



## Let's celebrate together

Both Valemount and McBride are hosting dinners on Christmas Day. Whether you are a new family to town, a single person or a couple, you are invited to join in.

### McBride

In McBride Christmas Day dinner is at the Evangelical Free Church on December 25 at 4 pm. The dinner is sponsored by community members and the churches of McBride. If you would like to help in the kitchen or donate desserts, or if you need a ride or the meal delivered to your house just call Betty at 250-569-3386.

The McBride Royal Purple and Elks will be distributing Christmas Food Hampers to families and individuals in need again this year. There is always a need for items to help fill the hampers. Please donate non-perishable food items, toys, books (new or gently used), etc. If you know of a family or individual in need, or have anything you would like to donate, please contact Flo Mynio at 250-569-3254 by December 13th. If you are interested in volunteering, please call Kathy Molendyk at 569-3239 (evenings).

### Valemount

The Valemount Food Bank is making sure you don't have to spend Christmas Day alone. Valemount's Community Christmas Dinner is on December 25 from 2-4 pm at the Valemount Community Hall. Everyone is welcome, the event is sponsored by The Valemount Food Bank. Please RSVP to 250-566-0033 or 250-566-1840. President of the Valemount Food Bank Marian Plummer said she is willing to pick those up who would have trouble getting out. The dinner is open to everyone.

# ROCKY MOUNTAIN GOAT

2019 Holiday Edition

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



Bill and I wish you a Merry Christmas and a happy, healthy 2020!

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





Wishing you a safe and peaceful **Christmas!**



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

Wishing you and family a very Merry Christmas!

250-566-8288

**VGTV** CHANNEL 7  
BELL & TELUS SATELLITE 653

**Merry Christmas & Happy New Year!**

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

Wishing you a Merry Christmas and Happy New Year!

Thanks for your support throughout the year!

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

Wishing you a safe & peaceful Christmas

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

Safe Travels  
Merry Christmas and a Prosperous 2020!  
from Dennis & Adam

**D.A.N. CONTRACTING**



Anyone unsure how many days left until Christmas need only swing by the house and read the sign by the Rejman's home. They update it daily./ANDREA ARNOLD



Dennis and Irene Rejman stand among a small section of the decorations they have accumulated over the 40 years they have been married./ANDREA ARNOLD

Wishing you a safe and peaceful Christmas

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

**Happy Holidays**

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

Wishing all our customers, near and far, a Merry Christmas and a Happy New Year!

**DIAMOND H Donairs**  
Donairs - Burgers - Middle East Cuisine  
ph: 250 566 4453

**HOLIDAY HOURS**  
Closed Dec 24 & 25, 2019 | Closed Jan 1st, 2020

Best wishes for the holidays and the coming year!

**Wahoo Enterprises**  
820-1ST AVE, MCBRIDE  
(250) 569-0320





# Late-night FUN

Friday Dec. 6th was Valemount's annual late-night shopping event that kicks off with a tree lighting at Centennial Park followed by shopping at local businesses that stay open late. Homebased businesses and non-profits also had a presence at several locations.



Michelle and Jenna were ready for the Christmas season rush at Infinity Office & Health. /ANDRU MCCRACKEN /ANDRU MCCRACKEN



Ezra and Aiden compare guns in the toy section of the local drug store. According to the storekeepers, it was the place to be early in the season.



Aisling Ives at Late Night Shopping in Valemount. She is selling homemade wreaths, crafts and jam to fundraise for the Live Different Program where students travel to Mexico and build a new home for a family in need. /JEAN ANN BERKENPAS



BFFs Locklan and Leo got a good visit with Santa during late-night shopping Dec. 6th. "Santa's beard is tunny (funny)!" Locklan, 3, said after touching it. /LAURA KEIL



VALEMOUNT  
COMMUNITY  
FOREST



**Merry  
Christmas!**

Wishing you  
Health, Happiness and  
Prosperity.  
The best to you in 2020!



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

Season's greetings  
from the whole team!



**Advantage Insurance  
Services Ltd.**  
433 Main St, McBride  
250-569-2264

# Happy Holidays

2019



ug store at Late Night Shopping, evening. /ANDRU MCCRACKEN



Hunter caught the thrill of Valemount's Late Night Shopping but it wasn't the big ticket items that were getting his attention. /ANDRU MCCRACKEN

## Best Holiday Wishes from all of us at the Valemount Veterinary Clinic

Closed Dec.25th, Dec 26th,  
2019 & Jan 1st, 2020  
Open for Food Sales Only  
on Dec 24th and Dec 31st  
11 am - 2 pm  
Regular hours will resume  
on Thurs Jan 2nd, 2020  
For an appointment  
Please call 250 - 566 - 4194



## Merry Christmas!

Wishing you a  
safe and peaceful  
Christmas!



Valemount  
Mini-Storage  
250-566-5185

## Season's Greetings!

Wishing you Happy  
Holidays and a  
peaceful new year



Robson Valley  
Home Hardware  
250-569-2284

Wishing you a very Merry  
Christmas and a Peaceful  
New Year!

VALEMOUNT



250 - 566 - 9961



Keianna, Manjoo and Jenny weathered the shopping storm with aplomb. /ANDRU MCCRACKEN



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

Happy  
holidays!

HOLIDAY  
HOURS:

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

## Roman Catholic Christmas Mass Schedules



### Valemount (Good Shepherd)

1366 3rd Ave. & Elm

Dec. 25th Carols @ 10:30 AM

Christmas Day Mass 11AM

Jan. 1st New Year's Day

Mass 11AM

### Blue River (Our Lady of the Snow)

Dec. 25th Christmas Day

Mass 9AM

Jan. 1st New Year's Day

Mass 9AM

Merry Christmas!

Cheers to a  
DEEP Winter!



Wishing you a safe & peaceful Christmas



250 - 566 - 0067

VALEMOUNT MUSEUM

250-566-4177





# Dreaming of a Green Christmas



Isis Hiroe and Sarah Boyd at Valemount's Late Night Shopping selling upcycled crafts and homemade Christmas cards.

By JEAN ANN BERKENPAS

Christmas is a favorite holiday for many, with gifts exchanged and celebrations with family and friends. For children, there is a lot to love, with the thrill of new toys, games, treats, colorful lights, and a magical world of make-believe. For many though, the most important part of the season is the shared experiences and connection with family and friends.

Christmas has also become a time of increased consumption, which can

contribute to stress and create a lot of waste. Ads for holiday shopping start in earnest right after Halloween, and we are pushed to buy, buy, buy. Many items very quickly end up in the trash. The pressure to purchase can be overwhelming.

There are many ways to enjoy favorite parts of the holiday season, without being drowned in the consumptive bustle of the season. By being a little more thoughtful about how and what we give, we can decrease the amount of waste created and reconnect with our favorite parts of the

season.

There are many ways to enjoy the best part of the holidays, while being a little easier on the planet. When giving physical items consider the lifetime of the product, how long it will be used and where it will likely end up. Consider alternatives to plastic and heavily packaged items. Many plastic items end up in landfills, where they can release toxic chemicals into the environment or eventually end up in the ocean. Choose items made of recyclable or biodegradable materials to reduce your environmental impact.

Buying locally is a good way to reduce the carbon footprint of your purchase, especially if it is a handmade item. Supporting local businesses and artists keeps dollars in the community and can have a cascading positive impact. Don't just think of physical items as gifts. Consumables such as food and beverage are often appreciated and can contribute to real needs instead of clutter. Local services can also make great gifts and reduce garbage produced. A gift certificate for a local business, such as a salon, retailer or restaurant, is likely to be used and appreciated.

Giving experiences instead of things is another way to combat consumerism and waste. Planning a family outing as the main part of your holiday instead of it being centred on gift opening is one way to do this.

Consider buying used. Many children's toys outlive the child's interest or age and can be found used, in excellent condition and at a fraction of the new price. Your child will enjoy it just as much used as new and will

likely be unable to tell the difference.

Offer your time and skills. This can be something as simple as chopping firewood, doing some house cleaning, or making a meal. If you have special skills and talents, all the better!

The packaging, wrapping and holiday decor also play a big part in the amount of garbage resulting in Christmas celebrations. To minimize this, try to do-it-yourself, instead of purchasing. Gift bags, cards, and wrapping paper can easily be made at home. You can create your own wrapping paper from old comic strips, last year's calendar, or add a little color to paper destined to be recycled to make a unique and personal wrapping paper. Another fun idea is, instead of wrapping gifts, hide them in the house and give recipients clues to find them. It can become a fun treasure hunt.

For decor, try to use natural biodegradable objects such as plants, wreaths, and evergreen boughs. Beautiful ornaments can be found through local crafters, or homemade of wood, bone, egg, salt dough, and paper instead of plastic. If you already have decorations, but no longer appreciate the style, consider if you can repurpose or paint them, instead of throwing them away.

Finally, set limits. Leading into Black Friday there was a quote floating around the internet: "Look around. All that clutter used to be money. All that money used to be time." It is our time that is the precious commodity. Consider the best way to spend it. Have a happy and joyful holiday with the important people in your life doing things you enjoy.

**Warmest Wishes for a Happy Holiday Season and a Wonderful Year**

From all of us at

**Greenstar Forest SOLUTIONS INC.**

**Best wishes to everyone for the holidays!**

From Jin, Yoon & all of us

**Chalet Continental**

250.566.9787

**W**ishing you a joyous holiday season and a New Year filled with Peace and Happiness.

from Terry and Lisa at

**Summit River Lodge**

*Wishing you and yours a Merry Christmas*

From Robert and Eleanor Johnson  
Real Tree Wood Products  
250-569-2459 / 250-569-7912

**Happy Holidays!**

**CAMPBELL & SCHREURS**  
Chartered Professional Accountants Inc.  
1-800-846-9190

**Merry Christmas and Happy New Year**

from all of us at

**KILIN RESTAURANT**  
1117 Frontage Rd, McBride  
(250) 569-8820

**SMORGASBORD FRIDAYS 5-9PM**  
\*Closed Christmas Eve, Christmas Day, and Boxing Day

*Happy Holidays!*

**CANGAS PROPANE**

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

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

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

**Community Futures** Fraser Fort George

*Wishing you a Joyous Holiday Season!*

from the Board, Management & Staff

**CO-OP**  
Four Rivers

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

# Happy Holidays

2019

## Holiday Cheer



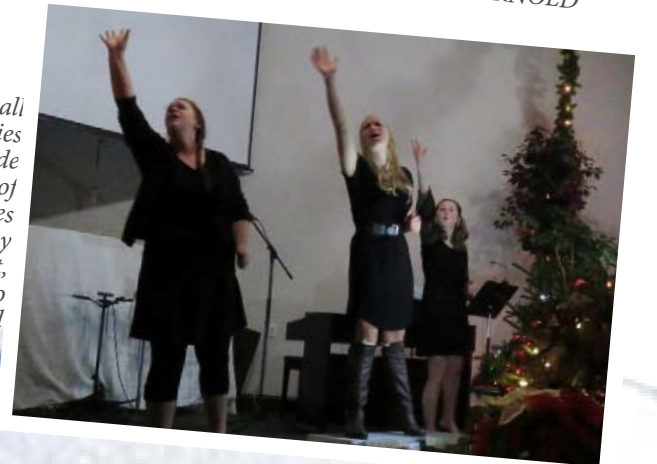
Above & Left: The Old Age Pensioners Organization in McBride hosted their annual dinner for their members in the area on Wednesday December 4, 2019. This year approximately 85 people attended the dinner hosted by volunteers from the Scotiabank, Elks and Royal Purple. The dinner has been an annual event for more years than anyone present at the dinner could remember. In past years they have been able to offer it free of charge, but in recent years, they have had to charge a fee for a plate due to funding cuts. They would like to get back to a position of offering it to not only OAPO members, but also all members of the community 55 and over./ ANDREA ARNOLD



The Annual McBride Hospital Auxiliary Extravaganza was held on the evening of Saturday December 11, 2019. The snow accumulation throughout the day may have affected the number of people in attendance, but it did not hinder the festive atmosphere inside. Attendees were invited to participate in a well stocked silent auction, bake sale, cake walk, and to sit and enjoy dessert and coffee while visiting. All funds raised will go to direct patient care./ANDREA ARNOLD



Right: Ladies of all ages and from all walks of life enjoyed the Annual Ladies Christmas Tea hosted by the McBride Evangelical Free Church on the evening of Thursday December 5, 2019. The ladies were treated to music by the Robson Valley String Ensemble, words of encouragement, a Christmas music sing-a-long and two musical specials. Jessica, Amber and Esther performed sign language to the song "Somewhere in your Silent Night," by Casting Crowns. /ANDREA ARNOLD



Warm wishes  
for a joyous  
Christmas



from Arnold  
at Tarmigan Towing  
250-566-4305

Merry  
Christmas!

LDM LAKES DISTRICT  
MAINTENANCE INC.

Merry Christmas!  
And wishing you all the  
best in 2020!



250-612-2820 | wendy@sewhot.ca

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



Mike Wiegele Helicopter Skiing



Mike Wiegele  
Helicopter Skiing

www.wiegele.com

'Tis the season to  
wish one another joy  
and love and peace.  
MERRY CHRISTMAS



Valemount

Tim Hortons

250 - 566- 4116

#WarmWishes

Season's  
Greetings

from Jae & Liz  
and the staff

McBride AG Foods  
250-569-0140

...keep warm!





# Merry Christmas & Happy Holidays

2019



## With bells on...

Ruth Hanus and Barbara Kelly got into the spirit of Local Shopping on Plaid Friday November 29th. They said they are tired of hearing complaints about there not being enough to do in town, so they are trying to show people what participating can look like. “Our intention is to shop til we drop and have fun tonight,” Hanus said. Plaid Friday is a shopping event that encourages buying from independent local businesses - such as many local businesses you can find in the Rocky Mountain Goat! /LAURA KEIL

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

*Happy Holidays!*

From Georgie Kenzie at Robson Valley Longarm Quilting 250-569-7433



Season’s Greetings!  
Peace and Goodwill to All

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



**HOLIDAY NEWSPAPER DATES**

Dec. 12<sup>th</sup> \*Includes special Christmas/Holiday section

Dec. 19<sup>th</sup> \*Last paper of the year

Dec. 26<sup>th</sup> NO PAPER

Jan. 02<sup>nd</sup> NO PAPER

Jan. 09<sup>th</sup> \*1st paper of the new year

**RMG OFFICE WILL BE CLOSED DEC. 17<sup>T</sup> -JAN 1<sup>ST</sup>**

*Wishing you peace and joy throughout the holiday season*

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



The Greatest Gift of All

In the hustle and bustle of the holidays, let us remember the true meaning of Christmas, and the gift of His Love. May you and yours be blessed with the peace and goodwill of the season.





**UNDERWRITERS**  
INSURANCE



**Happy Holidays**  
from the RMG staff



**MERRY CHRISTMAS & HAPPY NEW YEAR!**

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

We will be closed Christmas Day, Boxing Day & New Year’s Day.

From all of us at Valemout

