Dad, Daddio, Grandpa Bob, Bobby-Bologna and My Bob, we miss you more each and every day. We will hold you close in our hearts forever and always!

We would like to thank all the wonderful care givers and support staff from Oceanside, Trillium Hospice and Dr. Susan Hunter.

Due to Covid-19 we are unable to plan a Celebration of Life for Bob at this time. We plan to hold one when we are able to. Details to come.

June 20th, 1950 — March 15th 2020

BY ANDRU McCracken

The artifacts that make up Oscar's Wildlife Museum in McBride will be up for auction between 10am Friday, May 8 and Wednesday, May 13. And the incredible collection can be perused from May 7-9 from 10am until 6pm at 2430 Museum Road. For more info search online for team auction McBride.

Maurice Bonneville, the last owner of the museum didn't want the collection to be sold off. His daughter Lori Kimpton said he held out hope that the collection would stay in the valley.

"He was adamant," said Kimpton. "He thought there was some way McBride could accommodate it."

She said it was a hard decision, but the farm was sold two years ago, and the new owner wants to take possession of the museum building.

Getting ready for the auction was not an easy thing. When the artifacts were passed

to the Bonneville family they didn't come with tags to show the wildlife was legally harvested. That made getting the artifacts ready for sale difficult. She hopes many of the pieces will stay local.

She said the family shed many tears coming to the decision.

"It's really sad. It is a huge piece of McBride history being dispersed," she said. "But our hands are tied."

Oscar Lamming opened the museum in the 1950s. Lamming taught himself taxidermy via correspondence course.

Lori said they worked on their father for years to do something with the collection.

"He loved to have it open," she said. "It was left on our plate; we inherited this huge collection that we really can't keep."

Her advice to other families is clear.

"Don't wait until you are in a crisis," she said.

Some of the artifacts will be passed on to the McBride Museum.

Old timer willing to do time

BY ANDRU McCracken

Ken Abernathy didn't organize the lawn concert at the Golden Year's Lodge, but he did play in the show at 1 pm on Sunday, April 26th. He admitted that makes him an accomplice. But he's willing to do it again.

A concerned citizen had called police, but police didn't intervene.

The gathering had about 30 people who brought their own chairs and spaced them 6 feet apart, obeying social distancing protocols.

Abernathy said residents enjoyed the music.

"These folks have been waiting a long time. They've been hemmed in and they want to sit on the grass and watch the music," he said. "If I have to go to jail, I'll go."

Norah Meyer was also at the concert. She said she sat close to her husband, as did other couples.

"We sleep together so I guess we can sit close together," she said.

Meyer said the show was a success and she hopes it is repeated.

"It was always a popular thing for people to come and the band doesn't get anything for it other than a few accolades here and there."

From video footage, Northern Health Authority didn't immediately see anything out of order, but the Goat is still waiting for their final word.

Outbreaks cont'd from A1

“case-by-case basis” whether or not to apply the term ‘outbreak.’

“At a community-level we are not declaring community outbreaks, per se. These are not contained, closed settings where we can control things like in a hospital or acute-care setting but we would certainly expect scenarios where we have community-level spread. (But) we can't always attach this person to this person as far as where people acquired the virus.”

She noted that when it comes to particularly vulnerable communities like those in the north that are isolated and far from health care

“We don't need to use the term ‘outbreak’ to know that if we have cases in these communities then obviously it requires a very aggressive and robust and quick response.”

- Dr. Raina Fumerton
Chief Medical Officer,
Northern Health

services, they still wouldn't use that term.

“We don't need to use the term ‘outbreak’ to know that if we have cases in these communities then obviously it requires a very aggressive and robust and quick response.”

During the Town Hall, Northern Health CEO Cathy Ulrich also noted that the health authority is currently well supplied with personal protective equipment (PPE) such as masks and gloves and that COVID-19 test results are now being completed at the University Hospital of Northern British Columbia.

Rural communities agree to help each other

By ANDRU McCracken

A raft of communities are offering each other help should they need it. During their April 28th council meeting, the Village of Valemount signed a mutual aid agreement with communities in the Thompson Nicola Regional District.

Chief Administrative Officer Wayne Robinson recommended the village sign the mutual aid agreement, even though he said it was unlikely to be used.

“The purpose is so that if qualified operators of a utility become ill and are required to quarantine for two weeks, that another local

government's operators could step in and assist that local government to maintain its most critical services: water and sewer,” Robinson wrote in a summary.

“The agreement was drawn up by the TNRD and is not binding in any way – it is an expression of a desire to assist each other in this emergency situation and provide the framework for that to take place.”

In the agreement Valemount would be called on to assist ‘close’ communities, like Blue River and potentially as far as Barriere, but no further.

Robinson said the CAOs of Valemount and McBride have

already informally discussed the same type of assistance to one another.

Robinson noted that Northern Health has already made an exception allowing other non-certified public works staff to operate the utility in the interim, if qualified operators become ill.

“At this time, it appears this agreement will not ever need to be exercised, but it is prudent to consider such an agreement for the sake of security, to show good faith with our neighbours, and as a backup plan,” he said.

Council agreed to enter into the agreement.

THANK YOU VALEMOUNT

Jim and I would like to thank all the wonderful people of our community who helped us celebrate our 60th wedding anniversary. When we moved here over 46 years ago from Vancouver it was a big decision but one we have never regretted.

This has been a stressful time for us all but with our spirit and love, we will make it through. We are a strong community. Jim and I are proud to be part of it.

Thank you

Jim & Terry Stewart & family



BC groups divided over Trudeau's gun ban

By: CARL MEYER, LOCAL JOURNALISM INITIATIVE REPORTER

Story originally published by the National Observer

Prime Minister Justin Trudeau's immediate ban on “assault-style” firearms is being praised by a Vancouver-based anti-violence group as a “long overdue” step that will help save potential victims, but denounced by gun clubs in Abbotsford and Prince George as a “disgusting,” wrong-headed approach to public safety.

Trudeau unveiled cabinet orders on Friday prohibiting approximately 1,500 types of guns, including future variants, as well as other gun components. The federal government tied the policy shift to a range of incentives, from cracking down on “gun violence” to ending the “militarization” of society to enacting “feminist” ideas.

“With each passing year, more families are ripped apart by tragedy. More parents are struggling to explain the inexplicable to their kids and more teenagers are growing up in a world where gun violence is normalized,” Trudeau said during a press conference in Ottawa. “It needs to stop.”

Licensed owners of the banned guns will no longer be able to use them, whether that be for hunting, shooting sports, target practice at a gun range or selling or transferring to another owner. There is an exception in the new rules for Indigenous people exercising their constitutional hunting rights, as well as for those who hunt for food.

The government put in place a two-year amnesty period for owners of the newly banned guns to protect them from criminal liability until April 30, 2022, and is promising to table legislation in the future to implement a buyback program.

‘This is a long time coming’

For Tracy Porteous, executive director of the Ending Violence Association of British Columbia, “this is a long time coming.”

Porteous said one of the top risk factors identified by the B.C. coroner during its investigations into domestic violence has been access to weapons, and a quarter of all domestic-violence homicides are committed using guns.

“So there's a direct and dangerous correlation between domestic violence and gun violence,” Porteous said.

“This big step in nationwide gun control is long overdue, and hopefully will foster an atmosphere here in B.C. that will help keep potential victims of gender-based violence

out of harm's way.”

In his remarks, Trudeau raised the spectre of mass shootings, such as at École Polytechnique in 1989 when 14 women were killed; at a Quebec City mosque in 2017 where six were killed; and last week in Nova Scotia, in the deadliest mass shooting in Canada's history, leaving 22 people dead.

Porteous also noted the Nova Scotia and École Polytechnique shootings, saying “any gun-control efforts are important steps toward lowering the rate of gender-based violence, both provincially and federally.”

Deputy Prime Minister Chrystia Freeland said that during the coronavirus pandemic, there has been a rise in gender-based and domestic violence, including a 300 per cent rise in calls to B.C.'s Battered Women's Support Services. “In saying ‘no’ to assault-style weapons, we are putting feminist ideas into practice,” she said.

‘Clubs are members of the community’

For Andrew Tomlinson, president of the Prince George Rod and Gun Club, the new rules make no sense.

He said the list of banned guns “has been built with emotion” and focuses government energy on the types of guns that people own, and on legal gun owners, rather than targeting crime or bolstering mental-health support.

“This call for a ban now comes when many owners are already feeling the economic impact of COVID-19, and now may face having thousands of dollars worth of legally-bought and taxed property taken from them and the loss of their sports,” he said.

“Gun clubs will also feel the burden and memberships will decline. Clubs are members of the community, often sponsoring youth programs (and) scholarships, and host training for police and other groups.”

Robert Engh, president of the Abbotsford Fish and Game Club, said the government's ban will needlessly impact the fast-growing sport of practical shooting, organized under the International Practical Shooting Confederation.

He said his club has gone from fewer than 300 members a decade ago to more than 2,600 people now, and most of that growth is connected with shooting sports. The Abbotsford club holds regular events “with zero negative consequences on the general public,” he said.

As well, while civilians, military and ex-military people also compete in matches called “service rifle” that Engh said have been going on for 100 years, Friday's ban makes

civilian participation impossible.

“To say this is disgusting is an understatement,” Engh said. “That they would use (a cabinet order) is even worse, and to do it during the COVID-19 pandemic worse again.”

Legal versus illegal

The full list of banned guns was printed in the Canada Gazette, the government's official publication. It includes hundreds of versions of rifles based on the M16, AR-10, AR-15 and M4 models, as well as variants of the SG-550 rifle and SG-551 carbine, the Ruger Mini-14, the Vz58, CZ Scorpion, Cx4 Storm, SIG MCX carbine and others.

The term “assault-style firearm” is used in the government regulations, although it is a term generally not used by gun manufacturers.

Public Safety Minister Bill Blair said police chiefs and victims' families have been calling for a ban “for decades” and declared that the list of banned guns “belong on a battlefield and not on our streets.”

He gave a nod to hunters, farmers and target shooters, saying “nothing that we are doing today or will do in the future is intended to interfere with this lawful, responsible and legal activity.”

However, he argued the banned guns serve no civilian purpose — and noted the two long guns involved in the Nova Scotia shooting were included on the list of banned weapons Friday.

But Tomlinson pointed out that investigators have so far suggested the Nova Scotia shooter was unlicensed and illegally obtained his weapons almost entirely from the United States.

“The terminology used by the government that all these guns are designed to kill the most people in the shortest amount of time is simply inflammatory, and lacks any fact- or science-based rationale,” Tomlinson said.

Trudeau similarly said the vast majority of gun owners use them safely and responsibly. “But,” he added, “you don't need an AR-15 to bring down a deer.”

Engh said that was misleading as the government has already banned those from hunting. But he added many people, including about 75 at his club, use another newly banned gun, the STAG-10, based on the AR-10 rifle, for hunting.

“Ultimately, licensed owners are again being targeted as low-hanging fruit, rather than government investing in real solutions,” said Tomlinson.

Spring chickens



Former Valemount resident Joan Nordli was surprised when her daughter brought her an incubator with 24 fertilized eggs. It helped relieve some of her boredom in April and brought “great joy” when they hatched. /SUBMITTED

BY ANDRU MCCrackEN

Joan Nordli says she is “bored to tears” in Kyalami Place, a seniors residence in Keremeos BC, but a riddle delivered to her by her daughter caused her great joy. “Julianne phoned me and told me she would bring me 24 things that I will play with for 21 days,” said Nordli. Julianne arrived with an incubator and 24 fertilized eggs. “I was to turn them every day for 18 days, 10 in the morning and 10 at night all turned in the same direction,” she said.

The chicks were expected to hatch on April 28th, but it was a no-show.

“On April 29th I watched the birth of a chick. It is earth-shaking when something like that happens,” said Nordli.

Before her daughter picked up the chicks, one of the facility coordinators organized a residence-wide tour. Nordli said the residents were overjoyed.

“They came to the doorway and took the lid off and they were able to pick up the chicks and handle them,” she said. “The residents were like kids - oohing and aahing.”

Valemount polls re: backyard hens

BY ANDRU MCCrackEN

The Village of Valemount has been circulating a quick online survey asking residents whether they support allowing backyard chickens, how many chickens a resident should be able to keep, and the landowner’s minimum property size.

In light of COVID-19 and concerns about the reliability of the food supply many residents have been touting the benefits of chickens and several have asked council to consider allowing backyard chickens.

14th Avenue resident Velda Pidhirnyj is a vocal supporter.

Pidhirnyj said that if the village allows chickens, she’ll set up a coop in her backyard.

“I really want to encourage people to see the good things about them,” said Pidhirnyj.

Her granddaughter lives in a community that allows backyard chickens, and it’s a hit.

“They are fun to watch and it’s a way to teach responsibility to children,” she said.

Besides providing eggs, teaching people about the food supply Pidhirnyj said that the chickens keep down bugs, and that their waste makes great compost.

Whether you hate the idea or love the possibility the survey can be found here: <https://tinyurl.com/valemountchickens>

For her part, Pidhirnyj is hoping chicken supporters will fill out the survey.

Nordli said some residents had been farmers and hadn’t seen a baby chick in decades. With great joy, sadly comes a sense of loss.

“Friday they were gone at 2pm and Saturday this place was dead. I was used to hearing the chicks,” said Nordli.

Now Nordli is asking her daughter if she needs more chicks hatched.

Asked whether she supported backyard chickens, the former Valemount village councillor (and teacher, mother, and historian) was enthusiastically supportive.

“I would be for it,” she said. “If you put them in a fenced in area, what harm would they cause?”



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.

Mid-May Chores

At this time of year do you find yourself wandering around the garden with nothing to do? I really doubt that! It seems, around this time of year, so many things need to be done that we gardeners hardly know where to begin. Some years are a little kinder with a mild winter and the beautiful sunny days in April and May. However, there seems to be no end to the list of things to do around the garden.

If you haven’t raked up the leaves and dead grass from the lawns, get them done soon as the new growth makes it harder and harder to get them out as time goes on. Please don’t burn or send this valuable source of nutrients to the dump! Compost these “goodies”.

If you have the garden turned, this is a great time to plant peas, broad beans, onions, garlic, potatoes and other crops that don’t mind the cool soil and cold nights. Be really careful not to put in beans, as they will rot in cool, damp soil.

One warm weather crop that can be planted now is corn. With the extra early start, you will have a better chance of getting it to ripen in August before

the weather turns cool and it stops maturing. If a frost threatens around the end of May when it is just poking out of the ground, you can hoe the soil right up over the plants and they will poke up again a few days later.

Please, don’t even think of planting out any warm weather plants such as pumpkin, squash, zucchini, cucumbers, tomatoes, etc until the nights warm up a lot more. Most of these imports from warmer climates can’t even stand getting chilled below 50F (10C). They go into shock and just never seem to recover and grow well afterward. You can start them now in the house or greenhouse or buy a few bedding plants from your local growers. By waiting until the end of the first week of June to set out these plants, they will catch up and pass any that are set out while the nights are so cold.

It is still not too late to divide any perennials that bloom later in the season. If the top growth has already started, most can be cut back when you divide the clumps and they will re-grow when replanted or set in their new spot. Always remember

to add some compost, bone meal and well-rotted manure to the hole and mix it in well before replanting any root divisions. This is the highest time of growth for most plants and they will take off quite quickly if divided now. Those that bloom in the spring or early summer are best divided just after the bloom period.

Small shrubs, rose bushes, or trees can also be moved now. The secret is to keep as much of the root-ball intact as possible. It is also good to prune some of the top growth back when you move them to make up for any roots that you have damaged in the moving process. The idea is to keep a balance between the top of the tree or shrub and the roots. If you have damaged ¼ of the roots, you should remove ¼ of the top to keep the balance.

While you are at it, why not take some time to pick out a spot for that new hammock or chair swing that will entice you to take a break from the never-ending chores that need to be done in the garden. Learn from the plants. It is o.k. to “just vegetate”!

Pluto Retrograde Warns Against Nostalgia

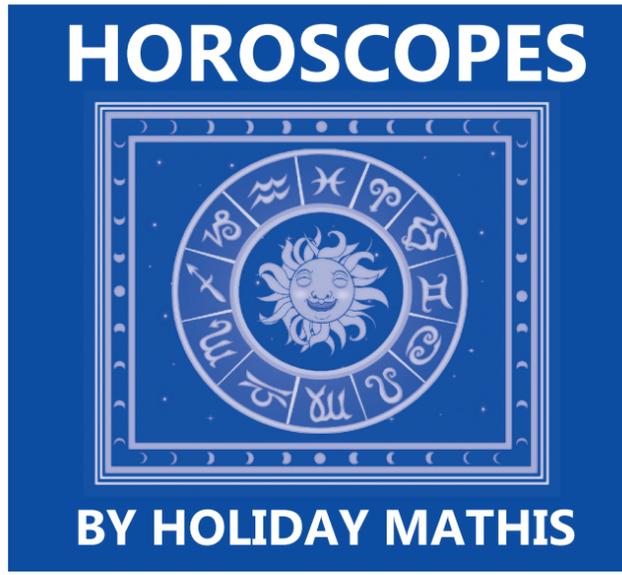
As the Taurus sun merges with Mercury, we'll think twice before we speak words that might come across as harsh. One reason is that we remember when it was us on the other side of the equation, making the mistake. To give the sort of reception that we wished we'd been given back then signals divinity. In this way, we elevate the spirit of humanity, which is a process that happens one personal interaction at a time.

ARIES (March 21-April 19). Being a fan means you like something or someone. Being a superfan means your affinity runs deeper, and so you're willing to see the team or person through inevitable changes. That's how you feel about your team or person this week. You'll hang tight through wins and losses. You'll believe the best.

TAURUS (April 20-May 20). Perhaps you'll never completely stop caring what people think about you, but you'll balance that mental emphasis with the things that are so important to you to accomplish that you're willing to do what it takes, regardless of how that might make you look in the eyes of others.

GEMINI (May 21-June 21). A good life is not a life without problems. You need those to develop your skills, to keep things interesting, to learn who you are. If you didn't have problems, you'd be bored and purposeless. It's really a matter of having quality problems -- problems that help you develop in the ways that most interest and excite you.

CANCER (June 22-July 22). You'll listen and read,



but that's not the same as learning. If you act on new information right away and make it a part of your life, it will become part of your memories, too. Eventually, it'll get bonded to your behavior and being. If you don't act on it, it was either irrelevant to begin with or will soon be.

LEO (July 23-Aug. 22). One

way to get through fear is to decide that there's something else much more important at stake. That sense of purpose will pull you through. Sometimes, it's not obvious. Sometimes, the more important thing is your sense of who you are and upholding the character standards that go along with that.

VIRGO (Aug. 23-Sept. 22). Life can be cumbersome indeed. Then again, it never stopped the elephant family from roaming the earth like kings for 25 million years or so. Whatever is weighing on you, if you can't seem to shed the heaviness, consider using it as might. It gives you greater leverage, power and significance.

LIBRA (Sept. 23-Oct. 23). There's no perfect amount of socializing that fits every individual. There's a range of socializing that works well with your comfort level and need for human connection. Even that range will stretch and contract with different seasons of life. You'll find ways of honoring your own needs and a partner's simultaneously.

SCORPIO (Oct. 24-Nov. 21). The big issues are not under your jurisdiction, and there's definitely a bright side to that. You're not responsible for how

it is, and yet you're in the perfect position to make a positive difference. You'll focus yourself in such a way to create good in the world.

SAGITTARIUS (Nov. 22-Dec. 21). Attitudes spread, especially yours because you're influential in the lives of people you know. You'll inspire subtly with your manner of being and what you choose to focus on. It will keep you on your toes knowing that people are watching you for cues even when they don't appear to be.

CAPRICORN (Dec. 22-Jan. 19). Before the advent of Instagram, rock star Neil Peart suggested: "A tired mind becomes a shape-shifter. Everybody needs a soft filter." Such filters come in many forms. Recognizing the need to give yourself and others a break from mental and emotional demands, you'll apply gentle comforts to positive effect.

AQUARIUS (Jan. 20-Feb. 18). Building your portfolio isn't something just to be done in a professional context. Prepare for the day you will need to show what you can do. Think of the role you want and create some proof that you have, are, or can do what it takes to fulfill that role.

PISCES (Feb. 19-March 20). People are always making and projecting their conclusions about how they think the world works. In children -- and those who don't have a strong instinct for image management -- internal thought processes can be easy to see. You'll deal with trickier types this week. There's much to gain from learning people.

THIS WEEK'S BIRTHDAYS: Your cosmic birthday gift is a quiet passion, simmering while you cook up plans to make something remarkable happen in your world. Giving others an experience will become a priority. You'll shake free a few constraints and begin to see a future in which you are empowered to do things you hadn't even considered before. You'll return to talents you were developing years ago. New relationships teach you next steps. You'll model yourself after an exciting mental picture.

Write Holiday Mathis at HolidayMathis.com.
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SUDOKU

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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.



1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20			21					22					
			23					24					
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34				35				36					
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43			44					45					
			46					47					
48	49	50				51	52			53	54	55	56
57						58				59			
60						61				62			
63						64				65			

THE TOUGHIE

by Myles Mellor

Answers on P19

Across

1. Egyptian cross
5. Cork's country
5. Pronoun in a Hemingway title
9. Marina sights
14. Exotic berry in some diets
15. Continental money
16. Hindu poet
17. Eve's first-born
18. Maple for one
19. "Four Quartets" poet
20. Ariana Grande hit
23. Time measured in ages
24. Pre-___ student

25. Bivouac
29. Gambler's marker
31. Range units, abbr.
34. Looped rope
35. Bollywood superstar actor, last name
36. "The Italian Job" actor, ___ Wahlberg
37. Line in the Beatles debut single
40. Landers and others
41. Ready and willing
42. Capri, e.g.
43. ___ a good example.
44. Hair holder
45. Tree knots

46. Fury
47. Japanese honorific
48. Start of a famous Adele song
57. Appeal to
58. Negligible amount
59. Grimm beginning
60. Mentally quick
61. Thought, prefix
62. Cry of relief
63. Half human, half horse, deity
64. Jethro ___ 60's rock band
65. Toward sunrise

Down

1. A pop
2. UN aircraft group
3. Reason for postponement
4. Article in Die Zeit
5. Clean, as a floor
6. Michigan lake
7. Creme cookie
8. Faucet brand
9. Rank modifier
10. Lubricated
11. "B ___ boy"
12. Biblical pronoun
13. Where visitors count
21. Sultanate
22. Kind of acid

25. Ethereal singer, and namesakes
26. #1 Alicia Keys hit of 2007
27. Dracula, for one
28. Invites
29. Bonzo
30. Healthy
31. Urban V.I.P.
32. "Lord of the Rings" bad guy
33. Bonxies
35. "The Bridge on the River ___"
36. Tableland
38. Gazed amorously

39. "My Cousin ___"
44. Moon hole
45. Play
46. Suggest
47. Pitch
48. "Take ___ a sign"
49. Star in Lyra
50. Broadcast
51. Cut some opinions, perhaps
52. Pakistan language
53. Speck of dust
54. Actress Swenson
55. Naval investigation show
56. Adroit

CROSSWORD

1	2	3	4	5	6	7	8	9	10
11			12					13	
14			15					16	
17			18		19		20		
			21		22	23		24	25
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34			35		36				
		37		38	39		40	41	42
43	44			45	46		47		
48				49			50		
51				52			53		



Answers on P13

Across

- 1 One of the golf majors
- 4 Northwest, e.g.
- 8 Vivacious actress West
- 11 Wonderful, in the 80s
- 12 Fraternal org.
- 13 Director ___ Lee
- 14 Land in la mer
- 15 "We're in big trouble!"
- 16 Archaeological site
- 17 Odorless gas
- 19 Classic Welles role
- 21 Liveliness
- 23 Sound from a spring
- 26 Fragrant garden flower
- 30 Threesome
- 31 East coast US state (abbr.)
- 32 He discovered "Open Sesame"
- 34 Canadian singer, Leonard
- 36 Drug watchers, down south
- 37 Commotions
- 39 Award for mystery writers
- 43 Horse's hue
- 45 Girl's name in a Kinks hit
- 47 Big name in payroll
- 48 Min.part
- 49 Genesis victim
- 50 "___ the Walrus," Beatles hit
- 51 Soapmaking need
- 52 Capone nemesis
- 53 Trademarks, abbr.

Down

- 1 Grand finale?
- 2 32-63 mph wind
- 3 Part of Yemen
- 4 Butchers' offerings
- 5 Book after Galatians, abbr.
- 6 Chess piece
- 7 Recovery process
- 8 Dessert wine
- 9 Singer DiFranco
- 10 Pre-larva
- 18 Began
- 20 "I'm impressed!" reaction
- 22 Singer-actress Zadora
- 24 Writer
- 25 India's smallest state
- 26 Radio and TV's big brother
- 27 Aussie hopper, for short
- 28 Elevate
- 29 Acronymic alien of '80s TV
- 33 Paragons
- 35 Ryan of baseball
- 38 ___ it?
- 40 Trot or canter
- 41 Comedy actor, Sandler
- 42 Tach readings
- 43 Broadband choice, for short
- 44 One-eighty
- 46 Guitar master Paul

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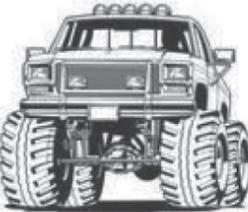
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Fire ban still in place

By ANDRU McCracken

If you're going to have a campfire, keep it small and have 8 litres of water on hand to douse it when you are done and make sure the ashes are cool to the touch before you leave it. A campfire is pretty much the only fire you are permitted these days. Category 2 and 3 fires are not permitted. Also prohibited are burning barrels, fireworks and sky lanterns. That's the message from Gagan Lidhran, Communications Assistant for the Prince George Fire Centre.

Lidhran said fire call volume has been about average this spring, despite sweeping bans on industrial fire activity - basically anything bigger than a small campfire. Lidhran said some folks don't realize there is a ban

because it's unusually early.

"This prohibition was put in place to reduce demand on fire fighting resources and protect the health safety of BC Wildfire personnel and staff," she said.

The idea is to keep wildland firefighters safe and well so they are ready to respond to fires when the season starts. She said smoke from fires can cause complications for those suffering from COVID-19.

So far the Prince George Fire Centre has had 58 callouts and 22 human caused fires.

"We'd like to see less... so we want to remind the public we have prohibitions in place," she said.

Fire fighters have been training and preparing in their homes, but responding as usual when there are fires.

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

CROSSWORD ANSWERS

1	P	G	A	4	T	E	R	7	8	M	A	10
11	R	A	D	12	B	P	O	E	13	A	N	G
14	I	L	E	15	O	H	O	H	16	D	I	G
17	X	E	N	18	O	N	19	K	20	A	N	E
21	P	E	P	22	B	O	I	N	23	G		
24	F	R	E	25	S	I	A	26	T	R	I	O
27	C	O	N	28	A	L	I	B	29	A	B	A
30	C	O	H	31	E	N	32	F	33	D	A	
34	A	D	O	35	S	E	D	36	G	A	R	
37	D	U	N	38	L	O	L	39	A	40	A	P
41	S	E	C	42	A	B	E	43	L	44	I	A
45	L	Y	E	46	N	E	S	47	T	M	S	

TOUGHIE ANSWERS

1	E	I	R	2	I	W	H	O	M	3	B	O	A	4	T	5
6	C	A	I	7	E	U	R	O	8	R	I	S	H	9	I	
10	C	A	I	11	T	R	E	E	12	E	L	I	O	13	T	
14	H	O	N	15	Y	M	O	O	16	N	A	V	E	17	N	
18	E	O	N	19	C	H	E	O	20	M	E	D				
21	F	E	N	22	C	A	M	P	23	C	H	I	T	24	M	T
25	N	O	S	26	E	X	H	A	N	27	M	A	R	28	K	
29	Y	O	U	30	K	N	O	W	I	L	O	31	V	E	Y	O
32	A	N	N	33	G	A	M	E	34	S	O	L	A			
35	S	E	T	36	C	L	I	P	37	G	N	A	R	38	L	S
39	I	R	E	40	S	A	N									
41	V	E	M	42	A	D	E	F	43	P	M	44	I	45	N	D
46	T	E	M	47	P	R	I	B	48	O	N	C	E			
49	A	G	I	50	L	E	I	D	51	E	O	52	T	53	G	I
54	S	A	T	55	T	R	T	56	U	L	L	57	E	58	A	S

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Caregivers hit hard by COVID-19 burnout

BY FRAN YANOR, LOCAL JOURNALISM INITIATIVE

Caring for someone with dementia can feel like an endless loop of not enough, never enough, and without self-care strategies, caregivers can set unmeetable expectations and confuse guilt with grief.

"Even pre-COVID, caregivers probably wanted to be able to do more to support the person they were caring for," said Carly Gronlund, provincial coordinator program development for the Alzheimer Society of B.C. "Quite often that involved regular visits, routine, consistent engagement, and now all of that has been prevented because of COVID-19."

One million people, mostly women, provide unpaid care for adult family members and friends. The pandemic has precipitated the shut down of community respite programs, outreach classes and in-home support care for people with dementia. This places an even heavier burden on the one million people in B.C. who provide unpaid care for adult family members and friends. Any loss of community services as families across the country have experienced under the pandemic, hits caregivers particularly hard.

"Many of the in-person services are closed," said Clay Barber, president of Family Caregivers of BC, which said family and friends provide up to 80 per cent of home care providers in the province. "Meaning there has never been a greater need to support caregivers."

The Ministry of Health recently allotted \$500,000 grant to the FCBC, which operates a Caregivers Support Line, and caregiver education and training.

The loss of respite care can add to the burden of their workload. Many have other jobs or family to care for and rely windows of relief, such as respite, to work at their jobs, or perform some self-caring activity. Yet, thinking of themselves when the person with dementia is suffering can feel selfish.

Many callers to the Society's First Link Dementia Helpline are worried about how the person they're caring for is managing change, a loss of

routine, and the isolation, said Gronlund. "And our staff will pause for a minute and redirect the focus to the caregiver."

Any change for the person with dementia, is also a potential restriction on the freedom of the caregiver, who might, then, despite their best efforts, resent the impingement and simultaneously feel guilt for their resentment.

A first step could be to see the challenges of the pandemic for what it is.

"This was very unexpected, we could not have prepared for this," she said. Shining a light on feelings of inadequacy could reveal its shaky foundation.

"Guilt is a pretty heavy feeling," said Gronlund. The Alzheimer Society conducts webinars and workshops on a range of issues, including one on guilt, which helps participants recognize the source and question whether the feeling is justified or accurate. For instance, an able-bodied person might feel guilt about continuing to do an activity that she used to do with her husband.

"Maybe she's feeling guilty because she still goes," said Gronlund. "Is she doing anything wrong? Or is the guilt actually grief that he can no longer come and participate?"

According to FCBC's Self-Care Strategies for Family Caregivers, self-awareness and self-compassion are integral to self-care. Self-awareness "means being aware of your internal state and monitoring your inner thoughts and emotions as they arise," the report states. Caregivers should ask themselves questions, such as, 'What will support me in this moment?' Self-compassion, on the other hand, includes self-kindness, common humanity and mindfulness as its core components. Dr. Kristin Neff, a self-compassion researcher and motivational speaker, who is based as an associate professor at the University of Texas, is quoted in the report as saying self-compassion is key to avoiding burnout. Neff distinguishes self-criticism as asking, 'Am I good enough? Versus, self-compassion, which asks, 'What's good for me?'

Brewery re-launches growlers



BY ANDRU MCCrackEN

The Three Ranges Brewing Company has re-established their growler filling program, for those of you tired of overflowing recycling.

For a \$5 fee, proprietor Michael Lewis said customers can join the growler program. Thirsty customers need to order in advance and the brewery takes care of sanitizing the bottles using an approved method.

Buying fresh draft beer in growlers is less expensive for the customer, but it also has better margins for the company which has been struggling with the lack of business.

Lewis said socializing is a big part of why people come to the brewery, and with social distancing rules in place business has plummeted.

When asked whether TRBC will be able to weather the storm, Lewis said it depends on how long the pandemic lasts.

"We'll see," he said.

Lewis is hoping to open the patio as soon as possible and is thinking about working with authorities to massively expand the outdoor seating area to accommodate social distancing.

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ANDREA ARNOLD

BY ANDREA ARNOLD

By Andrea Arnold
The old church building on Main Street in McBride across from “Sue and Me Eatery” has been given a new lease on life. The 70-year-old former church building has had an assorted history. A collection of odds and ends if you will. Sue and Me owners and relative newcomers to the valley Lance and Soo Ewasiuk, along with locals Jonathan & Suzanne Mazereeuw teamed up in a restoration renovation. The result is a beautiful family-friendly BnB.
“I watched the building for a year, since we opened up the Eatery,” said Lance. “I couldn’t understand why no one was doing anything with the building.” He noticed that there were often many tourists, and with a little research learned that another nearby accommodation facility was often booked.
“I approached Jonathan with the idea, and he said ‘Let’s do this,’” said Lance. Jonathan said he’s been helping out at the restaurant over the last while and has been surprised how many people ask about nice accommodation options.
Jonathan was familiar with the building and knew the previous owners. The building wasn’t officially for sale, but when the pair presented their offer, it was accepted, and ownership changed hands.
They took the historical value of the building seriously as they renovated. The wood wainscoting inside was preserved as well as the mosaic on the walls as you

walk into the building. Even some of the wood around the new energy-efficient windows was kept original. Many of the appliances, some of the furniture and even the pedestal sinks were found items, repurposed or cleaned before finding new life in the historic building. Local contractors were called in to complete tasks requiring certification, or to help speed a task along. They constructed an open concept living room, kitchen, dining room complete with a bar, long dining table and, for the kids (or young at heart), a stationary basketball game. They added a bathroom that looks like a separate building within a building. The back portion of the building has been split into three rooms. Two bedrooms with beds for four people, and a sitting room with two couches that pull out into beds for four more. The couch in the living room is also convertible, resulting in beds for up to 14 people.
They hope to provide accommodation for large groups during family events such as reunions, weddings or funerals. Also, they would like to serve the sports community, providing an affordable space for whole teams to stay together.
The second “B” - Breakfast, is an option that can be included. Guests have the

Right: Lance, Soo, Jonathan and Suzanne check out the comfort of one of the sitting room couches in the newly established Sue and Me B&B in McBride. / LEFT A carefully crafted sign and beautiful wood doors welcome guests to the newest B&B in McBride./ANDREA ARNOLD



opportunity to add onto their bill either a packaged meal in house, or food served from Sue & Me Eatery across the street. Guests are also welcome to prepare their own meals in the fully equipped kitchen, including a BBQ/Smoker to be used on the deck outside.

Lance thinks that the location is ideal. “It’s five minutes to everything you can need,” he said. “That’s a five minute walk.”
With the grocery store, playground and liquor store all within a few blocks, the location is truly family-friendly.
The artwork and some of the furniture in the unit was created locally, and they are looking forward to adding more. They say it will be an ever changing gallery, showcasing talent from around the Valley. In time, other valley visitors as well as locals will be able to join guests in viewing the unique gallery, and have the opportunity to purchase the artwork on display. Local artists are invited to approach Sue and Me with submissions to be considered for display within the B&B.
The two sets of Sue and Me couples also own the property next to the old church.

They have short term plans to put out some picnic tables and provide an outdoor dining option for both the guests of the B&B as well as patrons of the Eatery. Longer term, depending on how Phase 1 is received, other smaller accommodation options may be added to the property.
“I would like to see people come from all over,” said Jonathan. “I would like to present and manage the place in a way that guests will enjoy. I hope we can provide one-on-one help and serve as guides as people explore the area. I would love to see us have return guests.”
The Sue and Me B&B has been open for two weeks, and have already had their first visitors. They hoped to host an official open house to present the project to the community. Due to current restrictions, that will not be possible at this time. If you are interested in seeing first-hand what they have created, pop in to Sue and Me Eatery, and request a quick tour. Don’t forget to take off your shoes as you enter the house.

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DO YOU RUN A BUSINESS?

Are you unsure which COVID-19 programs are open to you?

The Goat has partnered with Rashmi Narayan of Spirited Exchanges to compile a full list of financial resources/programs/rebates for Robson Valley business owners.

It is a live document that is updated as new programs are announced!

Visit it here: tinyurl.com/y8zwoabm



Rocky Mountain Goat

Summer dump hours begin

BY LAURA KEIL

The McBride & Valemount transfer stations have finally gone to summer hours as of May 1st.

The Regional District had extended winter hours for the month of April during the COVID-19 restrictions.

Valemount and McBride summer hours are weekdays 9am-5pm, closed Wednesdays. On weekends, hours are 9am-4pm. On Victoria Day, Labour Day, and Thanksgiving hours are 10am-2pm. Five sites will return to summer hours: Valemount, McBride, Bear Lake, Mackenzie and Quinn Street.

Those visiting transfer stations must adhere to COVID-19 health guidelines

including social and physical distancing measures of 2 metres. Residents are also asked to avoid unnecessary trips and hang onto items like old fridges, tires or yard waste if they don’t require immediate disposal.

Swap sheds and Norgrow compost purchases remain unavailable.

Laura Zapotichny, Manager of Waste Diversion Programs, said they are seeing “normal spring behaviour” as far as the volume of trash and they have not seen an increase in illegal dumping in the Robson Valley, thus far. Those visiting local transfer stations may see lineups, especially on weekends, she warns.

The Valemount Return-it Depot remains closed until further notice.



\$849,000

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- great exposure
- great views
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**Bell Mountain Road
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- 42 acres 8 km from McBride
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- Close to Bell Mountain Rec Area
- Excellent for recreation or hobby farm



\$189,000

**1286 2nd Avenue
VALEMOUNT**

- Centrally located 3 bdrm 2bth home
- Garage and Workshop
- Nice views
- Great starter or investment



\$189,000

**1075 4th Avenue
VALEMOUNT**

- Cute and Cozy
- Excellent Condition
- Large fenced Yard
- Spacious Garage/Workshop



\$149,000

**Blk A Hwy 16
MCBRIDE**

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- Mostly cleared
- Home or hobby farm ready
- Excellent location !



\$149,000

**896 4th Avenue
MCBRIDE**

- large open kitchen
- bright and spacious
- covered deck - carport
- wheelchair ramp



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- Spectacular Fraser River property
- Park like 5.8 acres
- Custom log home
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1180 5th Avenue

This downtown commercial lot is located on a corner in the heart of the business core. Great visibility coupled with C1 zoning allows for a broad variety of commercial opportunities. If you are wanting to create your business dreams from the ground up, look no further.

\$148,500



1144 6th Avenue

Centrally located and recently updated, this 3-bedroom home is ideal for the 1st time home buyer or down-sizer. All one level, everything is within reach while still providing you the space you need. Close to amenities, schools, and recreation, this property is priced right and move-in ready.

\$284,900



Lot 2 Small River FSR

One of 7 small acreages in a private subdivision, this 4+ acre lot has great potential for your getaway retreat or dream home. Registered as a bare land strata, the only common property is the roadway in. A water easement and usage agreement is in place, taking you one step closer to completion.

\$110,000



11944 Essen Road

Located in the Tete Jaune area, this 34 acre property boasts both commercial zoning and stunning views. Originally custom built for guests and catering, the log home has many unique features that could be the stepping off point for your work-from-home dreams.

\$495,000