

Letters: old-growth Letters: loss of freedoms Worldwide walkout rally

Kids review new playground

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New women's & children's housing, daycare a dream come true for survivor

By Laura Keil

Smith joins the Vipers

As machines broke ground at the site of Valemount's future daycare and women and children's housing complex, Lina Thompson gathered members of the Robson Valley Community Services (RVCS) leadership team, as well as her daughter, to the building site for a photo.

For Thompson, the Executive Director of RVCS, it has been a labour of love—one that is deeply personal. The building—the first of its kind—will provide 14 housing units of short and long-term housing for women and children escaping violence or at risk of violence, as well as a trauma-informed daycare. For her, it's the answer to dilemmas that face many women, dilemmas she herself faced in 1998 when, newly pregnant, she fled her husband with her 1-year-old in tow and less than \$100 to her name.

"If it wasn't for several people along the way who gave me a hand up, we wouldn't have survived," Thompson said. "I promised myself that one day I would contribute to women's safety, and most important to me, the safety of their children."

The \$11.3M project came together with a number of partners, and will offer a 72-space daycare, child and infant development programming, classrooms and food security programming on the main floor with housing on the 2nd and 3rd floors.

The 14-unit apartment will provide both second-stage (shortterm) housing with on-site supports, as well as long-term affordable rental housing for women in need. The Province said the 3-storey building will include studio, one-, two- and threebedroom homes, a laundry room and shared amenity space. Thompson said the units have a separate entrance from the services on the main floor. The units are available for people who identify as female who may or may not have children.

The homes are being funded through the Province's Building BC: Women's Transition Housing Fund via BC Housing, with financial and in-kind support from Columbia Basin Trust and the Village of Valemount and the daycare spots are funded through the BC New

Construction is anticipated to be completed in spring 2023.

Local Need

Thompson said when the project was paused this summer for reasons beyond RVCS' control, Valemount Mayor Owen Torgerson went to bat for it.

"He has been an example of what allyship means," she said. "He has done an excellent job at raising alarm at a much higher level than I could."

"Everyone has a right to feel safe in their home and community," said Mayor Torgerson. "Having safe and inclusive housing available for women escaping violence or who have experienced domestic abuse is absolutely integral."



An artist's rendering of the 3-storey building which will be located next to Valemount's Health Centre on 5th avenue. /LAURA KEIL

The anti-violence team with RVCS served 52 women in the past year and Thompson said the number one barrier this year was housing.

"We had nowhere to put them after 10 days of temporary safe home," she said.

"If women don't have a place to bring their kids for childcare, they can't work. And if you can't work, you can't find a place to live. It's a systemic problem."

Studies show women in rural areas are disproportionately affected by intimate partner violence, and researchers say that outcome is likely due to a mix of greater isolation, fear of community reputation for getting help, and fewer local resources to help women.

Thompson said this is an opportunity to support our most vulnerable people.

"If you support them, they will stay and contribute to community. I'm a survivor, right?"

A Personal Connection

(*Trigger warning for violence*)

Thompson opened up to the Goat about her own ordeal with a violent partner and the struggle to leave. It's the first time she has shared her story publicly.

Irene Berndsen ROYAL LEPAGE **ASPIRE REALTY** www.mountainviewrealty.ca McBride 250-569-7397 see LISTINGS ON PAGE 15

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In Print | Online | therockymountaingoat.com Friday November 12th 2021

Housing... CONT'D FROM P1

In 1998, her husband moved their family to Alberta away from Thompson's family and then drove them into poverty with his addiction. He frequently threatened to kill their infant son. As a practising Jehovah's Witness at the time, she listened to the church that told her she should simply try harder.

The breaking point came after she found out she was pregnant again and had left her eight-month-old son at home with her husband while she went to work. During the day she was unable to get a hold of her husband. When she got home after her shift, her husband was gone.

"I went home and my son was sitting in his bed at eight months old, just sobbing. He (her ex) had left him first thing in the morning and left him there for eight hours—no food, no change of clothes. And the look on his eight-month-old face—that he felt he had done something wrong. That, if I ever think about it, will be the thing that always brings me to tears."

A friend drove her and her son to the airport and she got on a flight with less than \$100 in her pocket.

She went to her church and they wouldn't speak to her, said they needed to speak to her Head (her husband). Leaving the church seemed unthinkable—she was 23 years old with a Grade 10 education, an infant son, another on the way, no vehicle and her entire support network was in the church. Despite all this, she chose to leave. When she did, her parents told her she was dead to them.

Thompson said despite all the hurdles and bad things that happened, she experienced kindness along the way, often from perfect strangers.

A couple she met at a Mennonite Church service invited her over for Christmas dinner and showered her and her boys with gifts. Another time she got a knock on the door of her basement suite and outside the door was a food hamper, a Christmas tree and tricycles for her sons.

"I don't even know who those people were," she said. "As a community, I don't know that we realize the impact."

Still, life was far from easy. She went back to work fulltime when her second son was just 8-weeks old. One day, while working at London Drugs, she knew she had no diapers.

"I was like, I don't know how I'm going to put diapers on this 10-week-old baby. And I was standing there. I've never stolen a thing in my life. I'm probably one of the most moral people you'll meet. And I remember thinking, if I steal these diapers, I'm going to get fired. But if I don't, I'm not going to be able to put anything on my kid—he's going to get taken away from me."

Her work manager called her to the back, and she immediately felt nervous.

"I didn't even do anything but I started to feel guilty. He said, 'You know, we have this policy that if something's damaged, we just donate it. And so he took an exacto knife and he cut the pack of diapers, and he handed it to me. He goes, 'Yeah, I don't know if you could use these or not.' And he damn well knew. He maintained my dignity."

For a decade, her ex-husband was allowed shared custody of the boys, but she finally went to the police after he threatened to pin her son's head to the door with



Members of Robson Valley Community Services gathered on the build site of the housing project in October for a photo-op. It's hoped the building will be completed in spring 2023. /SUBMITTED

a crossbow.

During the trial, her mother went against her in court. "She'd printed every email I've ever sent, and went in support of him. So we talk about why women don't leave. Yeah, these are the reasons."

During that proceeding, a row of plain-clothes police officers sat down behind her in the courtroom, in support.

"What a difference it made for me to feel protected by these men," she said. "My biggest allies have actually been men in community. Men have such a cool role to play in standing up to it, at least in my journey."

Her current husband Shawn has been a lifeline for her, even before they were a couple. He was and is her safe person and spent many hours helping her learn math, when she was struggling in university.

It was her sons that really pushed her to make a better life. "I could not have them go back to a cult."

It frustrates her when people say there's no violence, that it's "just threats."

"I'd take the hit 10 times over the trauma of somebody threatening to kill your kid. Going to work and trying to stay focused on your job and wondering if your child is dead. (But) you have to go to work because you have no other way to feed your family ... It's threats of violence. It's the financial control. It's not just hitting somebody."

She said the recent Netflix series The Maid really hit home, and it's uncanny how similar her story is.

"I think that's an eye opener for people. I think they did a great job of it. It's the threats, the manipulation, the control and the use of children or pets against women."

CONT'D ON P3





FAMILY PLACE DROP-IN

Join us with your children (0-6yrs) for interactive fun, resources and supports. Mondays in McBride & Valemount 9am-12pm.

SENIORS DROP-IN

1-3pm every Monday in Valemount & Wednesday in McBride. Join us for some fun, support, educational and recreational activities and more!

SOUP & STITCH

Come and learn to knit from some of our local experts, or pick up that project that's been collecting dust and join us on Wednesday, Nov. 17th from 1-3pm in McBride.

MEN'S SHED MEETING

The group is beginning to make some headway with the program, and with a few more hands, it looks like this project will be up and running in no time! Join us Thursday, Nov. 25th 7-9pm in McBride.

SENIORS TECH CAFE

Seniors Tech Café is a supportive space to ask basic tech related questions, such as how to use your device, learn about cyber security, how to use social media and more! Valemount: Monday, November 22nd from 1 to 3pm McBride: Wednesday, November 24th from 1 to 3pm

KOBROY AUTTER HISING LUIK

Are you looking for a job? Wanting something new?

Or are you an employer seeking to recruit staff? Join the Robson Valley Hiring Fair at our office in Valemount on Thursday, November 25th from 1-5pm (99 Gorse St).

COMPANION HOUSING

Join the Happipad virtual workshop on November 20th where you'll get fast-tracked insight into th<mark>is companion</mark> housing platform, a quickly growing trend across North America. *A RVCS partnership. Topics covered include:

Benefits and disadvantagesHow to find a housing companion

Valemount: 250-566-9107

• Tips for Success Considerations to make

Please contact the office to register for all in-person or virtual programs by emailing events@rvcsbc.org or call: Toll-free at 1-844-324-2004 McBride: 250-569-2266



Lina Thompson and her son Malcolm were in Victoria in Nov. 2018 when Minister Selina Robinson announced the housing units. Malcolm went up and shook her hand. 'I want to shake your hand," he said. "I want you to see me because I'm the result of what you're trying to do. I'm the adult son of a mother who didn't have anywhere to go." /SUBMITTED

Housing... CONT'D FROM P2

The housing complex will also serve local women who find themselves with no place to live, due to Valemount's housing crunch. She said if you lose your house and you've got little kids, the Ministry of Children and Family Development gets involved.

"Where are you supposed to live in Valemount? Do you have to leave your entire social circle because you don't have a place to rent? To me, that's risk of violence."

She asked BC Housing to think outside the box when it came to the housing.

"I said 'Look, we can't just offer short term stay for women. Where are they going to go after 10 days? And women are saying, 'Forget it. I'm not going to come to you, because what am I supposed to do after that?" She suggested having affordable housing units attached

to the temporary housing.
"They said 'It's never been done' and I'm like, 'Yeah,

well. Make it be done!" Thompson said BC Housing went above and beyond to find a creative solution.

One of the challenges women escaping violence face is having to prove their income to get accommodations. Without a job, they can't find a place to live. And without childcare, they can't get a job.

"What I carry with me, which causes me a lot of pain, is that I continued to take them back (to her ex). And the reason for that is I was in poverty, and I didn't have anywhere to live that was safe. If I had been able to phone a place like this and say, 'I don't know what to do. I have nothing.' And for them to say, 'We can help you, come here. Here's some food. Here's a way to go. We have adult literacy now attached so you can get your

upgrading right there. Your children are eligible for daycare ... you can live here, and it's long term, and the hospital's right next door, and there's RCMP and you can walk to school, I would never have gone back. And so all the harm that happened after trying to leave 15 times, what it did to my eldest in particular, that wouldn't have happened. He would have had a different life."

Thompson said the childcare on the main floor will be trauma-informed care, and ECE's will have additional training for those children who need it.

"I think the reason I'm sharing this is because it's so easy to look down on people and be like, 'Well, why didn't you leave?' We don't know the background. Like I didn't even know that was a possibility. And how do you leave when you're going to lose everything?"

She said she's excited for the resources on the main floor, such as a therapeutic room for children with different sensory needs, a kitchen to provide healthy food, and classrooms to, among other things, train Early Childhood Educators in Valemount.

"I want moms or dads or families to come in and instead of being like, 'You don't have healthy food for your kids, say, 'I see you're struggling. Can I help you?" For her, it's the kindness and compassion along her journey that she still marvels about.

It helped her get her GED and then her university degree. "Here I am, Grade 10 education. I'm doing my Masters in April."

She hopes this project will pay forward that kindness many times over.



NOTICE OF PUBLIC HEARING

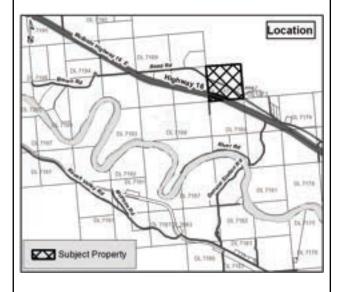
What: Public Hearing regarding Zoning Bylaw No. 2892, Amendment Bylaw No. 3224, 2021

When and Where: 5:00 pm, Wednesday, November 24, 2021 Via telephone conference call and in person attendance

The public hearing will be chaired by a delegate of the Regional District Board.

Owner: Arlan and Janet Baer

Proposal: Bylaw No. 3224 is proposed to rezone the subject property from Rural 5 (Ru5) to Rural 1 (Ru1) to facilitate a 3 lot subdivision. The property is legally described as District Lot 7185 Cariboo District Except Plan 22324. The property is located at 5718 Lee Road.



Anyone who believes that their interest in land is affected by the proposed bylaw shall be afforded a reasonable opportunity to be heard at the public hearing or to present written comments prior to or at the public hearing regarding matters contained in the bylaws.

Attendance at public hearings must follow provincial health orders. Telephone attendance is encouraged due to limited room capacity. Masks are required.

Attend through telephone conference call:

Contact the Regional District at 250-960-4400 or developmentservices@rdffg.bc.ca for the telephone conference number and instructions

Attend in person: Members of the public interested in participating in the public hearing in person may attend the public hearing at:

Regional District Board Room 155 George Street, Prince George BC

Submit written comments: Written comments will be accepted by the Regional District in advance of the public hearing until 9:00 am on November 24, 2021 by: **Email**: developmentservices@rdffg.bc.ca

Hand/Mail: 155 George Street, Prince George, BC V2L 1P8

Fax: 250-562-8676

Written comments received before 9:00 am on November 24, 2021 (day of the public hearing) will be posted to the Regional District's website.

Written comments will be accepted after 9:00 am on November 24, 2021 (day of the public hearing) and until the close of the public hearing by **email only**: developmentservices@rdffg.bc.ca

Any material received will become public information.

Need more info? A copy of the proposed Bylaw and any relevant background materials are available for review by the public on the Regional District's website at http://www.rdffg.bc.ca/services/development/land-use-planning/current-applications/ or at the Regional District office, by appointment only, Monday through Friday, 8:00 a.m. to 4:30 p.m., between November 3 and November 24, 2021. The Regional District office will be closed November 11, 2021. To make an appointment contact the Regional District at developmentservices@rdffg.bc.ca or at 250-960-4400.

Who can I speak to? Richard Buchan, Planner II, 250-960-4400





An artist's rendering of the 3-storey building which will be located next to Valemount's Health Centre on 5th avenue. /

VALEMOUNT CURLING CLUB AGM

WEDNESDAY NOV. 24TH

7pm upstairs Valemount Curling Club, 98 Elm St.

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Editorial



Women & children's housing, daycare key to stopping cycles of violence

By Laura Keil, Publisher/Editor

My conversation with RVCS executive director Lina Thompson this week helped me understand to a degree I probably never have the difficulties faced by many women escaping violent partners.

I hope you'll read her personal story this week, which is part of the front page story on the new women & children's building complex on 5th avenue.

It's one thing to read about women fleeing violence. It is another to hear the brutal and heartbreaking details of what that was like, what the obstacles really were.

Intimate partner violence can be towards men as well and be present in non-heterosexual relationships and also after a relationship has ended.

We may not hear about intimate partner violence very often in our small towns, but it quietly exists. And it's been well documented

that women living in Canada's rural areas experience higher rates of intimate partner violence than their urban counterparts (789 versus 447 incidents per 100,000). A disproportionate number of those women are Indigenous.

The pandemic has made things even worse. During the past year and a half, calls to shelters have gone up and so have reports of intimate partner violence.

There is a lot at stake. Six in 10 spousal homicides are preceded by a history of family violence. A shocking number of women are killed by their intimate partners in Canada each year—36 women in 2020, or one woman every 10 days, a number that hasn't changed much in a decade.

The new building complex is a humane and needed solution to end cycles of abuse and give women and their children a chance to heal and build a new life.



"WHEN WILL WE EVER LEARN? WE BOUGHT A BOX OF 125 HALLOWEEN CANDIES, BUT AS USUAL, WE GOT NO TRICK OR TREATERS."

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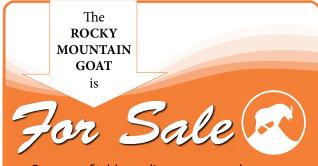
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To inquire contact Laura at 250-566-5135 or email lauraishere@gmail.com or stop by the office at 1170 5th Avenue, Valemount.

REGULAR CONTRIBUTORS:

Pete Amyoony, David Marchant, Sandra James, Leon Lorenz, Andru McCracken, Michael Piasetzki



Publisher / Editor goatnewspaper@gmail.com



Reporter ajareporting29@gmail.com



Trish Dunn Admin/Distribution billingrmg@gmail.com



Christine Weenk Graphic Design goatnewsweb@gmail.com



Deanna Mickelow Feature Sales dmickelow@gmail.com

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Letters/Op-Ed

We welcome all letters to the editor



The War of the Woods

The War of the Woods has suddenly flared up again. There was a time not so long ago when I think most Canadians thought the debate was over. Protected areas sprung up across the Province culminating in the 13 percent of all landmass where it currently sits. The Great Bear Rainforest was protected and most people assumed the truce had finally come. Forest companies could now re-adjust and re-tool. Timber supply areas were finally stable and dependable, and the few mills that remained operating were upgraded to prepare for a more stable future.

How wrong could we have been? Suddenly, seemingly overnight the push for more protected areas has sprung back to life. Activists mixed the files: it is not just about protecting old growth trees, it is also about protecting Indiginous cultural heritage. Then along came climate activism. Suddenly Old Growth Forests and Deforestation became the buzz words of the year as well as measuring sticks by which we could measure "real climate action." And as in most cases, the developing world has decided to enact policies that are based more on "leading by moral example" than tending to the gears of reality. The offenders

are not found in the developed world.

The problem with good intentions is that everybody has them. Nobody on either side of a debate thinks they are the evil party. Well unfortunately, facts are not subjective. But how can you even attempt to have a factual debate on a topic that takes decades of both formal education and practical experience to understand? I will be honest, I am not hopeful. It is not the actual outcome of this new war that worries me, it is the low level of discourse. On one side, a highly developed forest industry with expertise and science. Unfortunately they are also funded by timber dollars. On the other, activists who act with mixed levels of sincerity, who often sacrifice facts for narratives that support their greater political cause.

This debate I can handle. But the problem is when people from the city get involved. It is utterly amazing how people who cannot even tell the difference between species of trees can act with such conviction on the advice of social agitators and activists. This is where the debate ends, and the mud wrestling begins. So before getting involved and taking sides please do the following exercise:

Deforestation Afforestation Reforestation Fire Cycle Old Growth

Carbon Sequestering

If you do not know what all of the above means, read up before joining the debate. Not all forests are Old Growth. Not all forests are naturally sustainable. Not all forests naturally burn, and some are doomed by fire. Carbon emissions are a net equation. And forestry is so much more complex than cutting down or planting trees. Also Canada harvests less than one third what Europe does per year over a much larger landscape yet Europe's forests are net negative on carbon legers (they have virtually no old growth) while Canada's forests are net emitters. And forests in our Parks are some of the worst examples of forest management you can find anywhere on the planet. It is time to ask questions and challenge narratives, not jump to conclusions.

Joseph Nusse Valemount, BC



A bigger hammer not the solution

The veterans who risked so much and paid so dearly to preserve our freedom will be rolling over in their graves as they watch us just shrug our shoulders and let freedom go almost without comment. Society is being split into sides. Some are not allowed to attend public events. Some who disagree with the dominant narrative, are not allow to speak, their platforms on the internet deleted, put off youtube and facebook. And now, health care systems changing the rules of employment such that we are losing doctors, nurses and ambulance attendants as well as other support staff. Can you imagine the courage it takes for a person to not only lose their job, but risk losing a profession that they have spent years and much money to train for? And I wonder how many others have felt coerced, not having a choice, other than no food and no roof overhead for their family.

What is happening with all the rights and freedoms that are listed on our constitution that were so valiantly fought for? Freedom of speech, freedom to gather, freedom of religion, freedom of medical choice, the right to not be a part of any medical experiment without informed consent. Coercion is not consent.

How can we believe our leaders really care about our health when they change the rules of employment such that we lose so many staff, just when they declare a health crisis? A friend of mine used to say "If at first you don't succeed, get a bigger hammer." But what if we try a different tool?

The countries like Israel who have mandated the most shots, now 3 and 4, are still having the most

illness. Other states like Florida and Norway who have quit the masks and lockdowns are finding the illness rate decreasing. Still other countries are finding that there are simple and effective ways to treat the illness. But do we even hear of them with the censorship of news? Are we asking questions when some things don't make sense?

If we really live in a democracy, then differing opinions and questions should be welcome, and maybe some people exploring the use of different tools to solve a problem will find a better answer than just using a bigger hammer.

Laurel McKirdy Valemount, BC



Possible ray of hope amid so much suffering

November 3rd was World Wide Walkout Day to protest the loss of civil liberties throughout the world flowing from government actions relating to the virus. In solidarity with the efforts of countless numbers of the world's citizens, there was a march in Valemount. I was among the marchers. The sign I carried said "Give back our stolen charter rights."

The march provided an opportunity for anyone, vaccinated or not, to join together to protest the loss of our personal freedoms.

A very clear and moving explanation of the ways in which our freedoms have been denied us is found in an open letter from RCMP officers to the director of the RCMP. It is such a worthwhile read! It may be found at https://mounties4freedom.ca/

There may have been 100 marchers, some of whom hailed from McBride, Dunster, and Tete Jaune (and, likely, points in between).

The march began at the park. We marched to the grocery store, with many chants of "No More Mandates," "No More Losses." We paused at the grocery store, where the organizer of the march made a brief but eloquent and insightful speech. We continued to march down the avenue, crossed the street, then back past the park to Highway 5.

Often, as we marched along, those driving past us honked their horns in appreciation of our efforts and the messages on our signs. We felt we had great support from people outside our marching group. Many marchers carried signs, all of which contained compelling messages. A few examples are: "Medical choice is a right;" "My body, my choice;" "Coercion is not consent;" "I have an immune system, thank you very much;" "We will not be your science experiment;" "It is not the responsibility of the un-vaccinated to protect the vaccinated; that is the vaccine's job;" "Yes to freedom;" "Mandate healthy eating, exercise, vitamins." It felt very good to stand up and be counted in the effort to reclaim our personal freedoms!

I do see a ray of hope for our future, even though I am deeply saddened by the people who have died from the virus, died from the vaccine, committed suicide because of isolation, lost their business, lost their job, lost their home, or were barred from visiting family members dying in retirement homes. There has been so much pain and suffering!

I suggest we understand this pain and suffering as an object lesson in what happens when our governments are captured by Big Pharma, Big Business, and individual billionaires. Governments are not presently controlled by citizens. At present, governments' highest priority is not citizen welfare, but instead the welfare of Big Pharma, Big Business, and individual billionaires.

More and more people will realize this, possibly in the near future. Once enough of us become aware of the truth, it will be possible to restructure our governments to ensure they are controlled by the citizens. Quite likely, this will require ensuring that no political candidates are allowed to receive any donations from Big Pharma, Big Business, or individual billionaires.

Possible changes of this kind are what give me hope for a brighter future for Canadian citizens. If we get to that point, there will have been a purpose for all the pain and suffering so many of us have endured.

Roger Beck Tete Jaune, BC



Investment, not Conservation, threatens Forestry Workers

News of old-growth deferrals has set the press on fire with fears of catastrophic job losses. Besides the fact we will suffer catastrophic job losses one way or the other, when the

extirpated, missing from this discussion is the

rapidly dwindling accessible old-growth is

fact many communities have already suffered tremendously. But the perpetrator wasn't conservation. It was "progress," or in other words, unrestrained capitalism.

Between 1997 and 2017 we lost around 50,000 forestry jobs, almost half the entire forestry work force in this province. Whole communities were scattered to the wind overnight. Conservation had nothing to do with these job losses. Consolidation of mills, automation, and

"investment" did. Take Clear Lake, for

CONT'D ON P6

6 FIIUAY NOVE

Fire Chief Honoured



McBride District Fire Chief David Hruby received his certificate of service for 40 years recently. Hruby started his service as Fire Chief in 1980, just a few months after moving to McBride. "I was new to the community and the country," said Hruby. "It was a way to continue serving." / ANDREA ARNOLD

Investment, not Conservation, threatens Forestry Workers... CONT'D FROM P5

example, a small mill south of Prince George where I worked as a teenager that produced 120,000 board feet a shift with around 200 workers. That's around 10 logging truck-loads a shift to employ 200 people. It was the most inefficient mill in BC, with green chains, human lumber graders, and community spirit. It never lost money. It was shut down in 2010 and production shifted to Canfor's super mill at Bear Lake, a place that produces 10X the lumber (1.2 million board feet a shift) with probably half the workforce.

In other words, we lost a mill that provided 20x more jobs per unit of public timber cut compared to the heavily capitalized, heavily automated mills that remained open. This story has been replicated across the province. Combined with bigger equipment, trucks with 8 and even 9 axles compared to the old 5 axle trucks, the huge processors, the feller bunchers, industry has shed thousands of good paying, satisfying bush jobs due to "investment."

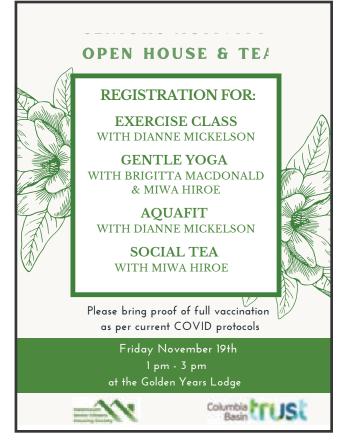
We hear a lot about how important "investment" is in the forest industry. We hear about companies like Canfor taking their "investment" to other jurisdictions as if this is a mortal threat to our forests and our forest workers. The reality is, "investment" has been the primary cause of job losses. Sawmilling is fundamentally primitive. The more technology invested, the fewer workers there are. None of this is necessary. The value is in the public timber. You can make money hauling logs out of the bush with a 4-wheeler, a \$400 chainsaw, and cutting it on a \$30,000 woodmizer and planing it on a \$20,000 4-sided logosol planer. We have invested our way out of a sustainable industry that once provided enormous public and social benefits and instead chews through our forests at an unbelievable pace with a fraction of the previous workforce to maximize profits for global shareholders while leaving communities decimated in their wake.

As a society we need to ask ourselves why putting 50,000 people out of work to maximize corporate profits was apparently acceptable, while saving the last of our old growth for far fewer job losses is not. Furthermore, we don't even need to lose jobs. We need to go back to small mills and more diverse ownership, break up the monopsonies and monopolies that we no doubt suffer under, and reclaim some of those 50,000 jobs that were

lost so the big companies could earn record profits.

The fact we cared nothing for those 50,000 lost jobs, and are red-faced in anger at the fact the head-offices can't decimate the last of our productive old-growth, speaks to a fundamental intellectual and moral impoverishment amongst us. We ought to be red-faced in shame for not making a bigger stink about the gutting of our communities and the ripping off of public resources by out-of-control capitalism over the past twenty years, on the mistaken premise that that's just "progress." I suggest we take a good hard look at where progress has gotten us: denuded landscapes, red-listed species, shut-down mills, ghost-towns, and ever more unequal wealth distribution.

James Steidle, Stop the Spray BC Prince George, BC



www.valemount.ca

Job Opportunity - Public Works Labourer

The Village of Valemount is seeking applications for a full time Public Works Labourer for a two-year term.

Job description and full details are available on the Village website at: https://valemount.ca/village-office/jobpostings

Applications will be received until Monday November 22, 2021 at 12:00pm.

Interviews will take place between November 29 and December 3, 2021.

The tentative start date for this position is December 13, 2021.

NEW Parallel Parking at Centennial Park

In order to increase visibility and enhance public safety, parallel parking has been implemented at Centennial Park along the intersections of Dogwood Street and 5th Avenue.



Overflowing Garbage?

A reminder that any and all waste must be stored in a manner that does not attract wildlife and domestic animals. The Village of Valemount leases 35g and 65g garbage bins to residents. If you would like to exchange for a smaller 35g or larger 65g size call the Village office at 250.566.4435 or email: adminservices@valemount.ca.

Centennial Park Public Washrooms

On Wednesday, October 27, the new automated, self-cleaning public washrooms were delivered to Valemount by RECTEC Industries and Urbenblu. The self-cleaning and sanitation cycles have been tested and are fully functional. The washrooms will be accessible and open to the public in the spring of 2022 after the connection to the power grid, the landscaping around the building, and the wheelchair ramps are complete.

November 11th Closure

The Village office and Visitor Information Centre will be closed on Thursday, November 11^{th} for Remembrance Day.

Delegations to Council:

What You Should Know

- Requests to appear before Council are due by noon on the Tuesday (7 days) prior to the meeting. Applications are available on the village website at www.valemount.ca
- Council will not resolve any course of action in response to requests or inquiries arising at a delegation; the intent of a delegation is only to provide information to Council.
- Except at the discretion of the Corporate
 Officer, where a delegation is accompanied
 by a letter of request, said request will not be
 considered at the same meeting as the
 delegation to Council.

Further details can be found in the Council Procedure Bylaw on the village website, or by contacting corporate@valemount.ca.

Plaid Friday – November 26th

Check out the Love Valemount and Village of Valemount Facebook pages starting on November 15th for store promotions and contest details.





Vernon the latest stop for young defenceman Smith pursuing his hockey dreams

By Michael Piasetzki

Anyone who has played hockey at an elite level will tell you the road to success is long and windy, often filled with ups and downs, twists and turns along the way.

Nobody knows this better than Valemount native Braden Smith, who at the young age of 18 has seen his developing hockey career take him to several British Columbia towns and cities over the past three years. Smith, a 6-foot, 180-pound defenceman currently playing for the Vernon Vipers of the British Columbia Hockey League, left Valemount to

pursue his hockey dreams at the age of 15. He played three seasons in Kamloops with the Thompson Blazers organization of the British Columbia Elite Hockey League. From there he was drafted by the Victoria Royals of the Western Hockey League where he played 50 games last season during the pandemic.

Before, he also spent a couple of months with the Kamloops Storm of the Kootenay International Hockey league.

"It was a great experience playing those games in the Western Hockey League," Smith said during a recent telephone conversation with the Goat from Victoria, where he was in the middle of a three-game road trip through Vancouver Island with the Vipers. The team picked up two out of a possible six points on the tour before losing 4-3 in overtime to Salmon Arm last Wednesday. Last weekend saw them drop a pair of contests to Wenatchee, including a 3-2 defeat in overtime last Friday and 4-1 loss in regulation last Saturday.

"I got concussed and missed some time but my time with the Royals taught me so much. Basically I discovered it's a tough, very physical league. You're playing against men," added Smith.

Unfortunately, the Royals cut Smith after training camp this year, a disappointing turn of events for the rearguard. However, he tried to make the best of it by speaking to his agent who found him a spot in the BCHL with Vernon.

"I'm really enjoying it here," said Smith. "The playing style is different from the Western Hockey League. It's more of a skill game here. But if I have to protect a fellow teammate out there on the ice I will."

Despite feeling comfortable in Vernon with the Vipers, Smith makes no bones about the fact he'd rather be in Victoria playing with the Royals—a natural aspiration



Valemount native Braden Smith of the Vernon Vipers unleashes a shot while being checked by Nathan Mackie in a recent BCHL game against the Salmon Arm Silverbacks. /SUBMITTED

since the Western Hockey League is the primary league in which National Hockey League scouts look for potential draft picks.

"The nice thing about playing in the BCHL with the Vipers though, is that it's allowed me to have more time with the puck and helped my decision making," said Smith, who has played a few games as forward this season. "Hopefully that will help me when I get back to the WHL." Not getting too fancy with the puck is something Vipers assistant coach Eric Morissette pointed towards as being a key component of Smith's game and integral if he hopes to progress to higher levels.

"Braden is a great guy and a good teammate," said Morisette. "He's a solid individual who has fit right in this year with the Vipers. Just the fact he was willing to move up and play forward to help the team showed that. But if there's one thing about his game that he needs to focus on it's not getting too fancy with the puck when he's back on defence. He needs to play a simple game and he'll be fine. Just move the puck out of the defensive zone. That'll be his key to getting to the next level."

Morissette also pointed out that one of the bonuses of playing in the BCHL is the large amount of ice time players might get compared to the Western Hockey League.

Smith, who said he feels his strength lies in his skating and physical play, might be a well-seasoned player who has travelled the roads of British Columbia, but he said he still keeps his feet grounded. He still stays in touch with his old friends in Valemount and looks forward to returning home whenever he can.

"I really enjoyed growing up in Valemount," he said. "I grew up dirt biking, fishing and camping. I still enjoy doing the outdoor things, although I don't get to return home that often anymore. Being out enjoying the mountains and the peace and quiet of the area. That's what I miss the most."



Our second snowfall had just fallen and I noticed two horses playing in the field together, enjoying each other's company and the fresh dusting which did not stay long. It was a gorgeous mix of autumn and winter and the sun was shining. /SANDRA JAMES

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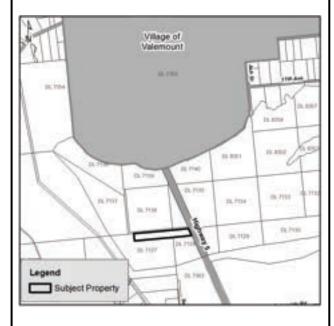


NOTICE OF PUBLIC CONSULTATION TEMPORARY USE PERMIT No. 250

What: Public Consultation regarding Temporary Use Permit No. 250

Owner: 754224 Alberta Ltd./George Cook

Proposal: The purpose of Temporary Use Permit No. 250 is to permit a Campground use (a temporary 8-site RV campground) on the subject property for a three-year period. The subject property is legally described as Block A District Lots 7127 and 7128 Cariboo District.



How can I provide comment? Anyone who believes that their interest in land is affected by the proposed Permit shall be afforded a reasonable opportunity to submit written comments prior to the Regional District Board considering issuance of the Permit.

Submit written comments: Written comments will be accepted by the Regional District until 12:00 p.m. on Tuesday, November 16, 2021 by:

Email: developmentservices@rdffg.bc.ca **Hand/Mail:** 155 George Street, Prince George, BC V2L 1P8

Fax: 250-562-8676

Any material received will become public information.

Need more info? A copy of the proposed Permit and any relevant background materials are available for review by the public on the Regional District's website: http://www.rdffg.bc.ca/services/development/land-use-planning/current-applications/ or at the Regional District office, by appointment only, Monday through Friday, 8:00 am to 4:30 pm, between October 26 and November 18, 2021. The Regional District office will be closed on Thursday, November 11, 2021. To make an appointment contact the Regional District at developmentservices@rdffg.bc.ca or at 250-960-4400

Decision by the Regional District Board: Following the public consultation, the Regional District Board will consider issuance of Temporary Use Permit No. 250 on Thursday, November 18, 2021 during the Regional District Board meeting which starts at 1:30 p.m. in the Regional District Board Room located at 155 George Street, Prince George, BC.

Who can I speak to? Richard Buchan, Planner II, 250-960-4400



By Laura Keil

About 30 people from across the Robson Valley and as far as Jasper took part in a rally in Valemount last week to protest what they say are loss of freedoms, overreaching mandates, and coercive attempts by the government to force people to get vaccinated against COVID-19 during the pandemic.

Rally marks Worldwide Walkout day

The group was led down 5th by Tete Jaune resident Sherral Shaw, who led the crowd in chants of "No More Mandates, No More Losses." When asked what she meant by losses, Shaw said it referred particularly to job losses as many people were facing unpaid leave due to not being vaccinated.

Several cars honked their horns in support and at least one person came out of their workplace to show support. The group walked from Centennial Park to the crosswalk by the Gathering Tree, and then out to the highway.

Grace, from Jasper, who did not want her last name used, said her husband was losing his job with CN where he'd worked for 32 years because of the vaccine mandate. She insisted she is not anti-vax, but has personally witnessed a vaccine reaction.

"I'm a proponent for safety," she said. "Children don't have a voice, so we need to have a voice for them." Ingrid, from McBride, who also didn't want her last name used, believes people's immune systems can handle the virus and also says she is not anti-vaccine, per se.

"I just feel it's important to choose. Having our right taken away is one step away from being forced," she said. She said the narrative in the media is not complete.

"I'm here to stand for freedom to choose what goes into our bodies."

Valemount resident Brian McKirdy said he felt the gathering was successful.

"Did you notice how many people were smiling?" he asked. "I felt people were in a good mood because they were actively united, rallying for a common cause. We got a lot of great feedback from traffic on the street, smiles, waves and thumbs up."

Worldwide walkout day was initiated by the Children's Health Defense which called on employees to walk out of work Nov. 3rd. The organization is known for its antivaccine activism.



part of the rally. /LAURA KEIL



The group paused in front of IGA to listen to a speech. /LAURA KEIL



(L to R) Grace, Ingrid and Al travelled to Valemount to be Laurel McKirdy was all smiles as the group walked through downtown Valemount Nov. 3rd. /LAURA KEIL



Sherral Shaw (center holding sign) led the crowd down 5th avenue where they chanted. /LAURA KEIL

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NOTICE OF PUBLIC CONSULTATION **TEMPORARY USE PERMIT No. 251**

What: Public Consultation regarding Temporary Use Permit No. 251

Owner: 0820758 B.C LTD./Shawn and Diane Fowler

Proposal: The purpose of Temporary Use Permit No. 251 is to permit an Employee Accommodation use (up to five units of Employee Accommodation) on the subject property for a three-year period. The subject property is legally described as Lot 8 District Lot 7366 Cariboo District Plan 24362 and is located at 1600 Coyote Road.



How can I provide comment? Anyone who believes that their interest in land is affected by the proposed Permit shall be afforded a reasonable opportunity to submit written comments prior to the Regional District Board considering issuance of the Permit.

Submit written comments: Written comments will be accepted by the Regional District until 12:00 p.m. on Tuesday, November 16, 2021 by: Email: developmentservices@rdffg.bc.ca

Hand/Mail: 155 George Street, Prince George, BC V2L 1P8

Fax: 250-562-8676

Any material received will become public information.

Need more info? A copy of the proposed Permit and any relevant background materials are available for review by the public on the Regional District's website: http://www.rdffg.bc.ca/services/development/landuse-planning/current-applications/ or at the Regional District office, by appointment only, Monday through Friday, 8:00 am to 4:30 pm, between October 26 and November 18, 2021. The Regional District office will be closed on Thursday, November 11, 2021. To make an appointment contact the Regional District at developmentservices@rdffg.bc.ca or at 250-960-4400

Decision by the Regional District Board: Following the public consultation, the Regional District Board will consider issuance of Temporary Use Permit No. 251 on Thursday, November 18, 2021 during the Regional District Board meeting which starts at 1:30 p.m. in the Regional District Board Room located at 155 George Street, Prince George, BC.

Who can I speak to? Richard Buchan, Planner II, 250-960-4400



New stretcher to help with patient comfort, safety

By Andrea Arnold

Thanks to their fundraising efforts, the McBride and District Hospital Auxiliary has purchased a new stretcher for the McBride and District Hospital. The stretcher that has been in use since the mid-80s has been retired. The stretcher has been repaired over the years but it has reached an age and condition that limits available replacement parts, for instance, the hydraulic system could no longer lift or lower patients.

The new bed can be used in the x-ray room preventing the need to move patients from one bed to another. This eliminates unnecessary discomfort and risk for the patient.

It also has built-in weight and measuring options.

The Auxiliary has two other large purchases pending for the funds raised in 2021. They are purchasing thermopacks for the ambulances and a mattress for a bariatric bed, an extra heavy-duty and wide bed with a higher weight capacity than standard models, at the hospital.

The Christmas fundraising season is getting started for the Hospital Auxiliary. The annual Christmas Hamper tickets are available for sale all over town and will be drawn on Dec. 4th. The Angel Tree and Community Christmas Card purchases are coming soon.

Super Soup orders can be placed through facebook or at McKale Guest House Nov. 5-19th. The soup is provided from "Sister Soup factory" out of PG. The dry ingredients are assembled in a bag and instructions provided for easy meal prep.

This is the first year the soup fundraiser has been a part of the Auxiliary year. With limitations and restrictions they have had to be creative and come up with new ways of raising money, and are always looking for viable and fun fundraising options.

"We have received direct donations from people in memory of loved ones that have passed," said Auxiliary President Carol Hammar. "These types of donations have decreased, due likely to the lack of funeral gatherings."

The small, determined group keep costs down by donating not just time, but supplies for some of their saleable items.

They have also turned to grants to help them continue their service to the community.

"We are waiting to hear back from Four Rivers Co-op regarding a grant for a cast cutter and vacuum," said Hammar. "This is a more efficient cutter and the vacuum would prevent both patient and medical personnel from the dust created when a cast is cut off."

Those wanting to support their efforts can head to the McKale Guest House and purchase rice bag heat packs or Rhu-Barb-B-Q sauce, whose proceeds will go to the auxiliary.

Members will be at the Valemount Craft Fair on Saturday November 20, 2021 with these items available for purchase as well as the seasonal Christmas items.



The McBride Hospital Auxiliary has donated money to the local hospital to purchase the new stretcher (shown above) to replace the one that has been in use for almost 40 years. /SUBMITTED





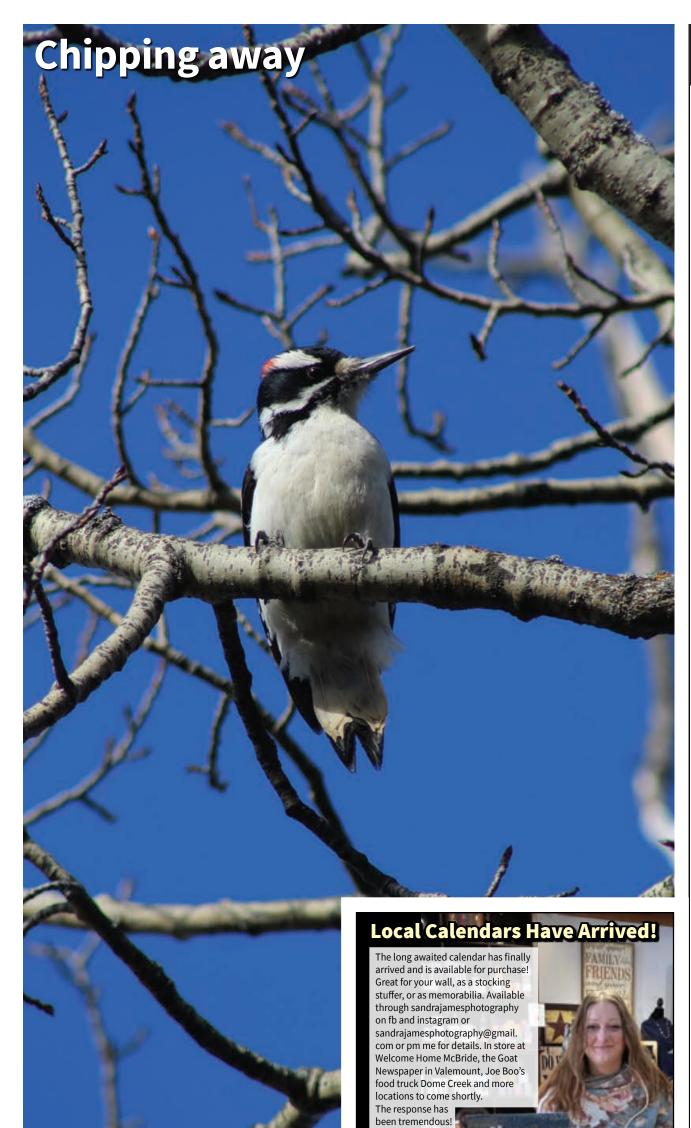
Subdividable land for sale by owner. 14x70 mobile available for a quick move-in. Fully treed, with timber value. 225 13th Ave. 6.63 acres with 30x40 A-frame shop with 100amp service. \$400,000. Owner financing available. Courtesy to realtors 2% commission straight across. Please call Mark Johnston to view at 604-446-9121.



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Friday November 12th 2021

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A male Downy Woodpecker was happily chipping away at a tree. I managed to snap a few photos. The Downy Woodpecker is known to be the smallest woodpecker in





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250-566-4594

Thank you for

your support! Photo taken by REGIONAL DISTRICT of Fraser-Fort George

NOTICE OF PUBLIC HEARING

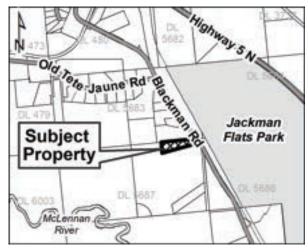
What: Public Hearing regarding Zoning Bylaw No. 2892, Amendment Bylaw No. 3231, 2021

When and Where: 6:30 pm, Wednesday, November 24, 2021 Via telephone conference call and in person attendance.

The public hearing will be chaired by a delegate of the Regional District Board.

Owner: Terry and Sharon Myram

Proposal: Bylaw No. 3231 is proposed to rezone the subject property from Rural 5 (Ru5) to Rural 4 (Ru4) to permit two Residential-Single Family dwelling. Further, the zoning amendment will permit one unit of Tourist Accommodation use within one Residential-Single Family dwelling on a site-specific basis. The property is legally described as Lot A District Lot 5687 Cariboo District Plan EPP1315. The property is located at 12075 Blackman Road.



Anyone who believes that their interest in land is affected by the proposed bylaw shall be afforded a reasonable opportunity to be heard at the public hearing or to present written comments prior to or at the public hearing regarding matters contained in the bylaws.

Attendance at public hearings must follow provincial health orders. Telephone attendance is encouraged due to limited room capacity. Masks are required.

Attend through telephone conference call:

Contact the Regional District at 250-960-4400 or developmentservices@rdffg.bc.ca for the telephone conference number and instructions

Attend in person: Members of the public interested in participating in the public hearing in person may attend the public hearing at:

Regional District Board Room 155 George Street, Prince George BC

Submit written comments: Written comments will be accepted by the Regional District in advance of the public hearing until 9:00 am on November 24, 2021 by: Email: developmentservices@rdffg.bc.ca

Hand/Mail: 155 George Street, Prince George, BC V2L 1P8

Fax: 250-562-8676

Written comments received before 9:00 am on November 24, 2021 (day of the public hearing) will be posted to the Regional District's website.

Written comments will be accepted after 9:00 am on November 24, 2021 (day of the public hearing) and until the close of the public hearing by **email only:** developmentservices@rdffg.bc.ca

Any material received will become public information.

Need more info? A copy of the proposed Bylaw and any relevant background materials are available for review by the public on the Regional District's website http://www.rdffg.bc.ca/services/development/ land-use-planning/current-applications/ or at the Regional District office, by appointment only, Monday through Friday, 8:00 a.m. to 4:30 p.m., between November 3 and November 24, 2021. The Regional District office will be closed November 11, 2021. To make an appointment contact the Regional District at developmentservices@rdffg.bc.ca or at 250-960-4400.

Who can I speak to? Daniel Burke, Planner II, 250-960-4400



Scorpio Solar Journey Check-in

Things wind to a close at this point of the Scorpio solar journey, and we consider what's next. The most efficient approach to any venture is to set it up correctly from the start. The preparation stage is crucial. Do your research. What will it take to start things out on a solid foundation? There's no perfect first move, but there are better ones. Don't let the rigors of beginnings intimidate you from starting at all, though. Be brave.

ARIES (March 21-April 19). First-time meetings count more. You've an advantage in this department as the sign of beginner's luck. You come in with energy to match the scene. You fit in then lift the perceptions, the mood and the potential of the group. Your arrival as a fresh face will have a powerful impact. So, be sure to go somewhere new.

TAURUS (April 20-May 20). Not having any idea where you're going isn't the most comfortable feeling, yet it will work out better than any plan you could have dreamed up. There's something you long for, and you're open to receiving it. Though lost, you'll act out of curiosity and gratitude, and doors and hearts will open to you.

GEMINI (May 21-June 21). Are you working on the right thing? Taking the time to master a skill is most satisfying with an expertise that matters. Is it a good fit? Can it be applied to help people? Gather opinions not because you're going to follow what people say but because hearing the world will make you more certain of your path.

CANCER (June 22-July 22). You'll spend a good

HOROSCOPES BY HOLIDAY MATHIS

chunk of time thinking, eyes glazed over, wheels of your mind whirring almost audibly while you try to figure a thing out. If that's not working, back off. Hold the space open and wait for an answer to drop in. Either way, you'll eventually get what you came for and be pleased with the end result.

LEO (July 23-Aug. 22). Just when you think everything is set, it falls apart. That's a good sign. Cookies are meant to crumble. It means you're tasting life. If you don't bite them, they're a sculpture at best, pretty trash at worst. It's your bite that makes it dessert. What if taking pleasure in your life was your job? How would things be different?

VIRGO (Aug. 23-Sept. 22). Some dreams die in the face of reality and some dreams thrive on reality like it's their oxygen. Of course it is possible to change reality, but it's much easier to change the dream to one that fits the current scene. Try to understand reality as fully as possible, then come up with a dream that will benefit many.

LIBRA (Sept. 23-Oct. 23). What you think is very clear and easy to understand is not as obvious to others. If they don't figure it out right away, don't take that personally. Everyone's brain is different. Communication is best made very simple this week. Break information down to its most essential elements.

SCORPIO (Oct. 24-Nov. 21). The stellar work of others can inspire you or discourage you, depending on how closely related it is to the work you're doing. You're more likely to get a lift from experiencing excellence in an adjacent area, not the exact one you're in. It's a week to cultivate new influences and expose yourself to greatness.

SAGITTARIUS (Nov. 22-Dec. 21). You know your goal and you can clearly see everything it includes. Things it does not include are also obvious. It's as though all distractors are painted bright yellow so, for the most part, you will steer clear of them. If they get snagged into your scene, vou'll pluck them out. Your focus is astounding.

CAPRICORN (Dec. 22-Jan. 19). Greatness is within your grasp; it happens with practice. Memorization is key. Also, what can you get out of your mind and into your body? Repetition to the point of autopilot will be like clearing out an extra drawer in your brain. The more you put into your memory banks, the higher your performance can go.

AQUARIUS (Jan. 20-Feb. 18). Optimism is a lot of things: uplifting, healing, essential to well-being. But one thing that optimism isn't is funny. Humor depends on the tension between positive and negative forces. So, if you're feeling a little more negative than you'd like to admit, consider the power in this. Humor heals.

PISCES (Feb. 19-March 20). You've lavished plenty of attention on one person or a single detail; it was what the situation called for. Now, a wide focus is needed. You will survey, manage and integrate multiple factors from outside and inside yourself. You'll change your world as you spread your attention across a large canvas.

THIS WEEK'S BIRTHDAYS:

You are one of those people who don't know their own beauty or strength, but that's probably a good thing. You'll revel in the evidence, never taking for granted how capable and adored you are. When two people say approximately the same thing to you, you'll take notice. Then you'll hear it from multiple unrelated sources; it's a sign! You'll act and start an entirely new trajectory. You'll bring home a prize in February. You'll better people's lives through education in the spring

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SUDOKU

9			3	6	7	5	2
7				2			
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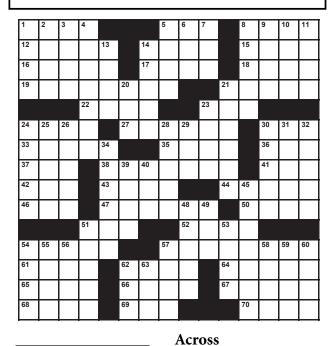
HOW TO PLAY

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

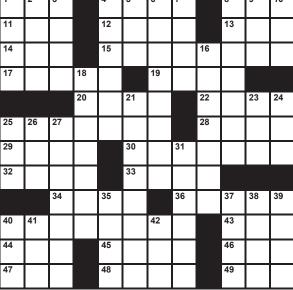
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.



Answers on P13



CROSSWORD





Answers on P13

Across

- Focus of activity
- Basic earring
- Garden shop purchase
- only as directed
- Funnel's shape
- Scratch, say 13
- Bottom-line Thyme partner
- Fruit flavour 17
- Gorilla and gibbon
- Flesh-and-blood
- Jimmy Choo creation 22 25 Macaroon flavouring
- 28 Like a quilt
- 29 Belonging to us
- 30 Certain "That's a
- !" (director's cry) Result of some brainstorming 33
- Pool table cloth
- Onward
- Nation lovers
- It can follow You
- Frequent admission price factor "All Right Now" rockers
- Yacht spot
- Approval of a kind
- 49 Spike or corn
- 48 Dewy-

- Down
- 1 Unable to decide, as a jury
- One to whom a warranty applies
- Trial version Porch protector
- Plus
- Like some peanuts
- Thought-provoking
- Drunk as a skunk
- Rower in a race 10 Wipe the dishes
- 16 Oratorio with the "Hallelujah" chorus
- 18 Fare well
- Acoustic 21
- Have a payment due Book part 24
- Whale mom
- Dickens's "_ _ Mutual Friend"
- Produced with care
- Cut out
- Vibrancy
- Become less burdensome
- 38 Math student's calculation,
- 39 Adjective for Abby 40 Pipe player of myth
- 41 Ages __ (time long past)
- 42 Summer shirt, informally

Down

THE TOUGHIE by Myles Mellor

Answers on P13

- 1. O.K. Corral lawman 5. Mortar porter
- 8. "Come again?" 12. Make a weak bird
- sound
- 14. Intrude, with "in"
- 15. Horse feed 16. Home on the range
- 17. Blue Triangle org.
- 18. Stole material 19. Australian city
- 21. African city
- number 24. Put
- 22. Now CIS 23. Downing Street
- 30. Guys
- 27. New Guinea native 33. Sleeping disorder
- 35. Negative question
- 36. ___ mode (topped with ice cream)
- 37. European winter resort
- 38. Asian city 41. African city
- 42. Modern office staples
- 43. Words of confidence
- 44. Mario Bros. brother
- 46. Figure out
- 47. Marquand sleuth 50. Thumbs-down votes
- 51. Bart Simpson's grandfather
- 52. "Zoolander" star
- 54. European city 57. Myanmar city
- 61. Part of UAE 62. "Sad to say ..."
- 64. Effigy
- 65. Not prerecorded 66. Lean

67. Tropical, freshwater

- fish 68. Rip
- 69. Hunter's prize, perhaps
- 70. Darling

- 1. Singer James or Jones 2. Thunderstruck
- 3. Fully developed
- 4. Warm-up 5. Inventor Elias
- 6. Tolkien creature 7. Kind of evidence
- 8. Wonder lady?
- 9. Scottish whiskey 10. ___ extra cost
- 11. Sounds of disapproval 13. Podded veggies
- 14. Mythical serpent
- 20. Internet provider, for short
- 21. Bean
- 26. Occupied, as a
- 23. Trigonometric function 24. Arctic dwellers
- 25. Fast
- - bathroom 28. Alicia Keyes'
 - instrument 29. California University
 - 30. Soprano group
 - 31. Funeral song 32. "Raiders of the Lost
 - Ark" villains 34. Like some arms
 - 39. Plot unit 40. April sign

45. Anonymous

- 62. Bar order

 - Answers on P13

- 48. Brown
 - 49. Have 51. Yellowish-brown
 - 53. Cut, maybe 54. Beer ingredient
 - 55. Indy winner Luyendyk 56. Hot rock
 - 57. Cher flick 58. Show time
 - 59. Jumna river city
 - 60. Wine label info
 - 63. Rapper prefix

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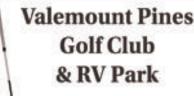


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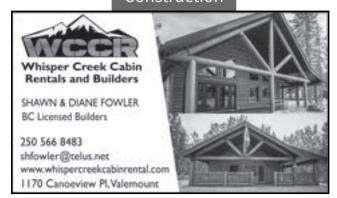
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SUN NOV 14th Valemount Climbing Club AGM, This meeting will be held virtually via Zoom at 4pm, please email valemountclimbingclub@gmail.com for your link to participate. Get involved with climbing in Valemount!

SAT NOV 20th **Valemount Craft Fair** at the Valemount Secondary School 10am-2pm. COVID protocols in effect. All vendors and patrons must show vaccine card. For a table call 250-566-9178.

WED NOV 24th Valemount Arts and Cultural Society Annual General Meeting 6:30 pm at Valemount Secondary School or zoom link by email valemountarts@gmail.com or link on Facebook page. You are needed! Help keep the arts happening in the community.

MONs **Family Place Drop-In** is now on Mondays from 9am-noon for connection with other families, parenting resources and fun for you and your 0-6 year old children! Call Hannah 250-566-9107 to join. November 15th: Paint the Town Purple initiative

November 22nd: Lets Make Music

November 29th: Intro to Baby Sign-Language

MONs **Seniors Drop-In** is now on Mondays from 1-3pm. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities. Call Shae 250-566-9107 to join. November 15th: Community Member-Led Painting Lesson November 22nd: Tech Café -Please bring your devices & questions for some one-on-one technology assistance.

November 29th: No program- staff training day

WEDs **The Valemount Old Timers musicians** are back playing in the upper lounge at the Golden Years Lodge (1300 Main Street) on Wednesdays from 7-9pm. No charge. Coffee and goodies provided.

MON NOV 25th **Work BC Job Fair** WorkBC is inviting locally owned and operated businesses as well as job seekers to an information session Nov 25th from 1:00pm-5:00pm. Please call 250-566-9107 to register or toll-free at 1-844-324-2004. If you are planning on attending as a potential employee please bring your updated resume.

MCBRIDE

MONs **Family Place Drop-In** is now on Mondays from 9am-noon for connection with other families, parenting resources and fun for you and your 0-6 year old children! Call Charlene 250-569-2266 to join. November 15th: National Childs Rights Day November 22nd: Baby Wearing

November 29th: Tumble Time

WEDs **Seniors Drop-In** is now on Wednesdays from 1-3pm. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities. Call Sandy 250-569-2266 to join. November 17th: Community Member-Led Knitting Lesson + "Soup and Stitch"

November 24th: Tech Café -Please bring your devices & questions for some one-on-one technology assistance. November 29th: No program- staff training day

NOV 25 **Men's Shed Meeting** On Thursday, November 25th from 7 to 9PM, join us at RVCS in McBride for the third meeting of the McBride men who wish to start a local Shed! Come with your ideas and have input on how to make this men-led program happen in our communities.



Pete Amyoony has lived, worked and gardened in the Dunster area for 43 years. He tries to deal with the "down to earth nuts and bolts of organic gardening" in his columns.



Plant bulbs now to brighten up your early spring days

Bulbs, corms, tubers, bulbils, rhizomes are usually grouped together as "bulbous plants" and seem to mix up both new and old-time gardeners. The thing they all have in common is that they are the food storage compartments of the plant that help get the plant growing in the spring after its winter rest period.

A bulb is "telescoped" stem surrounded with a group of inner leaves and covered by thin dry outer leaves. Examples are tulips, snowdrops, narcissus or hyacinth. The small ones that grow off the sides are called "bulbils". A corm is much like a bulb, but is the swollen basal

A corm is much like a bulb, but is the swollen basal plate (where the stem joins the root). Examples would be acidanthera, freesia or gladiolus. The little ones are called "cormels".

A tuber is either a swollen offshoot of the stem (e.g. potato) or a swollen root (e.g. dahlia).

Rhizomes are actually stems but they usually run just under the surface of the soil in a horizontal position. The most common one is the bearded iris.

Bulbs such as amaryllis and clivia are just fine if given permanent "digs" in a pot in the house. With a winter rest period and good fertilizer after blooming to build the bulb back up for the next bloom, they will continue to thrive and bloom for years.

Others, such as tulip, iris, hyacinth, daffodils or crocus usually only provide one showy bloom display in the pots and then need to be transferred outdoors if you want healthy bulbs and blooms in following years.

If you have some bulbs that you did not get planted in the fall or if you see a special on at your local store, get them potted up now and you will brighten up your early spring days. All bulbs need a "rest and chill" period to produce a good root system and then a good bloom. After you pot them up, you will need to find a cold dark place to give the bulbs their rest period. A cold basement corner, a root cellar or a cold room would be ideal.

Use a good light potting soil with about 1 Tbs (5ml) bone meal for each 8" (20cm) pot. Place about 1" (2.5cm) of soil in the bottom of the pot and place the bulbs quite close together with their points up. Sprinkle soil all around the bulbs and if the pot is deep enough, you can plant a second layer in between the tips of the lower bulbs for a more brilliant display. This works really well for tulips and daffodils. Some folks even like to place two or more different types of bulbs in the same pot. Be careful not to plant small crocus in the middle of giant tulips or you will not even see them.

Once the pot is filled with soil, water well and put in a cold dark spot for eight to ten weeks or until you see the first signs of growth. You can check the drainage holes in the bottom of the pot for root growth. Once top growth is up 1"(2.5cm), move them to a cool bright place to encourage growth. If you place them in too warm a place, they will get tall and leggy!

If you want to get creative, you can sprinkle grass seed, barley, oats or other grain on the soil when you bring them out of their resting place. This will give a nice texture around the flowing masterpiece.

After the flowers are finished, cut off the seedpods where the flowers were and give some half-strength fertilizer to the bulbs every few weeks until the tops start to die down. (Remember, you are building up the bulb for the next bloom.) Let the tops dry up completely and leave the bulbs in the pot until they can be planted outdoors in their permanent place to bloom in future years.



New school playground: student reviews

By Andrea Arnold

McBride Centennial Elementary School playground has re-opened and the kids are enjoying the new structure. Many students have younger non-school age siblings that are also thrilled to check out the new brightly colored play environment.



Jane takes a spin on the popular "orange spinny thing" in the new play area at the Elementary School. / SUBMITTED



The new playground at the McBride Centennial Elementary School has been open for a few weeks and the kids are loving the new equipment. /ANDREA ARNOLD

Six-year-old Keira and her three-year-old sister announced very enthusiastically that they love the new equipment.

6-year-old Jane said the monkey bars are her favorite. "I can go on the top of them!"

Three-year-old Madi really likes the big purple slide. "I can go fast," she said.

The enjoyment of the play area is a family affair. Maybe too much in some cases. Mercedes Yetter has a hard time pulling two-year-old Brooks—sometimes literally—from play when it is time to go.

"Some days, it's just easier to not let him get out of the van while we wait for the girls," she said.

Three girls, Gabby, 5, Scarlett, 7, and Kenzie, 9, all agree that the best part is the "orange spinny thing" proving

that the equipment is a draw for a variety of ages.

"It spins real fast," said Gabby. "I get really dizzy." Seven-year-old Kamryn couldn't point out the one thing that she enjoys the most.

"Everything is fun," she said.

Delylah, nine-years old, said that her favorite parts are the spider net, and the yellow monkey bars, for flips. "Grandma has some at her house, but they are too high," she said. She did express concern for the younger kids that might not play so carefully on the higher parts of the structure.

The new playground is one of 60 across the province that were funded through the Ministry of Education's Playground Equipment Program.



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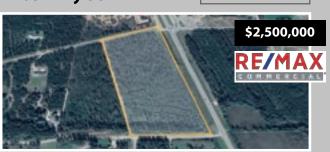
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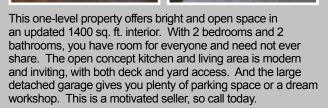
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