All gone: No new hires for empty Forest Ministry office

By ANDRU McCracken

Not a single staff person for the Ministry of Forests lives in the Robson Valley anymore. The four staff that used to work for the Ministry of Forests have now retired according to a spokesperson with the Ministry of Forests, Lands, Natural Resource Operations and Rural Development.

Staffing levels have been on the decline since 2011 when four staff worked for stewardship, engineering, compliance and enforcement, and Recreation Sites & Trails.

"All staff have now retired from the location," said the spokesperson. "Many of the services previously provided at the district and regional offices can be accessed online at FrontCounterBC.gov.bc.ca or by calling 1-877-855-3222."

The Rocky Mountain Goat asked for the value of timber leaving the Robson Valley Timber Supply Area, and the Ministry responded instead with the total volume and not a dollar value.

"In 2019, a total of 135,436.31 m3 was scaled in Robson Valley Timber Supply Area," the spokesperson said.

In Prince George District there are 31 staff members whose responsibilities include the Robson Valley.

"The total Annual Allowable Cut (AAC) for the Prince George Timber Supply Area is 8,350,000 m3, and the AAC for the Robson Valley Timber Supply Area is 363,559 m3," she said. "The relative magnitude of operations is not solely based on harvest levels but is impacted by numerous factors including industrial activities and community populations."

Mayor Eugene Runz is not happy with the situation. "I just think it is wrong. Fundamentally wrong," he said. "What they have done is they have centralized and let RPFs do a bunch of things. That is not the same as government people being there.

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Reps from Avalanche Canada, the national organization in charge of educating outdoor recreationalists about the hazards of avalanches were in Valemount to push their comfort zone. Kevin Seel, President of Avalanche Canada, spent his first day on a mountain sled a week ago in Valemount.

Kevin Seel takes stock after hitting a tree and rolling his sled. Mountain sledding... as it turns out, there is a lot to it.

Results were as expected: he hit a tree and rolled his machine.

The idea was to get the entire board of Avalanche Canada out on mountain sleds because there are unique challenges facing sledders. Except for local Curtis Pawliuk, other board members didn’t have experience on modern mountain machines.

“I have got to tell you, everyone came back changed,” said Seel. “It was humbling. It was amazing.”

“There’s so many skills that have to come together; you have to operate this machine - which by the way is kind of trying to kill you - you have to be an expert on this machine, and you have to have snow sense, and you have to have your group program together understand your terrain and weather… I’m totally in awe.”

Curtis Pawliuk said that during his 10 years on the board he has seen a major shift in mindset and attitudes towards snowmobiling.

“It was crucial for my fellow Board members to experience what we do and why we do it first hand, to gain a true appreciation for the sledding experience,” said Pawliuk. “And also to understand the challenges that come along with it.”

Seel said early stereotypes of sledders not caring about safety created issues and even silos; he is confident those are breaking down.

“We’re really all out there doing the same thing. We love being on snow, we love being in the mountains,” said Seel. “Until you actually ride literally 62 kilometers in the other guy’s shoes, you just don’t understand. This has changed, fundamentally, the way our board understands this entire community.”

There is mounting evidence that sledders get the picture regarding avalanche safety.

“I hear of sledders who, if you don’t have the gear, the equipment and the training - they will not ride with you,” said Seel. “They’ve really embraced it.”

A water licence is required by law for non-household groundwater, well or dugout users in British Columbia.

The Province’s water licensing system helps manage water use in B.C. to sustain environmental, economic and human needs. A water licence gives you a right to water for non-household uses, such as water supply systems, irrigation, industrial and commercial. It also prioritizes your rights over future developments.

Apply today!
Start your application now and learn more at groundwater.gov.bc.ca
For more information call FrontCounter BC at 1-877-855-3222

Secure Your Water Rights

Avalanche Canada goes sledding
Nonprofits vie for dollars at CBT meeting

Seventeen community projects vied for $531,585.08 at the annual Columbia Basin Trust Community Initiatives and Affected Areas Program. If all the projects would have been funded the total ask would have been $722,898.47. There was a record turnout on a sunny Sunday afternoon and residents showed up to evaluate the projects over the course of a three hour session. The public results will inform the recommendations made by the local CBT initiatives committee which then go to Council for final approval.

The projects included replacing the community bus, purchasing a new ice plant for the curling club, a modest grant for eavestrough and lawn care equipment by the canoe Valley Community Association, the Valemount Entertainment Society sought funding to be able to provide more digital channels.

The Valemount Junior Canadian Rangers were looking for some new camping gear. The Valemount Learning Centre sought $50,000 for a growing container, able to provide fresh vegetables year round. The Legion applied for accessibility upgrades. The library sought new computers, minor hockey was looking for a rink divider and to put on referee and coach clinics. The Robson Valley Spay and neuter society asked for funding to help offset the cost of spaying and neutering pets and stray animals.

The Valemount Pines Golf and Country Club applied for some equipment, the Valemount Seniors Housing Society applied for funding to refurbish a room at the lodge.

Valemount Cares applied for some money to begin the process of developing local assisted living so seniors can age in their community.

The Valemount Bike Park applied for $116,740 to develop a new cross country trail system for novice riders.

The Valemount Sports Day committee applied for some kitchen appliances for the Sportsplex Grounds.

The Village applied for some money to begin the process of developing local assisted living so seniors can age in their community.

The Valemount Bike Park applied for $116,740 to develop a new cross country trail system for novice riders.

The Valemount Community Forest Woodlot Licence Plan is available for a 30 day review period ending Wednesday April 15, 2020. Please call Craig Pryor or Janey Weeks at 250-566-4610 if you would like to view the documents. Written comments may be mailed or emailed to the addresses above for consideration.

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2020-2030 WOODLOT LICENCE PLAN, W0277
Valemount Community Forest Woodlot PO Box 1017 Valemount, BC V0E2Z0
cpryor@valemountcommunityforest.ca

The new Woodlot Licence Plan and map for woodlot 0277 are available for a 30 day review period ending Wednesday April 15, 2020. Please call Craig Pryor or Janey Weeks at the Valemount Community Forest at 250-566-4610 if you would like to view the documents. Written comments may be mailed or emailed to the addresses above for consideration.

2020-2030 WOODLOT LICENCE PLAN, W1428
Kiwa Woodlot - Weeks/McKirdy PO Box 818 Valemount, BC V0E2Z0 janeywks@gmail.com

The new Woodlot Licence Plan and map for woodlot 1428 are available for a 30 day review period ending Wednesday April 15, 2020. Please call Janey Weeks at 250-566-4746 if you would like to view the documents. Written comments may be mailed or emailed to the addresses above for consideration.
Editorial

Rethinking CBT

BY ANDRU MCCracken

If the process for handing out money at Columbia Basin Trust’s Community Initiatives and Affected Areas Program doesn’t strike you as unfocused, you aren’t paying attention.

I attended Sunday’s packed event and what struck me was that we’re a community that doesn’t bother to collaborate, has few clear priorities, many wants and we are not bringing much to the table - with a few notable exceptions.

It’s not that the projects pitched on Sunday are bad. They aren’t bad projects, they all serve the community and none of them should be disparaged.

But each project, in its own way, is an answer to: We have half a million, what would you use some of it for?

This is a bad approach to investing.

Instead of looking at the grant money sitting there and dreaming of what you can do with it, we should take a look around our community and determine what our priorities are.

It’s not that the projects presented are too wild and crazy, not by half. In fact the problem is that the money isn’t doing enough. Almost every project seems rushed, it bears the marks of a hasty last minute application.

You think I jest. You say the program is fine. I can prove that it is not. There is more than a half a million dollars sitting in the bank. Clearly we are not matching resources to needs.

This is a significant investment in the community each year. It should be treated as such.

By all means, we should have a small pot of money available to nonprofits in crisis…. And small amounts of money for simple projects should be easier to have approved than big projects.

It is time to rethink the program. If we use it wisely, we can achieve big big things.

How do I know? The bike park.

The Valemount Bike Park is an example of what you can do when you have a plan, when you work with others.

There are other promising projects out there. Valemount Cares is one, but the Bike Park is tried and true, they have a track record. It is so successful it is actually helping develop the local economy.

It is time to rethink the program. If we use it wisely, we can achieve big big things.

Ironically, every other area of spending by the Trust is keenly reviewed on a regular basis, revamped. …Too bad we don’t review Community Initiatives with the same lens.

If you can’t tell, I’m upset that this money is not building the community. I’m upset that there are no long-term strategic plans guiding any of our investments. We should be getting way more mileage.

I hope that the committee of council tasked with making decisions this year will make wise choices about the projects presented, but also spend some time thinking about how the program might improve.

We’ve been asking who wants a little bit of a half million? That has not been working for us. We need to be asking, what are the things we need to be doing as a community?

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It is time to rethink the program. If we use it wisely, we can achieve big big things.

Ironically, every other area of spending by the Trust is keenly reviewed on a regular basis, revamped. Right now the Trust is undergoing widespread consultation to ask basin residents what their priorities are. The Trust wants to know what they should be working on.

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We’ve been asking who wants a little bit of a half million? That has not been working for us. We need to be asking, what are the things we need to be doing as a community?
The anti-Muslim pogrom in Delhi last week only killed 43 people, and a few of them weren’t even Muslims. But then on Kristallnacht (‘The Night of Broken Glass’) in Germany in 1938, only 91 Jews were killed. It was still a Nazi declaration of war on the Jews, and a forewarning of the 6 million Jewish deaths to come.

Is this India’s Kristallnacht? History does not repeat, but it does have patterns.

First, a disclaimer. Many senior officials in Prime Minister Narendra Modi’s ruling BJP (Indian People’s Party) indulge in blood-curdling anti-Muslim rhetoric, but there is no plan to exterminate Muslims in death camps. It can’t be done.

But there is no plan to exterminate Muslims in death camps. It can’t be done.

In conclusion I think that the village is wasting a lot of money on a firewood exchange.

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Woodstove exchange? How about sensible burning

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To the Editor
With soldier’s PTSD (Post-traumatic stress disorder) we tend to show compassion. This mental condition and, if left untreated, can affect every aspect of the soldier’s civilian life.

Now, consider a Nation decimated (reduced to one-tenth) by smallpox, its religion demonized, and its government-system criminalized and replaced. Consider the Nation’s villagers forcibly displaced, and confined to a fraction of their territory, their children removed and indoctrinated only to return abused, speaking a new language they had never ashamed of their family’s culture? To begin to understand, we must put ourselves in the shoes of an entire culture suffering from massive multiple cyclical systemic PTSD. We must show compassion.

Because of lags in F.O.I. (Freedom of Information) one has to read between the lines of a memo or extrapolate information into a different situation in order to understand the nuances of what is transpiring now, in real-time.

Warrants our attention when these glimpses are revealed by the press.

23 years ago, a day after Delgemuukw laid the foundation for Indigenous rights to governance on unceded land, FI0 revealed that a memo from Mary Beets, then-vice president of the BC Council of Forest Industries, stated: “The decision makes the need for certainty through surrender all the more clear.” Similarly, Mike Hunter of the Fisheries Council and Mary MacGregor of the Cattlemens are quoted respectively: “downplay the expectations that aboriginal leaders have.” “We will be putting great pressure on the Provincial Government to commit to a cede, release, and surrender approach.”

Other documents urged government treaty negotiators to seek legally “an end to Aboriginal title and Crown title through the honor and good faith of the Crown.” Is that anywhere near the government lens?

Can we hope for reconciliation when government continually ignores UNDRIP and Canada’s Supreme Court continually acts without compassion and continually caved like cowards to industry lobbying?

Offering jobs and cash to join in on this boondoggle is like throwing these Nations a rope when they are in a PTSD whirlpool. We can and should expect government to do much better.

Rob Mercereau
Dunster, BC

A nation suffering post-traumatic stress

Indian citizens

The National Register of Citizens means the hundreds of millions of people born in India who have no documents to prove their nationality must apply for citizenship, just as if they were immigrants.

Getting Indian citizenship will be easy if they are Hindu (or Sikh, or Christian, or Buddhist), but almost impossible in practice if they are Muslim.

The huge non-stop protests since December show that many Indians, including many Hindus, are appalled by Modi’s frontal assault on the principle of a secular Indian state whose citizens are equal before the law. But most Hindus seem to approve, and Hindus are 80% of the population.

Modi hasn’t won yet. The protesters have not given up. The courts are not completely subjugated by the ruling party, and the BJP actually lost the election for the Delhi state assembly last month. But it won the ‘riots’ that followed.

The Delhi violence was not just neighbour turning on neighbour in a spontaneous outburst of hatred. It was started by young Hindus armed with iron bars, sticks and machetes, trucked in from nearby rural parts of Uttar Pradesh state to attack Muslims and get the violence going.

Pradesh state to attack Muslims and get the violence going.

Pradesh state to attack Muslims and get the violence going.

The Citizenship Amendment Act makes it easy for immigrants of every religion except Muslims to become Indian citizens.

We acknowledge the financial support of the Government of Canada. Nous remercions l’appui financier du gouvernement du Canada.
The best approach to stay healthy in the face of COVID-19 is to be careful but calm, said B.C. Health Minister Adrian Dix.

"I think we have to continue to be prudent — to be prudent when we make decisions to travel — to be prepared," said Dix. "But to be serene in our approach so that we support one another when we need to be supported."

Dix suggested people take similar precautions regarding COVID-19 as they do with the flu. COVID-19 is the specific respiratory virus also known as the coronavirus. It is a new strain not previously identified and can be transmitted between humans and animals.

"All of our health authorities are preparing equally and fully evolved, including the First Nations Health Authority, whose activities are fully integrated with ours," said Dix.

As of press time, 32 people have tested positive to COVID-19 in British Columbia. Of those, three people are in hospital, the others are self-isolated at home. One man in his 80s who was living in a long-term care facility in North Vancouver, has died of coronavirus in the province.

Alberta has four confirmed cases of coronavirus.

The virus becomes airborne in saliva droplets from a cough or sneeze. Highly contagious, it is usually spread when a person touches a contaminated surface, then touches their own eyes, nose or mouth. It commonly appears in five days, but can take up to 14 days after contact for a person to feel sick. Symptoms include fever, cough and difficulty breathing.

"Just like if someone in your home was sick with the flu or anything else, it's important to have food and medication available," he said, especially the most vulnerable, such as people with chronic diseases, the elderly and the very young. If sick, people should stay home from work and school, and avoid visiting long-term care facilities or hospitals.

Preparing beyond that is a personal choice. "I don't think there is any need to hoard goods," the Health Minister said.

Each health authority has an emergency operation centre specifically devoted to dealing with the COVID-19. To date, there are no known cases of the virus in the Northern Health region. While four staff members at the Jasper Park Lodge are in self-quarantine after one person showed symptoms, none have tested positive to COVID-19. The voluntary quarantine is a precautionary measure.

"We hit elbows and I think that's how I will spend the rest of my spring, is bumping elbows with people." said Horgan.

The full RFP package can be accessed online at www.valemount.ca documents.

Applications and program guidelines are available on the Village website at www.valemount.ca, for pick up at the Village office, or through the Valemount & Area Chamber of Commerce. The Program provides grant funding to improve exterior facades of existing commercial buildings within the Central Business District (5th Avenue, Main Street and Commercial Drive) and Highway Entry & Highway Corridor.

If you are a property owner, business owner, non-profit society, or home based business located in one of the above areas you are eligible to apply for funding for facade improvements. The Village of Valemount is pleased to partner with the Valemount and Area Chamber of Commerce to deliver this program to the businesses and commercial properties in Valemount.

Applications will be accepted on a first come first served basis until all funding is allocated.

Best strategy for COVID-19 is to stay calm and carry on

Tips on how prevent the spread of COVID-19:

- Wash your hands with soap for 20 seconds;
- Wash after contact with others, and following contact with anybody's bodily fluids;
- Leave a personal space bubble of one metre to avoid any airborne virus droplets;
- Avoid contact with people who are unwell or who show symptoms of the illness;
- Wear a mask if you have a cough or runny nose;
- When sneezing or coughing, cover your mouth with a tissue or cough into your sleeve;
- Disinfect surfaces, the virus can survive for hours to days depending on the circumstances;
- Do not share drinks, food or utensils;
- Get medical attention if you develop symptoms.

If you feel symptoms:

Stay home;
Avoid contact with people who have vulnerable immune systems;
Seek a medical professional as soon as possible.

Travel

World Health Organization (WHO) also advises people to avoid international travel if possible. B.C. Ministry of Health asks anyone who has recently returned from China or Iran to self-isolate for 14 days from the day they left either country.

Sources: WHO and B.C. Ministry of Health

Anti-idling Bylaw

Village of Valemount Anti-idling Bylaw No. 816, 2020 will be considered for adoption at the March 10, 2020 Regular Council Meeting. The bylaw will prohibit unnecessary idling of motor vehicles within the boundaries of the Village of Valemount. Idling of motor vehicles will be limited to 5 minutes.

Wood Stove Exchange

The Village of Valemount Wood Stove Exchange Program is now open for applications. Full details of the program and application forms can be found on the Village website at www.valemount.ca.
All’s fair in science

By Andru McCracken

For the first time in about 20 years, Valemount Elementary School hosted a Science Fair. Judged by members of the public, the fair was a celebration of discovery, demonstration and learning. Projects ranged from the remarkable to the odd and clear got many kids deeply interested in science. Organizer Shirley Giroux said she admired the hard work of the students and their parents.

Special recognition:

Most Enthusiastic presenter was Malyck Travers-Methot. Rozina Shaw won an award for the best board. Two great projects tied for being innovative, Yuvia Plamondon Gonzalez and teammates Mackenzie Lavoie and Tanushri Bholah. A likely engineer award went to Lewie Anderson-Bunch. An environmental award went to Rozlyn Giroux. The Promising Practitioner award (in health sciences) went to Rozina Shaw. Student Favourite was Nicholas Remus's project.

Some students will have the option of taking their projects to the Central Interior Science Exhibition at UNBC. They are:

Juniors (Grade 7)
First place: Gwenelen Hanson
Second: Yuvia Plamondon Gonzalez
Third: Lyric Koch
1st runner up: Kirby Scheller
2nd runner up: Rachael Markham

Novice (Gr. 4-6)
First: Maya Lambert
Second: Gaia Benson & Kleo Bustin
Third: Amos Romanoff
1st runner up: Rozlyn Giroux
2nd runner up: Rozina Shaw

Gwenelen Hanson’s remarkable project studied the impact of music on memory. She won first in the Junior category.

Maya Lambert won First place in the Novice category. Her simple experiment growing garlic in chicken manure versus cow manure

Student’s play with Oobleck, what’s that you ask? Just a non-newtonian fluid, slime with an attitude.
Five arrested, Minister roasted for meeting with peaceful Wet’suwet’en protesters

The agreement relates to rights and title, but does not cover pipeline issues. “I met (protesters) in good faith,” said Fraser, who added their discussions had been productive. “There was no indication that there would be an occupation.” After their meeting with the Minister Wednesday night, five of the protesters refused to leave. They remained in a legislative committee room for several hours, eating pizza and live-streaming their experience until they were arrested and removed.

Polak said protesters had already broken promises to end their occupation in five days and not light a fire on the legislative grounds. “I have a really difficult time understanding how someone with good judgment would believe that (the protesters) would keep their commitment to leave the room,” she said. Before being allowed into the building, all of the protesters committed to leaving peacefully afterwards.

“They agreed in no uncertain terms to leave the building after the meeting took place,” said Alan Mullen, chief of staff to the Speaker. “As we know, the protesters reneged on that agreement.”

Ti-Karya Blaney, one of the Indigenous protest leaders, said during the sit-in: “We are staying here until Coastal GasLink is removed from Wet’suwet’en territories, or we are removed from this building.”

Fellow protester Kolin Sutherland-Wilson added later, “We have to stand strong. We can’t compromise.”

Blaney called on local viewers of the live-stream to converge on the legislature. Hundreds of people turned out.

Polak said the evening’s events put other people at risk because officers at the legislature were unable to respond to emergencies elsewhere in the city.

Fraser took responsibility for the decision to meet with protesters but held firm to strategy going forward.

“I remain committed to working with respect, with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with trust, “ Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect.

Talking on-camera to supporters outside the buildings, protester Saul Brown explained. “It’s a sad situation to be driven to this point, the point of arrest,” he said, seconds before their arrest. “The point of where we feel we haven’t been heard, and where negotiations haven’t been successful.”

Brown left his phone recording while the audio of their arrests continued to play, which included singing by several protesters as they were carried out.

All five were charged with mischief and with trust, “ Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect. “The way I operate with dialogue, with good faith and with trust,” Fraser said, citing the Wet’suwet’en word wiggus, which he said, means respect.

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In 2017 the National Zero Waste Council conducted research on household food waste in Canada, and the results were astonishing.

- 63% of the food Canadians throw away could have been eaten.
- For the average Canadian household that amounts to 140 kilograms of wasted food per year – at a cost of more than $1,100 per year!
- For Canada as a whole, that amounts to almost 2.2 million tonnes of edible food wasted each year, costing Canadians in excess of $17 billion!

All types of food are wasted, but in Canada the most prominently wasted foods by weight are:

1. Vegetables: 30%
2. Fruit: 15%
3. Leftovers: 13%
4. Bread and Bakery: 9%
5. Dairy and Eggs: 7%

The Ministry of Environment and Climate Change Strategy have launched a new campaign to change this. Love Food Hate Waste is a national campaign that encourages consumers to reduce food waste by providing simple and actionable tips to reduce food waste in the home.

Inevitably, some food waste is unavoidable - this is the food that can’t generally be eaten, such as bones, vegetable peelings, egg shells, tea bags and coffee grounds. Avoidable food waste is the edible food that ends up in the compost bin or garbage can. Unfortunately, we often waste good food because we buy too much, cook too much, or don’t store it correctly.

Wasting food hurts the environment and costs you money. The good news is that this problem is easy to solve and Love Food Hate Waste has easy tips to help get you started. There are three major ways we can all reduce our food waste:

- **Keep it Fresh** - store your food properly so it stays fresh longer
- **Use It Up** - use more of what you buy and
- **Plan It Out** - buy just what you need.

**STORE FOOD PROPERLY SO IT STAYS FRESH LONGER**

Set your fridge at 4 degrees Celsius or lower.
In the upper shelves put leftovers, drinks, ready-to-eat foods, and field berries.
On the middle shelves, put your milk, eggs and dairy.
The bottom shelf is for raw meat and seafood.
Keep your cheese and deli meats in the deli drawer, usually located in the middle area of your fridge.
In the crispers at the bottom, set one of the drawers to high humidity for vegetables that wilt, like leafy greens, broccoli, cucumber, and peppers. Set the other drawer to low humidity for fruits and some veggies, like apples, pears, and grapes.

**REVIVE FOOD THAT ISN’T IN PRIME CONDITION**

For wilted veggies like celery, broccoli, and carrots simply soak them in ice water for 5 to 10 minutes and they will crisp up. Wilted veggies that can’t be restored are still good for cooking with.
For stale crackers or bread, toast them for a couple of minutes.
If you burn something, just put the unburned portion in a new pot and cover with a damp cloth for 10 minutes to remove the burnt flavour.
And if you’ve overcooked something – put it in the blender and turn it into a soup or sauce.

**MAKE A MEAL PLAN AND BUY ONLY WHAT YOU NEED**

Don’t try to make a new, different dish every night. Start with your go-to meals and check the fridge to see what you have on hand already. Then add whatever ingredients you don’t already have to your shopping list.
Stock kitchen essentials – like certain grains, spices, or sauces – so you have them when you need them.
Ingredients often come in larger portions than we need so plan a couple meals that will use it all up.
And be sure to use perishables earlier in the week, saving things like pasta for later so your fresh ingredients don’t have time to go bad.

The objective of Love Food Hate Waste is to inspire and empower residents to reduce the amount of food they waste at home. The Regional District of Fraser-Fort George is promoting Love Food Hate Waste as a means to reduce the amount of food waste going to landfill which in turn will help reduce greenhouse gas emissions.

To learn more about food waste contact the Regional District of Fraser-Fort George or visit the “Love Food Hate Waste” website below.

**WEB:** https://lovefoodhatewaste.ca  
**PHONE:** (250) 960-4400  
**EMAIL:** environment@rdffg.bc.ca

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**LOST IN SPACE**

Canoe Valley Skating Club held their 47th consecutive skating carnival on March 7th. The carnival marked Sharonrose Shalla’s 30th year coaching the club.

Skaters dazzled the audience with their spaced out costumes, one skater took the liberty of erasing the crowds memory, which was too bad, because it was a great performance.

In order from the top:
Nyome Voth flies through space.
Brooklyn Lussier & Autumn Taylor skate dance to Sailor Moon.
Star skaters came on like a meteorite.
Rozina Shaw pilots her spaceship to a beautiful place. /Andru McCracken
Play: The end of the world as you never imagined

BY LAURA KEIL

The Last Good Valley On Earth, Wishbone Theatre’s latest show, is set to be a music-filled romp to The End of the World as you never imagined it.

Wishbone director Sharon Stearns says the show promises everything from wild gypsy swing music, shim sham dancing, unrequited love, Alpha Tech humans, swamp creatures, sad clowns, an asteroid carnival, and digitally-designed kitties.

The play will star familiar local actors, musicians and dancers including Sally Buck, Shara Gustafson, Miwa Hiroe, Isis Hiroe, Jasmine Hoetjes, Jos Hoetjes, Seth Macdonald, Taylor Martin, Sarah McCrea, Steve Saba, Sharon Stearns & Monica Zieper.

It will premiere at the Dunster Schoolhouse Sat. March 28 followed by a special seniors matinee at the Dunster Schoolhouse Sun. March 29 at noon. The cost for the seniors’ show is $17 including lunch and bus service to and from the venue. Two shows are planned for the Valemount Community Theatre Fri. April 3 & Sat. April 4 and the final shows in McBride at the Roundhouse Theatre Wed. April 8 & Thurs. April 9. Showtime is at 7:30pm. Tickets are $20. Students & Groups of four or more are $17.

A special student pay-what-you-can preview will happen at McBride’s Roundhouse Theatre Tues. April 7 @7PM.

Tickets are available at Infinity Office & Health, Home Hardware Essentials, the Dunster Store and at the door.

Similar to last year, the Goat will not be publishing one week in March. There will be NO ISSUE March 19th. We find that taking a week off allows us to tackle some longer-term projects and is a welcome refresh. We are running bigger issues March 12th and March 26th.

Our office will be closed MARCH 16-18TH
Local Women in Business Sustainability

By Jenn Meagher

Women entrepreneurs are on the rise. As women are often the primary caregivers and do the majority of household shopping, there’s an excellent opportunity for sustainably-minded business models to emerge. Here in the Robson Valley, we have several female entrepreneurs. For International Women’s Day, we spoke to three who stand out as sustainability leaders.

Michele Dallaire, owner of Infinity, is taking steps to make her shop more sustainable. She asks suppliers to eliminate unnecessary packaging. Anyone who has bought anything online is aware of how much extra waste is often included. By opting out of this, Infinity greatly reduces its waste. Additional plans to make the shop greener, which will be implemented gradually, include things like removing the fluorescent lighting. Probably the most exciting endeavor they have on the go is the opening of a refill station. People are now able to refill their own containers with hair and body care products, as well as a variety of soaps. When asked if they plan on selling the containers as well, Michele explains that they are on the fence about this. She wants to encourage people to use what they already have and resist the urge to shop for new items as has become the trend in the sustainability movement.

Stacey Kendall owns the Goat Shed out of McBride. She uses pieces of scrap metal to make little creatures of different sizes and shapes. She says she used to rummage through the transfer station looking for metal and now, it’s almost like a community project and she comes home to boxes of metal waiting for her. “Most of our locals know what I do and what I need and will often grab stuff for me,” Kendall says. “Whether it’s when they’re organizing their own places or see something elsewhere, people are very sweet to think of me and add to my metal stash.” Sherrie Houghton is the owner and creator behind Emerald Earth Organics. Sustainability was a priority for her from the onset and a major inspiration for starting the company. As a certified Naturopath, she wasn’t able to find a skincare line that ‘ticked all the boxes’ she was looking for, so she chose to create it herself. Her products use pure, organic ingredients that are ethically sourced and harvested. Houghton also uses sustainable packaging and does everything by hand, to avoid machinery. If you live locally, she will refill select products for you.

All three women strongly support local businesses and the economy wherever possible. They also get strong support from the community regarding their sustainable practices. Houghton shares this insight, “I feel that people who live in remote wilderness areas are more sustainable. People become creative and find how to reuse or upcycle materials; they become aware of their natural surroundings and how to reduce waste.”
As I was out walking around “the estate” this week, I saw a few things beginning to poke their little heads up above the ground in the perennial beds. These are the “daring” ones who seem to ignore the fact that we could still have some icy cold nights before summer arrives. Many perennials do well in our area and I will try to give you a few suggestions of which ones seem to do well in our Valley. These are the ones that come up and bloom early in the spring when we seem to crave something bright after the long and sometimes drab winter season.

Bleeding Heart (Dicentra spectabilis) is one of my favourites. It grows from 2-3 feet (60-90 cm) high. It needs good humus-rich soil and quite a bit of moisture but a well-drained location. It does best if shaded from the hot afternoon sun and tends to die back as summer progresses, so plan to over-plant with annuals.

Blue Cornflower (Centurea Montana) grows to about 2 feet (60 cm) and has bright blue flowers in the late spring. It is quite tolerant of dry conditions and does not require good soil. If cut back after flowering, you can usually get a second bloom in late summer. It looks really nice with yellow daylilies or Leopards Bane.

Leopards Bane (Doronicum caucasicum) This is a bright yellow daisy-like flower about 2 feet (60 cm) tall. It is always the first to bloom after the bulbs. Try to protect it from the hot afternoon sun and give it humus-rich soil for longer bloom.

Columbine (Aquilegia) These are available in so many varieties and a rainbow of colours and tend to hybridize in your garden after a few years. My favourite is “Magpie” a deep purple one with a white throat that grows up to three foot (90 cm) stems that hold the flowers well above the leaves. They prefer moist rich soil and do quite well in partial shade.

Lungwort (Pulmonaria) – Pretty but invasive! These are available in so many varieties and a rainbow of colours and tend to hybridize in your garden after a few years. My favourite is “Magpie” a deep purple one with a white throat that grows up to three foot (90 cm) stems that hold the flowers well above the leaves. They prefer moist rich soil and do quite well in partial shade.

Just dig up the whole clump, cut with a sharp knife or a sharp spade, add compost and rotted manure to the soil and reset your clumps to the area you want to plant. This will help your garden bloom early in the spring.

Most of the above mentioned perennials are best divided every three or four years. Just dig up the whole clump, cut with a sharp knife or a sharp spade, add compost and rotted manure to the soil and reset one of the clumps and share the rest with other gardeners who are wanting to trade. As with any spring flowering plant, it is best divided and moved as soon as you can in the early spring before growth starts. If this is not possible, it can be done after blooming and when the top growth starts to die back.

There are many other spring blooming perennials available, but as usual, always check to be certain they are hardy for our area. I received one catalogue recently with hundreds of beautiful pictures of wonderful perennials available. Only about 12 or 14 were hardy enough to survive our winters. Most were for Zones 6 to 9…… great if you live in Florida or California!

If you add a few new “early bloomers” each year, your spring garden will help brighten your days!
VICTORIA – Premier John Horgan called for calm in the Legislature as Opposition members chastised the government for its handling of Indigenous Relations, including the protesters and blockades in Victoria and Vancouver.

“British Columbians deserve to know what the Minister of Indigenous Relations did and what he said and how he worked through his negotiations to deal with the blockades,” Shirley Bond, MLA for Prince George-Valemount, said in Question Period last week.

Scott Fraser, Minister of Indigenous Relations and Reconciliation, along with his Federal counterpart, Carolyn Bennett, Federal Minister of Crown-Indigenous Relations, spent an intense three days and three nights negotiating with the Wet’suwet’en hereditary chiefs about rights and title. On Mar. 1, a tentative agreement was announced that would, if ratified, implement title quickly, and coordinate how the government bodies would work together. The hereditary chiefs have taken the agreement back to the clans in their territories for ratification.

“It’s not appropriate for me, with respect to the Wet’suwet’en people, to speak to those issues,” said Scott Fraser, Minister of Indigenous Relations and Reconciliation, “until the Wet’suwet’en people have a chance to review and ratify the arrangement that we had come to.”

The agreement is part of implementing the Declaration on the Rights of Indigenous Peoples Act, which all Members of the B.C. legislature passed last year.

“The declaration actually speaks to consulting and collaborating in good faith with Indigenous peoples as a way to change the Crown-Indigenous relationship,” said Fraser. “That is exactly what we are doing as government. It’s what I am doing as minister. Is it hard work? I’ve never faced harder challenges. Is it worth it? Yes, it is.”

But Bond wasn’t impressed.

“British Columbians expected this minister, in those negotiations and any agreement that he agreed to, would include the issue of blockades, but that simply hasn’t happened,” said Bond.

“British Columbians have no idea — not one detail of the agreement that this minister agreed to.”

Bond then referenced news articles in which elected and hereditary chiefs have expressed dissatisfaction with negotiations.

“The Premier has completely mishandled this file,” she said. “British Columbians want and deserve answers.”

The premier stood to answer the question.

“These are extraordinary times. They’re extremely uncomfortable… for all of us,” Horgan said. “These have been an extraordinary few weeks, unparalleled in my personal experience and, I believe, in the history of British Columbia.”

Horgan then put the question back on Bond.

“I would also ask the Member who asked the question, the Leader of the Official Opposition, and other Members on the Opposition side, what suggestions and advice they may have for how we address the situation (of the protesters at the legislature)?”

The Opposition erupted in a storm of criticism.

“Members, we shall hear the response,” said Speaker Darryl Plecas, trying to guide the debate back to a place of civility.

“Is it worth it? Yes, it is. ”

The Premier forged on.

“I would also ask the Member who asked the question, the Leader of the Official Opposition, and other Members on the Opposition side, what suggestions and advice they may have for how we address the situation (of the protesters at the legislature)?”

Horgan continued.

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By Andrea Arnold

Local sheep and cattle farm
The Robson Valley Sheep Company recently received certification from the American-based organization “A Greener World” for sustainable practices. The farm received status as Certified Animal Welfare Approved by A Greener World as well as Certified Grass Fed. With the certifications, owners Hani and Tessa Gasser join a small group of Canadian farms certified by the organization. Only 24 Canadian producers have applied and met the requirements needed for certification.

“I’m sure there are others out there that follow the same practices,” said Hani. “They just haven’t gone through the process to get certified.”

“We are growing quickly in the region—we’ve seen significant interest and expect this to grow even more with the recent discontinuation of the BC SPCA’s certification,” said a Greener World Director of Communications and Outreach, Emily Moose. Hani and Tessa Gasser have been involved in raising animals since their arrival in Canada from Switzerland in 1988. Hani was raised in the city and attended training at a Swiss agricultural college, but had his eye on living in Canada and being a farmer. Tessa wanted to marry a farmer when she grew up. They settled in McBride in 2006 after choosing it based on proximity to family, and more importantly, the level of annual precipitation to avoid extra irrigation. The pair, along with 130 Texel sheep, 25 Angus cows, chickens, horses and dogs reside on 535 acres just outside of McBride.

A farm that is Animal Welfare Approved must abide by the regulations put forward by A Greener World. Animals must be pasture-based, only receive hay and grass (allowing for the “Grass-Fed Certification as well). They must always have access to outside. No cages, crates or feedlots. The Gassers had to apply for permission to have their sheep in lambing pens, and a separate request had to be made for permission to have a 40 Watt light in the lambing pens. The light allows the lambs to find their food source even in the dark, and it helps prevent the new babies from being laid on by their mothers.

Another big point of the certification is that the animals are slaughtered on site. Hani has received his “E” license allowing him to do his own slaughtering. “When animals are moved before slaughter it causes them stress,” he said. “The stress creates adrenaline causing pH levels to drop resulting in a change in the taste of the meat.” In the past, he actually herded his sheep across the Goat River to avoid the trauma that comes with transport. Now, slaughtering his own livestock, Hani keeps the animal’s routine familiar so they are calm.

The Gassers’ farm has held an organic certification for 10 years through the North Okanagan Organic Association. This helped them in their application to A Greener World. One of the big requirements of this classification is that there is no use of chemicals or fertilizers. The Gassers rotate their animals year-round. In the summer, sections are fenced off and the sheep graze for a maximum of 10 days. They are then moved, using sheep dogs, to another location. The cows are brought in to clean up what was left behind. This method helps prevent the sheep from having parasite problems. The Gassers have the rotation so well planned that the sheep will not graze the same plot of land within a 12-month time-frame. In the winter, the animals are fed hay. This year, due to the poor quality of hay available, Hani has noticed that they have had to increase the amount of hay they are feeding. The sheep will pick through the supply to get their nutrients.

The Gassers are able to provide the livestock with minerals, in addition to their roughage. The sheep have a “mineral bar” where they can access salt, kelp, sulphur, copper sulfate and dolomitic lime. The cows are given salt with small amounts of kelp. The kelp has been proven to reduce the amount of methane released by ruminants (cud chewing even-toed ungulates).

With sheep comes wool. When the wool is sheared it is sent to the Canadian Co-operative Wool Growers. Hani says it doesn’t make them any profit, but it is a part of being sustainable.

Before coming to the Valley, the Gassers had taken on several different farming endeavors. They have been firm on the methods they use for raising their animals. During an interview for the official press release, Hani said, “Animal welfare is of the utmost importance to us. We believe that sheep and cows are born to live on pasture and hay, not grain, and have a right to a decent life outdoors. It’s our responsibility to give the animals that we depend on for meat, a life as close to nature as possible. Not only is it a pasture-based system better for the animals, it’s also better for the environment. It’s the only way that truly works to benefit us all.”
Material things bring little pleasure, oddly enough. Your apathy is indicative of a soul in need of what cannot be provided in a carbon-based form. Seek the spiritual comforts of connection, the warmth of relationships, the reassurance of humor and the soaring joy to be found in art.

Taurus (April 20-May 20).

lucky day: Sunday
best when each one seizes the game in front of you is neither coming after nor is trying to take. You are in your own game and you are motivated to create the scene. To take a shot at something that is not common is both a dream and a reality. To take a shot at making your life a new beginning.

The theme this week is: "Two distinct scenes. Each one brings new beginning. As you look with expectation, you have prepared the stage so that the future is all set to pour forth with the best version of you."

You have a creative mind and you can make anything happen. You are at your best when you are in your own corner and you are excited about what’s going on. You don’t think about what’s going to happen next. You just create it. This week, you will have a greater sense of freedom than you have had in a long time.

To earn money. Lucrative arrangements will be on offer. Brush off an old skill you haven’t applied in a while or learn a new one. You’re about to appreciate how the balance of the universe applies to your world.

Lucky color: blue
Lucky item: water
Lucky day: Sunday
Lucky number: 20

SAGITTARIUS (Nov. 22-Dec. 21)

The theme this week is: "You’ll interact efficiently with a few robots, though there’s really no substitute for what a human brings, even if it’s a little messy. The mess hits you on levels that an automated world cannot and serves needs that are impossible to digitize."

Lucky color: salmon
Lucky item: a feather
Lucky day: Monday
Lucky number: 12

CAPRICORN (Dec. 22-Jan. 19)

The theme this week is: "Delegation is what you need to do from that new position, that’s when a little bit of optimism will get you far."

Lucky color: green
Lucky item: an arrow
Lucky day: Wednesday
Lucky number: 3

SCORPIO (Oct. 24-Nov. 21)

Things you want are getting more expensive, but you’re also growing in your capacity to earn money. Lucrative arrangements will be on offer. Brush off an old skill you haven’t applied in a while or learn a new one. You’re about to appreciate how the balance of the universe applies to your world.

Lucky color: blue
Lucky item: water
Lucky day: Sunday
Lucky number: 20
Local Resource Directory

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Call or email to book an appointment:
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Settlers - approx 20-acre homestead between Blue River and Clearwater. Cabin, tool shed, hay and barn shed. 5-acre hay field, 2 water rights, 8 miles to nearest house. Very private. Peaceful and quiet. A deal at $184,900! Lots of pictures, will meet. John 604-530-9295 or Bernice C: 250-674-8075.

Attention Trappers

Attention Trappers: Trappers Meeting on Sunday, March 15/10 at 10 am in Chuck McNaughton's shop, Dunster. For information, call Claude Hill 968-4459.

House for Rent

Great room, 4 bedrooms, office, family room, large laundry room, sauna, propane fireplace, 2-car garage, deck, nice yard. Electric furnace. Pets upon approval. $1950 plus utilities unfurnished or will consider furnishing. 250-566-1773.

Vehicle Sale

Mazda Hatchback 2010, 158,000km, manual transmission, fun to drive, good mileage, newer summer w/tires, new windshield, AC, AUX, backseats fold flat for moving stuff, single owner, $4800, located in Valemount, Call Laura 250-566-5135.

For Rent

Furnished Accommodation with kitchenette suitable for working crews on monthly rental. No pets. Viewing with appointments Contact 250-566-9884/250-566-5072 kuren@live.ca

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VALEMOUNT
FRI. Mar 13. The last day of public ice at the Canoe Valley Recreation Centre. FREE skates will be from 2:30 to 9:00 pm. The ice will close on March 14.
SAT. Mar 14. The Drunken Irish Howlers will be playing at the Elks Hall in McBride. Advance tickets are $15 available at the Elks office or through the Whistle Stop Gallery. Doors at 8:30pm, music at 9 pm.
TUES. Mar 17. Robson Valley Toastmasters present Build a Better You! workshop. Join us for an Open House to learn how Toastmasters can help improve your public speaking and build leadership skills. Location at the Valemount Inn & Suites, 2nd floor, room 7 pm to 9 pm. Visit www.toastmasters.org for more info.
WED. Mar 18. Free seminar on getting your estate in order sponsored by ExecutorProtection and Canadian Preplanning Council. 10am at the Valemount Community Hall on 2nd Gorse St. McBride.
FRI. Apr 3 & SAT. Apr 4 Wishbone Theatre Play The Last Good Valley on Earth, showroom 7:30pm at Valemount Community Theatre. Tickets are $20. Students & groups of four or more are $17.
SAT. Apr 18. Valemont Lions Club is holding an Indoor Garage Sale and BBQ from 11 am to 2 pm. Location: 1100 Main Street. Tables: $10. For more info call Barb at 250-566-4378
MCBRIDE
FRI. Mar 13 The Drunken Irish Howlers will be playing at the Elks Hall in McBride. Advance tickets are $15 available at the Elks office or through the Whistle Stop Gallery. Doors at 8:30pm, music at 9 pm.
WED. MAR. 18. Free seminar on getting your estate in order sponsored by ExecutorProtection and Canadian Preplanning Council. 6:30pm at the Robson Valley Community Centre 414 Columbia St. McBride.
WED. APR 8 & Thurs. Apr 9 Wishbone Theatre Play The Last Good Valley on Earth. McBride Roundhouse Theatre. Showtime is at 7:30pm. Tickets are $20. Students & groups of four or more are $17.

DUNSTER
SAT. MAR 14 & Sun Mar 15, Introduction to Beekeeping Course, at the Dunster School. 10am to 2pm. Cost: $50 for both days (bring your own lunch).
To register contact: Lyn Smyth 250 569 7808 lyn3rts@ hotmail.com OR Glenda Thompson 250-968-4319 mountaincottage@telus.net
SUN. MAR. 15. Trappers Meeting at 10 am in Chuck McNaughton’s shop. Dunster. For information, call Claude Hill 968-4459.
SAT. MAR. 28. Wishbone Theatre Play The Last Good Valley on Earth. Showtime: 7:30pm at the Dunster Schoolhouse. Tickets are $20. Students & groups of more are $17.
SUN. MAR. 29 special seniors matinee Wishbone Theatre Play The Last Good Valley on Earth at the Dunster Schoolhouse at noon. The cost for the seniors’ show is $17 including lunch and bus service to and from the venue.

ROBSON VALLEY COMMUNITY EVENTS

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

Wannabe quilters are welcomed. Contact Barb Brabant 778-258-0068.
Monthly Meeting of the Dunster Fine Arts Society is held on the first Monday of the month from 10AM-Noon @ Dunster Schoolhouse. All welcomed! Call Nancy @ 968-4353.
The Dunster Community Forest monthly meeting is on the 3rd Thurs. of the month @ Dunster Schoolhouse from 7-9pm. All welcomed! Contact Larry @ 968-4367.
Fibre Arts Group, Thurs 10AM-12PM @ McBride Library. Bring your knitting, crochet or needlework project and come hang out! The GPO Knit and Knut meets @ the Beaverview Lodge, McBride; Thurs 2-4PM.
Crafty Stitchers, Sun. at 2-4PM @ the McBride Library basement. Call 566-4367.
Book Club for adults, once per month, 7PM at the Library. For more info, call 566-4367.
McBride and District Chamber of Commerce meets at 6:30PM on the 3rd Wed of each month at the North Public Office. Call 250-569-3370.
Robson Valley Caregiver Support Group @ Community Health Building, McBride. 2-3PM on the 3rd Tues. of each month. Join our free Information Session to learn about our programs at Valemount College. Drop-in every Tuesday from 11AM-3PM @ 99 Gorse St., or call to arrange an appointment at 250-566-4606.

Kids / Youth
Anime Club. Wednesdays at 3pm. Watch great anime, craft supplies, and snacks! 11+.
Mother Goose in McBride. Wednesdays 10:30-11:30. Call Jana at 250-569-2266 for more info.

Seniors’ Music Night 7-9PM Wednesday Valemount Golden Years Lodge, Upper Lounge. Tuesday Night, Jam 7-9pm at the McBride Library. All welcome to bring an instrument or your singing voice and join the jamming. Call David Martel 250-566-2630 for details.
Ukelele Jam with Melissa, Thursdays at the McBride Library, from 2pm, beginning October 17. All levels and abilities welcome! We have a couple of ukeleles that new players can borrow.

Church Listings

Mennonite Church Meetings every Sunday - Sun School 10:00 Worship service at 11:00 AM and Evening Services at 7:15 PM. Wednesday Evening Services at 7:15 PM. Contact Clarence Miller 250-968-4462 or Darly Birky 250-566-0028.

Prayer Meeting: Wednesday, 7 pm at the Seventh-Day Adventist Church, 1075 Lamming Pit Road, McBride. Call 250-569-3370.

Valemount Anglican United Church - 1st and 2nd Sundays of the month; Worship 11:30 AM, 3rd and 4th Sundays Worship 9 AM. Contact Student Minister Kim McNaughton @ 250-968-4467.
McBride Anglican United Church - 1st and 2nd Sundays in the month - Worship 9:00 AM, 3rd and 4th Sundays Worship 11:30 AM. Youth Group Wednesday Night from 6:30-8:00 PM. Contact Student Minister Kim McNaughton @ 250-968-4467 or leave a message at 250-566-3206.


Send us your events! goatevents21@gmail.com 250-566-4606
Food literacy gets a boost in Valemount

By Jean Ann Berkenpas

Robson Valley Community Services (RVCS) has a brand new Food Literacy Program to assist families and individuals struggling to access good nutrition. In small remote communities like the Robson Valley, accessing nutritious and affordable food can be a big challenge. Food prices are often higher than in nearby cities. Wintertime can also be a challenge, when backyard gardens are not available to supplement meals and the price of fresh produce rises.

The RVCS program aims to fill gaps in the community, providing assistance and education to access healthy meals. According to Jana MacMaster, the Literacy and Seniors Program Supervisor, the program has two primary goals. These are first to provide immediate and short-term assistance, such as guidelines and tips for eating on a budget and connecting community members to local resources and programs. They can also provide financial assistance in crisis situations. The second goal is to increase community food security through capacity, skills and engagement.

“Our programming will assist in developing free, low barrier workshops, classes and one-to-one outreach support to all residents of Valemount,” says MacMaster.

According to the report “Food Costing in BC 2017” published by the BC Centre for Disease Control in October 2018, the average monthly cost of the National Nutritious Food Basket (NNFB) in the Northern Health Region was $1038 for a family of four. The NNFB is a nutritionally adequate balanced diet as defined by the Canadian Food Guide. According to the British Columbia Consumer Price Index the price of food rose 1.7% in 2018 and 3.9% in 2019.

According to Canada’s Food Price Report the cost of food is projected to continue to rise 2-4% in 2020. Meats, fruits and vegetables are likely to see the greatest increase.

The statistics are concerning, but saving money and adding nutritional value to family meals is possible, and this is where Amy Gehrig the new Food Literacy Coordinator can provide support. Her role is to help teach people to make informed food choices. She can assist with meal planning, purchasing and obtaining food on a budget, and some food literacy skills that can be taught in a variety of settings. She can also help connect people to the local agencies such as Meals on Wheels, the Food Bank and The Great Room, which offer healthy food for those who need it. Amy is available for individual appointments, and can be reached through RVCS at 250-566-9107 to assist in any food-related skills.

The topics of upcoming workshops and programs include: affordable pantry essentials, meal prepping, eating healthy on a budget, soup from scratch, DIY yogurt, and food skills workshops on canning, food foraging, fermenting, and preserving.

On March 5th RVCS hosted their first information session “Improving Food Security in Valemount,” which will be followed by workshops later in the year. This took place at the Valemount Community Theatre and about 30-40 people attended and enjoyed free soup and a bun afterwards. At this information session RVCS presented on what food security is, the impacts to the community, and what RVCS can do to address it. There were short presentations by local food agencies including Meals on Wheels, the Food Bank, Balsam Ranch, representatives from the schools and many others. There was also an abundance of information and resources available for better food in Valemount, which is still available through RVCS.

The program has a monthly calendar and newsletter. The calendar includes all of the local free.by donation food offerings in Valemount. The “Food 411 Newsletter” will feature events, workshops, recipes and other food related findings around the community.

Stay tuned in the coming months for articles about Food Literacy Program workshops, recipes and tips to save money and eat better, and some tips to create your own backyard veggie patch.
Located in the heart of downtown Valemount, this corner commercial lot has great visibility and opportunity. Zoned C1, the options for development are broad and varied. As per zoning bylaws, the property has street parking—both front and side, as well as including retail, food service, or professional offices; combined residential use is allowed.

Just minutes from town, this 2-acre property has a roadway in and a partially cleared building site. With easterly views, you'll be afforded views of the Canoe river valley. The property’s location is both close to amenities and recreation, putting you within easy reach of the country lifestyle you are looking for. For expansion—either onsite residence or larger commercial space.

A great resource for your property search in the valley can’t be in a better location. Immaculate and stunning, it is the canary in the coal mine. Located in a private neighbourhood with wetland trail access, you are on the edge of all that the area has to offer. A 20’ container is in place to get you started on your construction oasis in the woods. A 20’ container is in place to get you started on your construction beyond. With a year-round creek and mature trees, you can establish your own potential for development with hillside views of the valley and mountain ranges.

This 4+ acreage property is ripe for development. One of 7 acreages in a private secondary business core of Valemount, the large lot allows room for expansion—either onsite residence or larger commercial space. This is an excellent opportunity for a budding entrepreneur.

**LOT 2 DL6022 E Hwy 16, Valemount**
- Spectacular Fraser River property
- Park like 5.8 acres
- Custom log home
- Minutes from McBride

**1205 Canoe View Place**
This executive-level home has everything you are looking for. Five bedrooms, in-floor heating, attached and detached garage, and a ton of custom features throughout. The details are too many to mention! Located in a private neighbourhood with wetland trail access, you can’t be in a better location. Immaculate and stunning, it is the perfect home for the discerning buyer.

**Lot 2 Small River FSR, Valemount**
- Mobile home park on 4.3 acres
- Beautiful setting on the Dore River
- 10 rental pads - great tenants
- Within 911 Fire response area

**3115 River Bend Road, McBride**
- Over 13 acres
- Water available
- Mostly cleared and in pasture
- Some wooded for privacy
- Priced to sell

**1020 Main Street**
This thriving business is a favourite among locals and visitors alike. This is a business with property included and includes all fixtures and equipment to get you running from day one. Located in the secondary business core of Valemount, the large lot allows room for expansion—either onsite residence or larger commercial space. This is an excellent opportunity for a budding entrepreneur.

**1286 2nd Avenue, Valemount**
- Centrally located 3 bdrm 2th home
- Garage and Workshop
- Nice views
- Great starter or investment

**886 4th Avenue, Valemount**
- Stunning floor to ceiling fireplace
- Open vaulted ceiling
- Fenced and landscaped
- Immaculate!

**910 Airport Road, McBride**
- 2 bedroom 2 bathroom cottage style home
- 1 beautiful acre in the village - great views - newer shop, decks and out buildings - very private - totally fenced and landscaped.

**315 River Bend Road, McBride**
- Mobile home park on 4.3 acres
- Beautiful setting on the Dore River
- 10 rental pads - great tenants
- Within 911 Fire response area

**8985 Crescent Spur Rd, Crescent Spur**
- 386 acres rural property - Large shop, cottage and unique 9700 sq ft home to be finished.
- Include fields, pasture and wooded areas - Panoramic views - Spectacular Mt. Ryder