



Equine assisted learning

P2

# Rocky Mountain Goat

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Thursday November 18th 2021  
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## Local cedar mills at risk due to old-growth deferrals

By Laura Keil

At the Valemount Industrial Park lands south of Valemount, you'll find pyramids of old-growth cedar logs next to towering hills of mulch.

This is where Jason Alexander and Brianne McNeill run their cedar mill alongside 13 other employees, a mill that's been in operation since 2000.

Cedar Valley Specialty Cuts relies on a steady supply of old-growth cedar, a term the province designates as trees older than 140 years old in the Interior. But with the BC Government's planned widespread old-growth deferrals, Cedar Valley, along with McBride mills BKB Cedar Manufacturing and Cedar 3 Products and nearly 50 jobs are at risk.

Alexander says the biggest problem now is lack of certainty.

"It's worrisome," he said. "But all it is is a deferral. I don't know. Nobody knows what's going on. That's the frustrating part."

Though he has enough stockpiled to last him the winter, the deferrals have already cut into their business, he says. Since the announcement they have halted a major project and laid off two millwrights.

"That was a good-sized project, a bucking line for the post and rail."

He says major purchases, firing up new machinery, and hiring new people are all on ice until they get some clarity.

"In the immediate future we're going to be working, but nobody knows what six months out is going to bring."

The deferrals are meant to hit the pause button on old-growth logging until the Province and First Nations have had time to draw up a more sustainable approach to forestry in B.C., something the government says will be done by 2023. After that, it's uncertain whether the deferral areas will continue to be off-limits or may be open for logging under a newly-designed forestry system.

In both the short- and long-term, a lot depends on local First Nations. The Province has asked all of B.C.'s First Nations if they agree with the deferrals, or whether they require "further engagement to incorporate local and Indigenous knowledge, or would prefer to discuss deferrals through existing treaties, agreements and other constructive arrangements." They hope to have an answer, one way or another, by Dec. 2nd.

"We are going to have those government-to-government discussions with Indigenous nations on whether those areas will be put into deferrals and then we will have two years to determine if those will be permanent or not," said Forest Minister Katrine Conroy. "If they become permanent deferrals, then we will be looking at compensation to the companies."

Simpw First Nation has a Woodlands Tenure in the Robson Valley and they sell some old-growth wood to Cedar Valley. We reached out to Simpwc Chief Shelly Loring and Lheidli T'enneh Chief Dolleen Logan about their First Nations' stances on the deferrals, but did not hear back by presstime.

On Nov. 16th, the Province said new legislation will reduce timber harvesting rights for the major industry players and double the tenure held by First Nations, and transfers would come out of the 26,000 square kilometres of deferred old growth forest. The transfers would be made to smaller license holders such as First Nations, local communities and smaller companies.

"There is significant concentration of forest tenures in the province and almost all of the available forests are already under tenure," the government said in a press release. "This makes it difficult to promote innovation and attract new entrants into the sector, including value-added operations and made-in-B.C. manufacturing."

## Cold Front



B.C. saw wicked weather across the province this week with torrential rain causing unprecedented flooding and mudslides in the lower half of the province. In the Robson Valley the rain showed up as snow and strong winds leading to highway travel advisories on Monday. Lorraine Williams weathered the snowy blasts as she crossed Hwy 5 on her way home Monday night. /LAURA KEIL

### A community hit hard

In the meantime, if the area's First Nations agree to the deferrals, it could mean a two-year moratorium on harvesting the valley's old cedar, and a shut-down of the area's mills once their stock runs dry.

The McBride Community Forest has been hit especially hard by the outlined deferrals. McBride Community Forest Manager Ray Thiessen says they affect roughly 40 per cent of their available timber supply, and possibly more, as they don't know yet whether they'll be able to build roads through deferral areas, meaning some non-deferred areas may be cut off.

"I'm just running some analysis right now to get an exact number. It's not really clear."

Thiessen says the deferral process is "horrible governance."

"Yes, old growth does need to be sorted out. We've been asking for cooperation to do that for a couple years. And this is what we get."

He is also concerned with how they chose deferral areas, and it doesn't seem to be based on up-to-date information.

"The science that they used is inappropriate. It doesn't examine the areas, the soils and the eco-types and everything to nearly the degree that they should be for this kind of thing to be effective."

"We basically are in a position where we have to disprove the government's broad strokes."

It also puts the new Dunster Community Forest mill into tentative territory, right after the community forest invested a significant amount of money, said Thiessen who also manages the Dunter Community Forest.

McBride Mayor Gene Runtz, who is a Registered Professional Forester, says it's potentially a massive blow not just to the local forestry workers, but the whole community of McBride.

"For McBride as a community, if it goes through the way it's put right now (permanently), it's going to be literally catastrophic for

## IGA looks to Alberta to fill grocery orders amid closed highways

ON P7

Irene Berndsen



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see LISTINGS ON  
BACK PAGE

CONT'D ON P10



# Horses offer unique kind of therapy at Cimarron Way Ranch

By Michael Piasetzki

Human’s deeply rooted relationship with horses has been long and historical, one that has evolved over time both here in North America and other parts of the world.

Through the centuries, our relationship with these graceful yet gentle creatures has included transportation, work, military service, social status, sport, not to mention just riding for pleasure.

But in modern times, one of the key components in our association with them has simply been communication through companionship.

Out of this novel form of communication has risen an entirely new man/horse relationship called Equine Assisted Learning. In a nutshell, it is the non-verbal communication between humans of all ages and horses, a communication that can lead to better leadership skills, self-improvement and psychological healing for people of all ages, including children. As well, equine assisted learning has shown great success in working with and helping people with Autism Spectrum Disorder.

“The horse will actually choose the human he or she wants to work with,” said Tamara Cinnamon, a certified equine assisted learning instructor who offers sessions for individuals and groups on the 350-acre Mica Mountain Ranch she and her husband Ken operate. It’s situated near the headwaters of the Fraser River, approximately 20 minutes north of Valemount. They have designated the equine-assisted instruction that is offered at the Mica Mountain Ranch the “Cimarron Way,” derived from the Spanish word Cimarrón meaning wild or untamed. The idea being that if clients peel off all their layers to find the ‘wild and untamed’ part inside their hearts they will discover who they really are.

“You see, horses are prey animals, a category of animals that are hunted or eaten,” added Cinnamon. “There’s a scientific reason why we work with them. Horses are also herd animals. They live in the present. Their survival comes from their five senses and being completely present as to what’s going on. Because of that everything they do has a reason for it.”

Cinnamon said her role as a facilitator is to watch for those non-verbal cues.

“I’m looking to see why a horse is feeling agitated around a client,” she added. “Why is a horse even looking at a client? Why is a horse licking and chewing while seeming to be very happy? All of those things are mirroring what’s going on in the human, because the horse’s heart actually couples with the human heart.”

Cinnamon, who grew up in Valemount, said she’ll stand 40 feet away and watch the horse’s reaction as a new client enters their herd.

“If the person is telling us one thing and the horse is acting the opposite we can then have a conversation and start the healing process,” she said. “If the horse is putting his or her butt in your face or pushing you we know something is wrong. The client will often come to the realization it’s because he or she is not being honest or is scared about talking about an issue in their life. The horse will keep mirroring until the person’s mind will get to where it’s at.”

Cinnamon said every kind of horse breed, including ponies, will work in equine therapy except those that have been abused to the point where they’ve shut down.

“Every horse has a history,” she said. “Yet each horse will choose a client that mirrors their own heart.”

One of those clients who has connected with one of Cinnamon’s horses is Jayden, a seven-year-old Valemount resident who has been diagnosed with fetal alcohol syndrome and post-traumatic stress disorder, anxiety and depression. He has been under the equine therapy program for over a year.

“It’s been very successful for him,” said Valemount resident Lana MacNaughton, Jayden’s grandmother and legal guardian. “Jayden was very angry and aggressive before starting the program. He was lashing out. Now he’s much less aggressive and angry and is coping with life so much better. Nobody else was able to reach him but Tamara and her horse. We were trying other kinds of treatments with Jayden and nothing seemed to be working. To be honest, Tamara and the equine therapy program has been a Godsend for Jayden. He looks forward to it every week.”

She said she got funding to pay for part of the treatments,



which are costly. Some clients who find their way to Cimarron Way have been referred by the Robson Valley Community Services in Valemount.

“We try to make sure that whatever care plan we have for our clients in one setting can follow them to all other settings,” said Isla Jackman of the Robson Valley Community Services. “So it’s a matter of coordination. We make sure Tamara is satisfactorily informed about the mutual clients referred to her and then she gets to work her magic. We help support that transitional piece.”

Jackman’s involvement with Cimarron Way goes beyond the workplace, though. She has actually experienced equine assisted learning on a personal level.

“Other employees from community services along with myself were able to actually visit the ranch and work on leadership skills with the horses,” she said. “It’s really difficult to put words to understand the power of these horses,” she said. “You breathe on a different level when you’re that free and calm. It takes your armour down.”

It’s a sense of freedom

CONT’D ON P3

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# History Ehx podcast, CanGEA support, vaccine mandate concerns

MCBRIDE COUNCIL NOTES

By Andrea Arnold

McBride Council meeting was called to order at 7:00pm November 9, 2021, by Deputy Mayor Rosemary Hruby. Mayor Runtz attended by zoom, and Councillor Smith was absent from the meeting.

Meeting with BC Ambulance Union President Council directed administration to schedule a meeting with Troy Clifford, Provincial President Ambulance Paramedics of BC about "Initiatives and Solutions Available to Your Community and Address Paramedic, Dispatch and Ambulance Resources." They selected Monday November 29 for their meeting.

Old Growth deferral concerns

Councillor Green added a late item to the reports section of the agenda. The report outlined the most recent information she has regarding the Old Growth deferrals and the concerns that they are causing. Council agreed that it is important to meet with MCFC and other communities and government officials to determine what is the best way to have their concerns heard.

BC Hydro meeting

Council directed administration to register Councillor Green for the BC Hydro Virtual Residential Rate Design Session on Thursday, November 18 from 10:00am – 2:30pm.

Development Variance Permit

Council authorized the issuing of Development Variance Permit 2021-06 that varies section 9.6 of zoning bylaw No. 703 to allow an increase in permitted floor area for an accessory building from 70m2 to 115m2, to enable the construction of a detached accessory building to 910 Airport Road.

## Cimarron Way Ranch...

CONT'D FROM P2

Cinnamon offers 12 months a year.

"The main thing I always stress is I'm not a therapist," Cinnamon said. "But our horses provide wonderful therapy." If you'd like more information on Equine Assisted Learning and the different programs offered at Cimarrón Way go to [www.cimmaronway.com](http://www.cimmaronway.com).

The original second part of the recommendation was defeated.

Council amended and passed the second portion of the recommendation. Council moved that the property owner will have to confirm that the structure is located at least 1m beyond or outside of the existing Statutory Right-of-Way (registered#BW393952), prior to construction.

COFI Convention registration

Council approved the registration and travel expenses associated with the Council of Forest Industries (COFI) Convention for Councillor Green to attend, subject to all provincial health guidelines on April 27-29, 2022 in Vancouver BC.

Train Station roof budget

Council directed staff to include the following options regarding the McBride Train Station Roof Replacement into the 2022 Capital Budget. Remove the cedar shingle roof and install coloured metal roof \$82,500 and additional costs based on roof conditions after the cedar shingles have been removed: Replace sheeting as required up to \$25,000; Replace fascia and trim, up to \$10,500; Contractor/tender support \$4,000; Council further directed that a tender package be developed and posted publicly as soon as reasonably possible.

Approving Officer appointment

Council moved to remove Gordon Simmons as the Village of McBride Approving Officer, and further, to appoint CAO Chris Tupy as the Village of McBride Approving Officer.

Village office Christmas closure

Council approved the closure of the Village office from December 24, 2021- January 3, 2022. Communication regarding the closure will be communicated to residents to allow for completion of bill payments and drivers licence renewals to happen before the closure.

Christmas Cards from Council

Council agreed that the Councillors would look after sourcing Christmas cards with local images to send to Ministers, Government and nearby communities local governments.

The meeting was adjourned at 8:15pm.



REGIONAL DISTRICT  
of Fraser-Fort George

## NOTICE OF PUBLIC HEARING

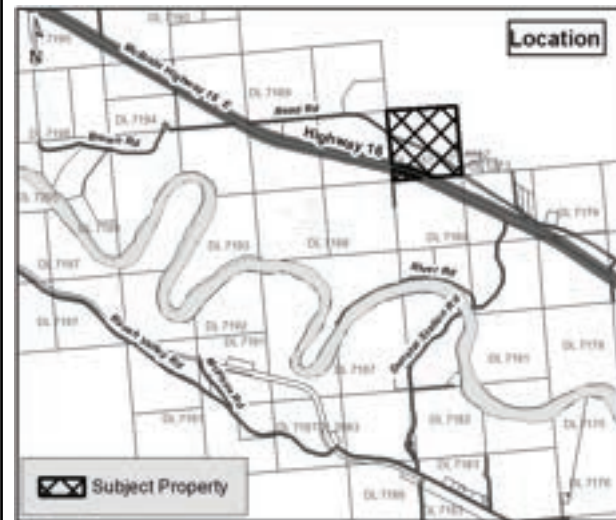
**What:** Public Hearing regarding Zoning Bylaw No. 2892, Amendment Bylaw No. 3224, 2021

**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 [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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:** [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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:** [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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 [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@rdffg.bc.ca) or at 250-960-4400.

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



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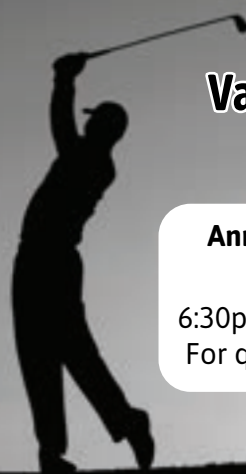
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## Valemount Pines Golf Course

### Annual General Meeting

Wed. Dec. 1st  
6:30pm at Colin Wied's house  
For questions, call 566-1664





# Editorial



## Old-growth approach confusing at best

By Laura Keil, Publisher/Editor

It is difficult to qualify what the Province is doing with old-growth management right now. It's clear they want to temporarily freeze harvesting in areas of at-risk forest, but then they announced this week that they plan to transfer these areas to smaller license holders to increase the size of tenures of First Nations, local communities and small companies.

So are they saving old growth or just transferring it from big companies to small ones?

Paradoxically, the impact of the proposed 2-year old-growth deferrals will be felt disproportionately by the small operators, the ones that could stand to benefit from transfers down the road. And it's still unclear, pending consultation with First Nations, whether or

not these deferrals will be permanent.

It's got many locals on tenterhooks. At least 50 mill jobs, plus dozens of forestry jobs will be affected in some way by the deferrals and eventual transfers.

The Province has announced money to help communities and workers that are affected by these changes but when that money will materialize is an open question.

And compensation doesn't make up for a lost industry.

It is basically a waiting game for local mills and loggers, first for a response from First Nations on the deferrals and then for transfer decisions from the Province.

As one forest manager put it to the Goat, this is not going to be resolved quickly.



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# Letters/Op-Ed

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



## After death

Devotees of most religions refer to consciousness as being a soul that flies away either to be rewarded with eternal bliss, or to suffer harsh judgment from a god for eternity, or to reincarnate back and forth between earth and other dimensions, until all the nasty karmic debts are paid in full. I suggest that when brain cells are all dead in any animal, including human animals,

the energy goes elsewhere, maybe to cells that grow a new plant, or to the wind that blows ashes away after cremation, and that as a species that just happened to evolve with fingers and toes, rather than paws or hooves, we aren't at all special.

June Vandermark  
McBride, BC



## In my dream

In my dream the mighty and corrupt have suddenly lost their power the Earth has recovered from the damage done clean air carries the scent of Calendula Flower.

In my dream empathy is considered important a basis for kind and selfless acts when you're able to imagine the needs of others it's helpful to straighten out the facts.

In my dream equality is not just a promise you have the right to speak, have a voice to feel supported makes one so much stronger as well as the freedom to have a choice.

In my dream a love lasts forever it doesn't wrinkle and shrink with age instead it deepens, grows solid and steadfast with every chapter, every turn of a life-story's page.

The alarm-clock rings, my wishes turn to fog my brain has played tricks on me but hope remains, that maybe one day what I long for will be reality!

Maria Lerch  
Valemount, BC



## Mandates putting strain on rural health care

Dear Dr. Bonnie Henry,  
I am writing to you from the small rural farming community of Dunster BC in the heart of the Robson Valley. Our nearest villages are McBride and Valemount respectively.

I want to begin by thanking you for your tireless

efforts to protect British Columbians throughout the early part of the pandemic with your calm, courteous, and rational approach to implementing public health measures to slow the spread of Covid-19. As an employer

CONT'D ON P6



## NDP's logging deferrals don't make anyone happy

To the Editor

Watching recent news, one might think the NDP's logging deferrals were the death knell of the logging industry. The Council of Forest Industries, who won the media's attention, cried foul chastizing the NDP decision saying it will "have a profound and devastating impact" on forest communities. They somehow fail to mention that decades of centralization, automation, and fancy machines are the real job

killers. Interestingly, licensees are expected to voluntarily defer cutting these areas; they aren't definitive no-go zones.

Despite the mass acreage, which should be celebrated as a huge green victory, for the most part B.C.'s deferral entirety consists of postage stamp plots of old forest. Isn't that what us greenies wanted - pushing that they enact the Old Growth Panel's plan?

CONT'D ON P6

# Global Thoughts

BY GWYNNE DYER

## Hypersonic Hype

"I saw in some of the newspapers they used the term 'Sputnik moment,'" said General Mark Milley, chairman of the US Joint Chiefs of Staff. "I don't know if it's quite a Sputnik moment, but I think it's very close to that. It's a very significant technological event that occurred."

Sputnik was the first artificial satellite, launched by the Soviet Union in 1957. Shocked Americans responded by speeding up their embryonic ballistic missile programme. The tired old 'bomber gap' was replaced by the 'missile gap', more convincing although equally imaginary, and US spending on new weapons soared.

It may be happening again.

What got Milley's attention last week was China's testing of a hypersonic missile that flew all the way around the world, skipping along the top of the atmosphere unlike traditional 'ballistic' missiles that go very high (ca. 2,000 km.) and then come down steeply.

Back over China, the hypersonic 'glider' plunged into the atmosphere and homed in on its target.

By then it had slowed down to five times the speed of sound, and as it neared its target it went into evasive manoeuvres - steep banks and turns - to evade any anti-missile defences. And it can carry nuclear weapons, of course.

It was a performance impressive enough to set all the chickens flapping in the coop, including General Miller. "It has all of our attention," he said.

This is the new 'strategic' weapon that every big power wants for Christmas. China's test guarantees extra funding for the American version, whose first test flight is only scheduled for late 2022. Russia already has an operational hypersonic missile, and India and North Korea are working on them.

But hypersonic weapons are completely pointless in a nuclear role, so why is there such enthusiasm for them? Hypersonic missiles are definitely cool. They can fly

all the way around the world and approach a target from anywhere. Chinese hypersonic weapons could be coming up over the South Pole to attack the United States, for example.

That makes them harder to intercept, because the curvature of the Earth hides them until they are quite close to the target. They can also manoeuvre on the way in which akes them even trickier to stop.

But ballistic missiles can already come from any direction, thanks to the magic of missile-firing submarines. And hypersonic gliders are basically just glorified cruise missiles, although they are moving five to ten times faster. Harder to shoot down, again, but so what.

Forty years after Ronald Reagan's 'Star Wars' fantasy, there is still no country that has anti-missile defences capable of intercepting more than a few ballistic missiles at a time. In a real nuclear war there would be hundreds coming, and the vast majority would get through.

So serious strategists don't waste their time trying to build a comprehensive defence against nuclear-tipped missiles. The only real defence against a surprise attack is the guaranteed ability to retaliate with your own nuclear weapons even if the other side attacks first: deterrence.

Faster missiles, stealthier missiles, smarter missiles don't make any difference. Deterrence is a business of numbers and brute force, and hypersonic missiles with nuclear warheads don't change the rules. Air and space defence is always a matter of attrition, and some of the missiles (enough) will always get through.

The whole hypersonic game is a dangerous and needless complication of a deterrent system that has remained reasonably stable for at least three decades now. Enough already.

Gwynne Dyer's new book is 'The Shortest History of War'.

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



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We acknowledge the financial support of the Government of Canada.

Nous reconnaissons l'appui financier du gouvernement du Canada.





# Mandates putting strain on rural health care... CONT'D FROM P5

in the forest sector, I appreciated and diligently followed your Provincial Health Orders and Safety Protocols to keep my employees safe throughout the course of the pandemic.

I also very much appreciated and applauded your stance against mandating vaccines in British Columbia and your unwillingness to implement a vaccine passport as you felt this would create unnecessary bias and segregation in our society.

At the time of your public broadcast on this issue back in June of this year, I thought to myself, "At least we have someone with common sense and a strong sense of ethics in charge here in BC!"

"Be calm, be kind, be safe.." These were your words Dr. Henry. So let me ask you; when did this mantra cease to represent your policies and the policies of the government you work for? When did you stop trying to protect people and start blindly accepting a political narrative which has created the deepest and most harmful divisions our society has seen in my lifetime, perhaps in history?

If you are to clearly look around you at what is happening in communities, in families, in society today as a result of the absurd vaccine mandates and coercive, unlawful and unconstitutional tactics being employed by your government and others in this country being used to institute them, you must see that there is nothing "calm", "kind" or "safe" about them!

I want to draw particular attention to the recent deplorable, divisive and dangerous mandate that was implemented for Health Care Workers in BC which unlawfully and immediately terminated the employment and service of thousands of desperately

needed and valued doctors, nurses, and paramedics. Our society cannot function without them! Our health care system was already overwhelmed long before this illegal and absurd mandate was put in place!

This has drastically and disproportionately damaged our health care system in rural areas.

At this time we only have two doctors on call between the villages of McBride and Valemount to serve close to 3000 residents and an additional 2000 pipeline workers. I personally have been trying to see a doctor for over a month!

Unfortunately my doctor (Dr. Stephen Du Toit) has been a casualty of this recent illegal mandate and has been stripped of his license to practice medicine after 12 years of faithfully and diligently serving his community.

As a result of this mandate hundreds of thousands of residents of British Columbia will suffer.

Many illnesses will go undiagnosed.

Many people will die without enough medically trained personnel to diagnose and treat these illnesses (including Covid-19.)

I implore you, Dr. Henry, to please do the right thing! Step back into your role as a leader during this crisis and reverse the ridiculous and unlawful mandates that are depriving our society of essential services and threatening the livelihoods of thousands of dedicated public servants.

(This letter has been shortened by the author from its original version)

Seth Macdonald  
Dunster, BC

# NDP's logging deferrals don't make anyone happy... CONT'D FROM P5

Yeah, but this isn't really doing that. The fact is, what we really expect is a fair and just transition away from logging and destroying the greater ecosystems of their foundational element: big old trees. What we, and most British Columbians, wanted was a transition toward maintaining ecosystem health.

The B.C. government's plan doesn't make anybody happy. What it does do is give First Nations the veto power to rubber-stamp these deferral blocks. That should be celebrated, right? Unfortunately, for interior nations like the Simpcw and Lheidli T'enneh, these often cut into one of the only visible bottom lines that their communities have to recover from the economic impacts of colonialism: logging it themselves or making deals with industry. Despite the NDP's lip service to UNDRIP, reconciliation, and meaningful consultation, the deferrals were sent to these understaffed village offices with struggling economies and given 30 days to choose.

Meanwhile, in the Robson Valley, P.G.'s Carrier Lumber continues to punch its way toward the Lower Raush Protected Area. Ending the more careful selective process as soon as they were out of highway sight, the blocks are getting larger. On November 10th the smoke was billowing into the greater Fraser Valley as if there was an out-of-control wildfire there. The carbon loss of the clearcut process is massive, but the mainstream news doesn't bother to report those numbers. As the forest soil systems die off,

wasted slash is blazed to choke the air, and the trees get hauled to mills with decades to centuries to go before the carbon stores begin recovering - clearcuts more than double B.C.'s claimed emissions annually. This also doesn't take into account the ripple effects hitting endangered chinook or the ecosystem as a whole.

But locals are working in the Raush so we shouldn't cry too much foul, right? Maybe a couple, but the prime contractor-Freya Logging-and its employees are P.G. based. The once-thriving industry town, McBride, struggles economically and Carrier laughs its way to the bank. The sad truth is that unless the First Nations and the public take the reins on this process and force the government to provide serious compensation towards protecting ecosystems the entire deal is FUBAR-and generations down the road people will ask WTF? We should all cry foul.

Rob Mercereau  
Dunster, B.C.

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WEB: [propertiesinvalemount.com](http://propertiesinvalemount.com)  
OFFICE: 1275 5th Ave, Valemount BC V0E 2Z0

www.valemount.ca

Notice Disposition of Land:

Airport Land Lease

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease property to Mr. Jeremy Hiemstra.

The land to be leased is a 2000 sq. ft plot located on the east side of the airport, legally described as Block A, District Lot 5705 Land District 05 THAT PART OF DL 5705, to be occupied by an airport hangar. The annual rental fee for the space is:

**\$0.30 per square foot of leased space (\$595.00 per year plus GST) until April 2022, increasing to \$606.00 plus GST per year from April 2022 to April 2023.**

For more information please contact:

**Carleena Shepherd**  
DCO, Village of Valemount  
735 Cranberry Lake Road  
PO Box 168  
Valemount, BC V0E 2Z0  
(T) 250.566.4435  
(E) [corporate@valemount.ca](mailto:corporate@valemount.ca)



What is Considered a Village Easement?

A street easement is the property between your property line (fence) and the road. This property is owned by the Village and is used for snow storage when necessary. Please do not store vehicles or materials on Village easements; it is against Village bylaws to do so.

Parking on Village Street easements is acceptable during this time. These rules must be followed:

- No Motor Vehicle of any kind whatsoever shall remain parked on any street of the Village for a continuous period of more than twenty-four (24) hours;
- Parking on Village easements or right of ways is prohibited for 48 hours immediately following snowfall of 5cm or more. When snowfalls are continuous or fall closely to one another, the parking prohibition remains in effect for 48 hours after the last snow event.

Vehicles parked on Village easements or right of ways that impede snow removal operations may result in a fine and/or the vehicle in question being towed at the owner's expense.

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/job-postings>

**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.


Annual Wes Hudson Light Up Contest

Start decorating your home or business for the holidays.

Prizes will be awarded for residential and commercial. Prizes for each include:

- 1st place \$75
- 2nd Place \$50

Judging will take place between December 13th and December 17th



VILLAGE OF  
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# IGA looks to Alberta to fill grocery orders amid closed highways

By Laura Keil

After torrential rain last weekend triggered landslides onto all highways into the Lower Mainland closing them off, grocery chains are working overtime to source alternate delivery options for the rest of the province.

Mark McCurdy, VP Retail Operations and Brand Strategy for Georgia Main Food Group that owns Valemount IGA, told the Goat Wednesday morning they are trying to source groceries from Edmonton and Calgary for Valemount. He said they also have some suppliers in the Okanagan.

If Highway 3 opens this weekend, they hope to have the regular trucks rolling out of their Lower Mainland hub on Monday,

but in the meantime are working on subbing deliveries from Alberta. But even that isn't guaranteed.

"It's a difficult one when other companies aren't ready for you," he said. "We go to them and they've got the product but then they can't get the trucks to deliver them."

He said it doesn't help that other grocery chains are all trying to do the same.

"We're working hard at it," he said. "It's a major upheaval and a serious situation for everybody but we're trying to do our best."

McBride's AG Foods already receives their shipments from Alberta. Robson Valley Home Hardware said its shipments shouldn't be affected too much except for special orders that are delivered by non-Home Hardware trucks.

## Nature's master logger



The beaver is certainly nature's master logger and engineer and I understand that they will often let the wind finish off their tree falling for them after they have cut most of the way through. I have never witnessed the wind completing their tree falling until just last week. I noticed for a number of days a large cottonwood tree that had been chewed very deep on only one side because another large tree was connected at the base from the opposite side. On this particular evening it was quite windy as I ambushed for beavers. Suddenly near dark a mighty strong gust blew in and I heard a loud cracking from behind me. I turned to see this giant tree come crashing down just 50 feet and 45 degree angle away from my position. I had observed earlier the undercut angle on the tree and had a good idea which direction it might fall so I had positioned myself accordingly. / LEON LORENZ

www.valemount.ca

## 2021 WOOD STOVE EXCHANGE PROGRAM

**\*NEW\* INCREASED REBATE AMOUNTS STARTING SEPTEMBER 16th:**

- Non EPA/CSA Stove to Certified Wood Replacement: **\$1,300**
- Non EPA/CSA Certified Stove to Alternative Heating Replacement: **\$2,750** (electric heat pump- **\$3,000**)
- EPA/CSA Certified stove (more than 5 years old) to Alternative Heating Replacement: **\$2,750** (electric heat pump- **\$3,000**)
- Non EPA/CSA Stove to Certified Wood Replacement (secondary heat source): **\$1,000**

Please visit our website at: [valemount.ca/services/grants-funding](http://valemount.ca/services/grants-funding) for full program details or contact the Grant Clerk to determine eligibility



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# Paint the Valley PURPLE

Show us your **PURPLE**, Robson Valley!!  
Together, let's end violence against women and girls

Starting November 25th to December 10th, show your solidarity for the **16 Days of Activism Against Gender-Based Violence** campaign by displaying purple décor, lights, hearts, etc. on you, your home or business.



## Forest Stewardship Plan 2022 to 2027

Please be advised that the McBride Community Forest Corporation (MCFC) has prepared a draft Forest Stewardship Plan (FSP). The FSP provides operational guidance for the Community Forest Agreement K1H held by the MCFC. The MCFC invites public review and comment for a 60 day period from November 18, 2021 to January 17, 2022.

The draft Forest Stewardship Plan is available at the MCFC Office located at the Office of the Village of McBride by appointment. Contact Ray Thiessen at [rthiessen@mcfc.ca](mailto:rthiessen@mcfc.ca) or 250-569-0262.

Any comments on the plan must be in writing to Wes Bieber, R.P.F.  
E-Mail: [wes.bieber@longfellows.ca](mailto:wes.bieber@longfellows.ca), Phone: 250-674-1199  
McBride Community Forest Corporation  
P.O. Box 519  
McBride, B.C.  
VOJ 2E0

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VALEMOUNT COUNCIL NOTES

# BC Ambulance, old growth deferral, train station roof

By Andrea Arnold

Mayor Torgerson called Valemount's November 9, 2021 council meeting to order. Councillor Gee was absent from the meeting.

**Podcast purchase**  
Council directed staff to move forward with the purchase of a podcast episode from the history podcast Canadian History Ehx in the amount of \$250. According to Craig Baird, contact for Canadian History Ehx, this amount would cover the reaction of the podcast, all research (history, things to do and reasons to visit) and episode completion within three weeks. The Village would receive the episode to approve prior to it going online. Once the podcast is posted, it will never expire and can be used to promote the area.

**CanGEA support**  
Council moved to support CanGEA's application of funding through the Federal government's Smart Renewables and Electrification Pathways Program, the Western Diversification and Job Creation Fund for a white paper titled Greening Federal Buildings Through Geothermal Heat.

Reports received for information  
Building Permit Values – October 2021  
Estimated construction values, \$289,000. A majority of this value comes from the new public washroom at

Centennial park.  
Permit Fees Collected - \$468.00  
Permits Issued - three building, 1 plumbing and 1 new solid fuel appliance.

**Bylaw Enforcement Summary Report – October 2021**  
There were eight new bylaw violations in October as well as seven ongoing files from previous months in the areas of animal control, solid waste disposal, traffic/parking, zoning and other. Bylaw Enforcement has opened an account with Credit Management Corporation, a collection agency to help recover outstanding fines for 25% + GST (of the outstanding amount). This will help ensure collection from property owners who do not live within the community.

**Centennial Park Parking Report**  
Following the installation of the new parallel parking signs at the park, Village staff have been checking twice a day to see if they are effective. Council decided that the numbers collected after monitoring the parking situation at the park between October 27 and November 2, 2021 were not conclusive, and agreed that continuing monitoring is needed.

**Grant applications**  
Council directed staff to apply to the Government of Canada, 2022 Celebrate Canada Program in the amount of \$3000. If public health orders allow, the Village will likely organize an event with in-person elements for July 1, 2022.

Council directed staff to apply for the Northern Development Initiative Trust Grant Writing Support

Program in the amount of \$8,000 & Valemount Community Forest Grant Writing Support in the amount of \$8,000. This money would be used to help support the village grant writing position.

**Appointments**  
Council appointed Shae-Lynn Carlson, and re-appointed Kurien Thomas, to the Columbia Basin Trust Community Initiatives and Affected Areas Program (CBT CIP/AAP) adjudication Committee for a two year term.

Council approved the following appointments for 2021-2022

- Valemount Historic Society Liaison: Councillor Pearson
- Northern Health Authority Liaison: Councillor Blanchette and Councillor Pearson
- Village of Valemount Auditor – KPMG

**Clean Air Task Force**  
Council received the Summary Report for the Clean Air Task Force (CATF) Meeting of October 19, 2021 for information. Council also moved to amend the Terms of Reference for the CATF to permit monthly meetings as required.

Council approved the 2022 Council meeting schedule.

**Lift station decommission**  
Council directed staff to seek funding in the amount of \$1,085,000 for the decommissioning of the

CONT'D ON P14



Construction is underway  
in your area.

TransMountain.com

As construction of the Trans Mountain Expansion Project progresses, we want you to be informed about potential activity in your neighbourhood so you can plan accordingly. On our website, you can view an interactive map of construction areas, sign up for notifications, track what's happening along the route and much more.

Trans Mountain's first priority will always be the health and safety of our workforce, their families and our communities. In response to the evolving COVID-19 pandemic, Trans Mountain and our construction contractors for the Trans Mountain Expansion Project have been working diligently together to ensure adherence to all advice and direction from government and health officials both provincially and federally. More details about our specific actions can be found at [transmountain.com/covid19](https://transmountain.com/covid19).

As always, safety is our number one priority, every metre of the way.



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Members of the McBride community gathered at the cenotaph to pay their respects on November 11, 2021. / ANDREA ARNOLD




Keith Berg let the notes from his french horn hang in the air as the gathering fell still during the two minutes of silence following the 2021 Remembrance Day March to honour those who have fought for freedom. /ANDREA ARNOLD



The wind caused the flags to dance wildly and proudly this November 11, 2021. / ANDREA ARNOLD



Barry Alexander (in blue) and Andreas (Andy) Werner place a wreath at the McBride cenotaph, on behalf of MP Bob Zimmer. /ANDREA ARNOLD



**REGIONAL DISTRICT  
of Fraser-Fort George**

The Regional District of Fraser-Fort George is pleased to announce that the annual

# FREE SKATE

will take place

**November 21st, 2021 from 2:00 p.m. to 8:00 p.m.**

At the **Canoe Valley Recreation Centre – Valemount**

## Current Winter Hours

at the Robson and Canoe Valley Recreation Centres are

Monday through Friday, 6:00 a.m. to 9:00 p.m.

Saturday & Sunday, 12:00 p.m. to 9:00 p.m.

Starting November 22nd, Canoe Valley Recreation Centre will be open 7 days a week from 6:00 a.m. to 9:00 p.m.

Provincial Health Orders proof of vaccination is required of those ages 12 and over who wish to use the facilities during public access times.

Mask wearing is required in all areas of the facility but not required when exercising.

For more information please call:

Robson Valley Recreation Centre – 250-569-3360

Canoe Valley Recreation Centre – 250-566-4740



**REGIONAL DISTRICT  
of Fraser-Fort George**

Main Office: 155 George Street, Prince George, BC V2L 1P8  
T: 250-960-4400 TF: 1-800-667-1959 F: 250-563-7520 [www.rdfg.bc.ca](http://www.rdfg.bc.ca)

No. M165415  
Vancouver Registry

*In the Supreme Court of British Columbia*

Between

Ike Kraps

Plaintiff

and

Emcon Services Inc.

Defendant

and

0963012 BC Ltd.

Third Party

**ADVERTISEMENT**

To: 0963012 BC LTD

TAKE NOTICE that on 18/Oct/2021 an order was made for service on you of a Third Party Notice issued from the Vancouver Registry of the Supreme Court of British Columbia in proceeding number M165415 by way of this advertisement.

In the proceeding, the Claiming Party claims the following relief against you:

1. A declaration that the Claiming Party is entitled to contribution and/or indemnity for any injuries, loss, damage or expense sustained by the Plaintiff for which the Claiming Party is found wholly or partially liable on the basis that 0963012 BC Ltd.'s negligence and/or breach of contract caused or contributed to the Plaintiff's alleged injuries, loss, damage or expense.

2. Judgment against 0963012 BC Ltd. in any amount that may be found due from the Claiming Party to the Plaintiff, or such amount that this Honourable Court deems appropriate, including interest pursuant to the Court Order Interest Act, R.S.B.C. 1996, c. 79.

3. Judgment for the amount of any costs that may be found due from the Claiming Party to the Plaintiff.

4. Judgment for the amount of the Claiming Party's own costs, on a solicitor and own client basis, of defending this action, and for the Claiming Party's costs of prosecuting this Third Party Claim.

5. Post-judgment interest pursuant to the Court Order Interest Act, supra.

6. Such further and other relief as this Honourable Court may deem just.


You must file a responding pleading within the period required under the Supreme Court Civil Rules failing which further proceedings, including judgment, may be taken against you without notice to you.

You may obtain, from the Vancouver Registry, at 800 Smithe Street, a copy of the Third Party Notice and the Order providing for service by this advertisement.

This advertisement is placed by Defendant whose address for service is:

Brianna Y. Vickers  
Whitelaw Twining Law Corporation  
2400 – 200 Granville Street  
Vancouver, BC V6C 1S4  
Fax number address for service (if any): 604-682-5217

**GOVERNMENT WORK OPPORTUNITIES FROM... BC BID**



ORGANIZATION	BID DESCRIPTION	CLOSING
BC Timber Sales - Contracts	Tree Planting in Robson Valley	23 Nov 2021 - 10am
Regional District of Fraser-Fort George	CS-21-10 Snow Clearing Services for the PSOB	23 Nov 2021 - 10am



# Local cedar mills at risk... CONT'D FROM P1

the community. And you’ve got to remember, there has been a whole bunch of other deferrals that have happened.”

Runtz said McBride’s timber supply area has already been hit with Caribou closures and Old Growth Management Areas.

Runtz says the community’s forestry and tourism industries are intertwined, with logging roads providing essential access to snowmobiling and hiking areas that draw dollars to the community.

Without forestry, he fears McBride will lose both primary industries that support the town.

“Who’s going to take care of those roads for recreation purposes? Who’s going to keep it open for snowmobile access?”

He said the torrefied pellet mill won’t have fibre to operate if these deferrals are made permanent.

Raj Basran, co-owner of BKB Cedar Manufacturing, says his mill should be ok for a year or so with existing cutting permits, but after that he’s not sure. He says 25 people work full-time at the mill, as well as seven employees who work seasonally on the logging side. He says their main business plan for the last two years has relied on Grade 4 Cedar from BC Timber Sales, the provincial forestry company, which has immediately ceased selling in the deferral areas.

Longer-term, he says it’s possible to change their business plan to other species, but it depends what species are affected and to what extent.

“Long-term, no fibre, no manufacturing, right? So it really depends on the outcome of all this.”

## Problematic mapping

Valemount Community Forest Manager Craig Pryor says the deferrals affect roughly 20 per cent of their timber supply area, and covers all of the old cedar. Roughly half of their winter season is affected. He said their mill under construction will lose some of the large timber fibre, but will still be able to proceed with smaller logs.

Pryor says the maps provided don’t take into account other values. For instance, they cover one hillside in a drainage, but not the other side, which provides superior grizzly habitat. He’s also not sure if older trees adjacent to deferral areas can be harvested.

“They’re doing everything at 10,000 feet and not considering values,” he said. “We’re here, and when you live here you see it differently”

Pryor said the Community forest is trying to find that balance between protecting local forests and protecting locals.

Thiessen says they sent the Province up-to-date inventories six months ago, and it’s clear that data wasn’t used in the deferral maps.

The Province shows on its website that an Old-Growth Current Conditions report for the Robson Valley Timber Supply area is underway. The scheduled completion date is fall 2021.

## Contested and Confusing Numbers

Numbers provided by the Province’s Old Growth Technical Advisory Panel, suggest that B.C. still has just under half of the old-growth forest it did historically—11.1 Million hectares, of which 3.5M is already protected .

Cam Brown, RPF, MF, lead author of a study commissioned by BC’s Community Forest Association, says those numbers are misleading.

In his report, Brown says 75 per cent of old-growth areas are already protected or outside the Timber Harvesting Land Base, meaning those forests are already safe from logging. The timber harvesting land base is defined by the BC Forest Practices Board as forest within the timber supply area where harvesting is considered both acceptable and economically feasible, given objectives for all relevant forest values, existing timber quality, market values, and applicable technology.

He says in meetings he sat in with government during the last year, bureaucrats confirmed that of the 2.6M hectares of priority at-risk old growth, half of that, or 1.3M is outside of the Timber Harvesting Land Base.

“I think even COFI (BC Council of Forest Industries) was fooled because some of the jobs and economic impact numbers they put out were clearly based on the 2.6M,” he said. “I’m not sure why they (the Province) didn’t make that distinction, other than the number sounds good as a big number, I guess.”

He also says the amount proposed as “priority at-risk” doesn’t follow the government’s own advice to maintain at least 30% of former old forests.

He said the advisory panel went to the government and

said they wanted to protect 7.6M hectares (of which 5M hectares was unprotected)

“Then the government said to them, no, that’s too big. So they went and they boiled it down to the 2.6. Despite really aggressive prodding, I can’t figure out how and where they decided to scale back from that 30% of natural in what ecosystems.”

He also said the historic estimate of 25M hectares of old-growth is just an estimate, and behind closed doors government officials used a range of 19-25M hectares.

## Urban-Rural Divide

Thiessen says there is a disconnect between people living in cities and those living on the land in terms of how they perceive old-growth.

“If you live in West Vancouver, you go, ‘Well, great, old-growth is deferred.’”

For him, it feels like urban folks don’t want to acknowledge the source of common products.

“I want to tell urban people that milk comes from a cow. It doesn’t come from Save On. Toilet paper comes from a forest.”

He says forests aren’t static. You can’t just freeze old-growth areas. All areas are undergoing constant change due to their age, disturbances like pests, fire or climate, and taking certain areas off the books doesn’t honour the individual variations in forests that locals on the ground perceive.

“If you see big broad brush strokes like this, you know, somebody really isn’t thinking about it that much.”

## Protecting forests

Dr. Ché Elkin, Professor in the Department of Ecosystem Science and Management at UNBC, researches how forest management practices can be modified to improve the ecological and economic resilience in mixed-wood forests.

He says there are a range of different values associated with maintaining old-growth, including providing habitat for species at risk, eco-system biodiversity, and resilience to future environmental change.

“Current science kind of suggests that these areas are going to be more resilient to future changes. So with the upcoming climate change, with changes in the actual demands that we’re putting on our forest resources, these theoretically should give us a little bit more resilience.”

He said old-growth areas can also be large repositories for carbon.

“Carbon’s a little bit tricky, and highly dependent on what you’re actually going to do with the area and the risk of the area being lost to other disturbances, but just as a blanket statement, old growth areas where they have a lot of biomass and they have a lot of trees, they’re going to hold a lot of carbon. And current research suggests that those old forests are still accumulating a reasonable amount of carbon.”

Runtz says the science behind carbon storage is contested, and more research needs to be done. He says when trees start to rot, they release their carbon into the atmosphere, whereas when a tree is cut down, it can be stored in the wood if the wood product is a long-lasting one.

Elkin says other benefits to lack of disturbance in an area over a long period of time can be a more complex eco-system with different microbes, bacteria and invertebrate species not associated directly with big trees.

“These ecosystems, these communities have a long time to develop. And often they’ve developed into different community structures than you’d see in an earlier stage type of forest.”

He says the question is how to transition forestry from targeting primary forests to secondary forests.

“The fundamental issue is that old growth forests, primary forests, are not a renewable resource within a 200 to 600 year span. And we need to kind of think about how we’re going to start logging, doing sustainable forestry in the secondary rotation that we now have on most of our landscape.”

He doesn’t believe having a reliable supply of high-quality volume and providing forest health, ecological resilience, and recreational values are mutually exclusive.

“The way that we do forestry right now presents them as being mutually exclusive. That’s why we need a little bit more of a fundamental shift of what forestry is going to look like, which is frankly, going to be hard.”



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 [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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:** [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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:** [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@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 [developmentsservices@rdffg.bc.ca](mailto:developmentsservices@rdffg.bc.ca) or at 250-960-4400.

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



REGIONAL DISTRICT  
of Fraser-Fort George

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T: 250-960-4400 TF: 1-800-667-1959 F: 250-563-7520 [www.rdffg.bc.ca](http://www.rdffg.bc.ca)



# Commencement of the Sagittarius Sun

Ideally, we'd all like to come at life with a fresh beginner's mind from which the world can open up to us, yet we are not all willing to do what it takes to get there. Such presence means we'd have to let go of bias and preconceived notions. And it's hard to lose assumptions that have so often been proven correct. The Sagittarius solar journey is ramping up at a pace of change we should find easy to get comfortable with.

**ARIES** (March 21-April 19). There is a size in which things become too much, and you'll bump up against that limit in more than one area this week. Excessive food intake or talking -- those are easy to sense in yourself and others. But when is closeness too much? And how do you know when you're overpaying? Stay aware and don't be afraid to ask.

**TAURUS** (April 20-May 20). Love, like all mysteries, relies at least somewhat on what is hidden or cannot be known. But even scarier than that is love's nature, which is uncontrollable. The instinct to monitor and hold it is counter to love's essence. And so, you will do the brave and loving thing, which is to embrace uncertainty.

**GEMINI** (May 21-June 21). Autopilot mode prevents unhelpful stimuli from entering your realm. You get things done efficiently and without incident. Too much of this manner leads to boredom, staleness and an experience of the world as bloodless and sterile. Let in an agent of chaos to shake things up. Just one will be enough.

**CANCER** (June 22-July 22). You'll spend a good chuTo live, as Will Rodgers



suggested, "in such a way that you would not be ashamed to sell your parrot to the town gossip" is easy for you on certain days when people don't challenge, tempt or bore you. But this week brings a variety pack. It will be harder to keep the parrot from having interesting things to say.

**LEO** (July 23-Aug. 22). You've used your talents to produce excellent work. You know what it's like to get the high marks and praise. Maybe that's what makes this week's task easier for you. You'll put your talent to use to make someone else look good. They need you, so you'll deliver. You'll be

subsequently surprised by how this satisfies you.

**VIRGO** (Aug. 23-Sept. 22). Last week, you knew "this is for me" or "not for me." You knew just by looking and deciding; it took two seconds. This week brings a bemusing gift. You could stare at this offering endlessly and still not know. The uncertainty is exhilarating and disconcerting and will set you on a path of research and discovery.

**LIBRA** (Sept. 23-Oct. 23). veryone's perceptions, sensitivities and focusing tendencies are different, which will be made apparent by this week's interactions. It's not only kind to be tolerant of one another's quirks, it's efficient. Small irritants are not worth wasting energy on. Ultimately, your easygoing style will prevail.

**SCORPIO** (Oct. 24-Nov. 21). You can't pay attention

to everything at once. And if you could, the hyperawareness would lead to feeling overwhelmed and paranoid. You'll perform best when you temper your expectations. Accept that you'll move your focus between fewer than five things and doing well at one of them is enough. Let the rest go.

**SAGITTARIUS** (Nov. 22-Dec. 21). Inadequacy makes a person feel alone, yet it's a quality shared by every person. We cannot be good at everything! We need one another. We are stronger as a tribe. Depend on your fellows and let them lean on you, and this week will go better than it ever could with you as the lone expert.

**CAPRICORN** (Dec. 22-Jan. 19). You are like a giant frond of seaweed in a kelp forest. So vast is your range, roots at the ocean's floor and head on the water's surface, that you can experience life at many depths, temperatures, moods and levels at the same time. With fluidity and resilience, you'll move to the gentle currents of the week.

**AQUARIUS** (Jan. 20-Feb. 18). Keeping busy is one way to avoid unfinished emotional business and the accompanying feelings, yet when you stick with the uncomfortable feelings, you'll find that what you're running from can be quickly dealt with. Striving to be somewhere other than where you are is a robbery of the present moment.

**PISCES** (Feb. 19-March 20). It's not always obvious to discern what's helping the situation from what's hurting it. Strength training is not always pleasurable, and in fact the work often hurts a little. It's a less-than-optimum event that will point you toward the crucial information you need -- the thing that saves the day a month from now.

**THIS WEEK'S BIRTHDAYS:** Richly rewarding relationships will be the treasure of your next 12 months. You've a distinct advantage as you apply your keen powers of observation to life's joys and snarls. There's no good thing you can't make better nor a bad thing you can't sort out. You'll take in information about your surroundings without feeling the need to judge or rate what you're observing, so you'll see how things really are. From this place you'll make inspired plans.

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## SUDOKU

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

### 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

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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## CROSSWORD

1	2	3			4	5	6	7		8	9	10	
11					12					13			
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43	44				45		46			47			
48					49					50			
51					52					53			



Answers on P13

### Across

- Congeast
- Invites
- Undermine
- Disfigure
- Family nickname
- Not against
- Lode contents
- Elvis Presley was one
- Behave affectedly
- Twinkle
- Boxing prize
- Hit head-on
- Meccan, e.g.
- "\_\_\_\_\_ Pimpernel"
- Token taker
- Decathlete's need
- Menaces
- Soaked
- Aural aptitude
- Hot pot
- Matter of debate
- Quiz
- Basis for many a claim
- Conjunction
- \_\_\_\_\_ green
- Jab
- Storage capacity measurement, abbr.
- Prospector's need
- Used a firehouse pole
- Devoured

### Down

- LA cloud
- Benjamin Disraeli, e.g.
- Certain surgeon's "patient"
- \_\_\_\_\_ magnetism
- Cheerless
- Old radio feature
- Office department
- Flipper
- Geometry line
- Winner's take
- Check
- Sci-fi weaponry
- Big Apple player
- Pixel maybe
- Part of T.G.I.F.
- Facial treatment facility
- Pasture grazer
- Anchorage native
- Not just "a"
- Lifted
- Pitches in
- Scarf material
- Very long story
- Batch
- Slight advantage
- Handheld download
- Caspian, for one
- Go fast down the mountain

## THE TOUGHIE

by Myles Mellor

Answers on P13

### Across

- Picket line crosser
- Big faux pas
- Brings spirit
- "Scarlett" setting
- Louis XIV e.g.
- Harmless prank
- "\_\_\_\_\_ Dream . . ."
- Big ape
- Needle holder
- Fish
- Brown
- Sault-Marie link
- School of thought
- Bygone aircraft, briefly
- Cooking plant
- Rear

- Part of a beauty treatment, perhaps
- Walk of Fame feature
- Fish
- Black in Paris
- Makes fun of
- Personal prejudices
- For men only
- N.L. Central team, abbr.
- Grasshopper's friend of fable
- One-spot
- Ice house
- Fish
- Kind of story

- Get used to
- Get rid of
- It's just a thought
- Pilgrimage site
- Unfortunately named fruit
- Robin's home
- "\_\_\_\_\_ in the Dark"
- How do I love \_\_\_\_\_?

### Down

- They make you stand tall
- Chocolate trees
- Ancient debarkation point
- Hair style
- Grab onto
- Dynamic beginning
- German lady
- Assortment of type
- A grade
- Appeal for help
- Erodes
- Army that helped defeat Napoleon

- Crosscountry travel, e.g.
- "Training Day" actor Hawke
- Contest
- Boulogne-sur-\_\_\_\_\_
- Green prefix
- Cause a civil commotion
- Heats
- Systems
- Trees
- Aspiring atty's exam
- Concur
- Breaks
- \_\_\_\_\_ rule (usually)

- Above board
- Basketball association
- Finish off
- Diagram
- Shed, with "off"
- Muss up
- "Mr Selfridge" actress, Tolhurst
- White-tailed birds
- Crack filler
- This, \_\_\_\_\_ and the other
- "That hurts!"
- Chevron competitor
- Suckling spot
- Flipper

Answers on P13



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

CROSSWORD ANSWERS

1	S	E	T	4	A	S	K	S	8	S	A	P
11	M	A	R	12	N	A	N	A	13	P	R	O
14	O	R	E	15	I	D	O	L	16	A	C	T
17	G	L	E	18	A	M	19	B	E	20	L	T
21	R	A	M	22	S	A	U	D	23	I		
24	C	A	R	25	L	E	26	S	27	S	L	O
28	P	O	L	E	29	T	H	R	E	A	T	S
31	A	W	A	S	32	H	33	E	34	A	R	
35	S	T	E	36	W	37	I	S	38	S	U	E
40	A	S	K	41	L	O	S	S	42	A	N	D
43	P	E	A	44	P	O	K	E	45	G	I	G
46	P	A	N	47	S	L	I	D	48	A	T	E

TOUGHIE ANSWERS

1	S	C	A	B	6	O	A	F	F	E	11	P	E	P	S
14	T	A	R	A	15	L	E	R	O	I	16	L	A	R	K
17	I	C	A	N	18	O	R	A	N	G	19	E	T	U	I
21	A	R	G	E	M	O	U	T	H	B	A	S	S		
23	T	O	A	S	T	24	S	T	E	25	I	S	M		
27	S	S	T	28	H	E	R	B	29	H	E	I	N	I	E
31	F	A	C	I	A	L	32	S	T	A	R				
33	C	H	I	N	O	O	K	S	34	A	L	M	O	N	
35	N	O	I	R	36	T	E	A	S	E	S				
37	I	A	S	E	S	38	S	T	A	G	39	S	T	L	
40	A	N	T	A	C	E	41	I	G	L	O				
42	C	U	T	H	R	O	A	43	T	R	O	U	T		
44	F	I	S	H	45	E	N	U	R	E	46	O	U	S	T
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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.

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.

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 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 22nd: Tech Café -Please bring your devices & questions for some one-on-one technology assistance.

November 29th: Program cancelled- 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.

MCBRIDE

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.

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 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: Program cancelled- staff training day



*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.*



# Make your own flower boxes

Many years ago, I found a plan for one of the most useful flower boxes I have ever owned. Instead of planting directly in the box, the plan called for using plastic flowerpots that fit snugly inside the box. The planting of the pots could be done in the greenhouse and moved to the flowerbox at the appropriate time or pots of early pansies could be exchanged for pots of later flowers as the season progresses. The other advantage of this setup is that the soil is not in direct contact with the wooden boxes causing early rot of your masterpiece.

Of course, you will have to measure the pots first before beginning construction, but a really convenient size for most flowers is the seven-inch (18cm) plastic azalea pot that is six inches (15cm) high. The black one-gallon nursery pots are a little higher but will fit in the following planter just as well.

The advantage of this design is its simplicity of construction and the large space along the length of the bottom that gives great drainage. With good potting soil, the pots should only need watering every two or three days.

For a five-pot planter, you will need an 8 foot (240cm) piece of one-by-six board, a 7 foot (210cm) piece of one-by-four board and about 40-50 2½ inch galvanized nails or deck screws.

Cut the one-by-six boards into two 37”(92.5cm) sides and two 7 ¼”(18.1 cm) end pieces.

Cut the one-by-four into two 37” bottom pieces.

Nail the long sidepieces onto the short end pieces with the sides overlapping the ends.

Three nails at each corner should be fine.

Nail the one-by-four pieces to the bottom of the box being sure the box is square before nailing. Sink nails about every four inches (10cm) along the sides and two nails into each end. This should leave a large space in the middle for drainage.

You can paint the box as simply or as fancy as you like and either hang it on a porch rail or window or set it on a deck or patio. If placing it on the ground, it is best to put it on a

few bricks to hold the bottom off the ground.

The secret to good healthy potted plants, of course, is a well-drained potting soil with lots of organic matter to hold the moisture and supply nutrients. As the season progresses, you also have to remember to give regular feedings to keep up good growth. Watering in containers takes more care and attention, as containers tend to dry out much faster in the really hot days of mid-summer. By placing them on the East side of the house or where they will get some shade from the hot mid-day sun you will have less stress on the plants.

The beauty with this simple design is that you can adapt it to any size pot or any space you may want to fill. The only limit to the colour or design of the finished flower box is how reserved or wild you choose to be with your imagination! Chocolate brown to match the house....folk art or decoupage...or pink polka dots....it's all up to you!

## Valemount Council Notes... CONT'D FROM P8

17th Ave lift station. Council also approved \$350,000 to be budgeted from the Northern Capital Planning Grant in the event staff is unable to secure funding before the installation of the Dogwood lift station.

Proposed Amendments to Fees and Charges  
Council gave initial approval to the following fees and charges amendments (to be brought back as a bylaw amendment):

1. Solid waste collection fees -increase of 4%;
2. Water user fees – increase of 5%;
3. Sewage user fees – increase of 5%;
4. Water fill station fees- increase from \$7.55/cubic m3 to \$10.00/cubic m3;
5. Sewage receiving station fees – increase from \$22.64/ cubic m3 to \$30.00 cubic m3;
6. Removal of Street Vendor Business License Fee of \$25.00;

7. Impoundment fees - increase from \$20/day to \$50/ weekday and \$98/weekend & stat holiday.

Bylaw  
Council passed the following three motions in regards to the Village of Valemount Council Remuneration Bylaw No 853, 2021:

- rescind the third reading
- amend sections 3 & 4 to reflect updated remuneration fees
- give it third reading as amended

Public Comment  
Doctor Stefan Du Toit spoke about the concerns in his letter to Council regarding COVID 19 vaccine requirement mandates.

The following individuals spoke in support of Doctor Du Toit following his address:

Jenna Belabrasiski, Ann McKirdy Carson, Michelle

Burstrom, Karen Shepherd,  
Ross McKirdy, Lois McTaggart.

Council moved into an In-camera meeting for consideration of four (4) item/s per Section 90 of the Community Charter to discuss matters related to (1) (c) labour relations or other employee relations; (1)(k) negotiations and relate discussions respecting the proposed provision of a municipal service that are at their preliminary stages and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public; and (2)(b) the consideration of information received and held in confidence relating to negotiations between the municipality and a provincial government or the federal government of both, or between a provincial government or the federal government or both and a third party.



# Daycare’s new baby spots to cut down waitlist

By Laura Keil

A grant from the Province’s BC New Spaces is about to make life a lot easier for local parents needing childcare. The Valemount Children’s Activity Society just completed renovations that divided their multi-age daycare room into two, with one side being a dedicated babies area for children under 36 months, and started welcoming new babies this week. In the previous multi-age daycare room that took up the full space, only three children under 36 months were permitted, and only one could be under a year old. The new babies space means the centre can welcome an additional four babies less than a year old up to 36 months.

The four spaces may not sound like a lot, but manager Krista Voth said most parents aren’t looking for full-time care, so they will be able to accommodate many families on the 17-child waitlist for under-36-month spots. Licensing provides stipulations for things like the minimum floor area, windows, and number of children. Voth said they do their best to shuffle children around in order to maximize the number of children they can accommodate at the centre. For instance, children who reach 2.5 years can attend preschool in the mornings, which frees up an under 36-month spot in the daycare room. The babies who are older than a

year can then go into the daycare room, creating new space for the youngest ones in the babies area. They try to help as many families as possible while following all the licensing regulations. “It’s a lot of balancing and you’ve got to be on top of it,” Voth said. Voth said that previously they would fill the under-36-month spots and it would take three years to create a new spot, since they had to wait for that child to age out. Right now, demand is high for all ages, she said. “We’ve had a lot of pipeline families who have showed up in the last little bit.” Anyone needing childcare can call the centre or email them at [infovcas@yahoo.ca](mailto:infovcas@yahoo.ca).



Krista Voth manages the Centre. /LAURA KEIL



VCAS started welcoming new babies to their dedicated babies area Nov. 16th. The new area will help shrink their current 17-child waitlist for children under 36 months. / LAURA KEIL



The Centre used transparent materials and a low wall to maintain natural light on both sides of the dividing wall. /LAURA KEIL

REGIONAL DISTRICT  
of Fraser-Fort George

## MULTI-MATERIAL RECYCLING AT REGIONAL DISTRICT TRANSFER STATIONS

Here are several tips to maximize your recycling efforts.

### Accepted Materials

Know what items are accepted for recycling. Containers, cans, jugs, boxes, and drink cups as well as letters, envelopes, magazines, flyers, and printed paper for household use are accepted. Not all plastics (for example Tupperware, garden hoses, toys) are accepted for recycling in these bins. Containers for motor oil, vehicle lubricant or antifreeze are also not included in the multi-material recycling but are collected as part of the used oil recycling program at the McBride and Valemount Regional Transfer Stations. For a detailed list of items accepted in the Regional District’s Multi-Material Recycling Bins please visit [www.SortSmart.ca](http://www.SortSmart.ca) or ask for a multi-material recycling brochure from the transfer station attendant in McBride or Valemount. Contact the Regional District office in Prince George toll free at 1-800-667-1959 if you have more questions.

### Old Corrugated Cardboard

McBride and Valemount Regional Transfer Stations each have a brand new cardboard compactor to maximize the amount of corrugated cardboard collected in the Robson Valley. Ensure that all packing material (Styrofoam, plastic overwrap, bubblewrap, etc) has been removed from the cardboard box before it is loaded into the compactor. Waxed produce boxes and soiled cardboard should not be included in the cardboard recycling as it will impact the recycling process down the line.

### Empty and Clean Containers

Empty containers and give them a quick rinse to ensure that nothing is left over that may soil the other materials. Residual food in your cartons or containers can cause an entire bin of recyclables to be rejected as the material is no longer suitable for recycling and may attract animals and pests. This can also be a health concern for those who will sort the recycling down the line.

### Multi-Material Recycling is available at:

Dunster Regional Transfer Station  
McBride Regional Transfer Station  
Valemount Regional Transfer Station

#### Depot only Items

There are a few packaging and container items that can only be recycled at a Recycle BC depot.

<b>Glass</b> Non-deposit glass bottles and jars (do not include deposit glass beverage containers, drinking glasses or dishware)	<b>Styrofoam</b> Plastic foam containers and trays used for meat & produce Foam clamshells, cups and bowls for take-out food Foam cushion packaging to protect electronics, small appliances, etc.
<b>Plastic bags and overwrap</b> Bags – produce, grocery, dry cleaning, bread, dry bulk foods & frozen vegetables Outer bags & wrap – diapers, feminine hygiene products, paper towels, toilet paper Overwrap – on mattresses, furniture and electronic equipment Other Flexible plastic packaging – stand up and zipper lock pouches, crinkly wrappers and bags, flexible packaging with seal, woven and net plastic bags, and non-food protective packaging. (do not include kitchen wrap, garbage bags, or bags labelled biodegradable or compostable)	<b>Recycle BC depots in Prince George:</b> PG Recycling and Return-It Centre 2614 Peterson Road (Just behind Costco) - 250-561-7475 Hart Return-It Centre 6665 Hart Highway (next to 7-11 on the Hart) - 250-962-9300

### Other Recycling Opportunities

There are over 20 stewardship recycling programs available in BC. To find a location to recycle your beverage containers, batteries, tires, electronics, major appliances and many more materials visit [www.SortSmart.ca](http://www.SortSmart.ca) and use the recycling search engine to find the depot closest to you.

REGIONAL DISTRICT  
of Fraser-Fort George

Main Office: 155 George Street, Prince George, BC V2L 1P8  
T: 250-960-4400 TF: 1-800-667-1959 F: 250-563-7520 [www.rdfg.bc.ca](http://www.rdfg.bc.ca)



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**3390 Sawyer Road**

VALEMOUNT



**SOLD!**  
Courtesy of Royal  
LePage Aspire Realty

**1123 8th Avenue**

VALEMOUNT



**SOLD!**  
Courtesy of Royal  
LePage Aspire Realty

**1065 Juniper Street**

VALEMOUNT



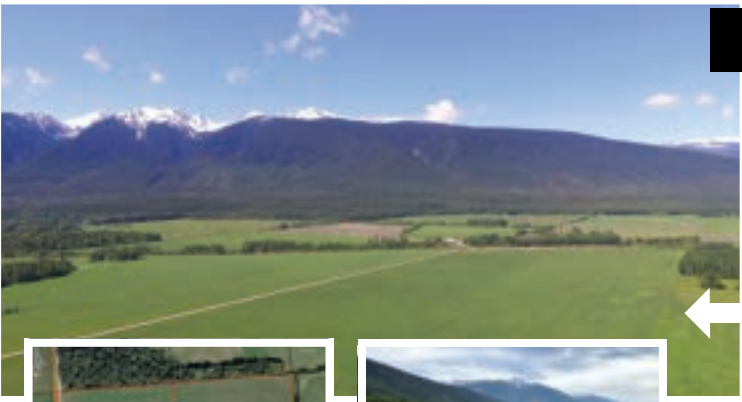
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**1100 6th Avenue**

VALEMOUNT



**SOLD!**



**MCBRIDE**

**Bircher Road**

- 79 acres of fertile farmland
- Level - all in hay
- Minutes from McBride
- Excellent small farm potential
- 2 titles

**\$375,000**



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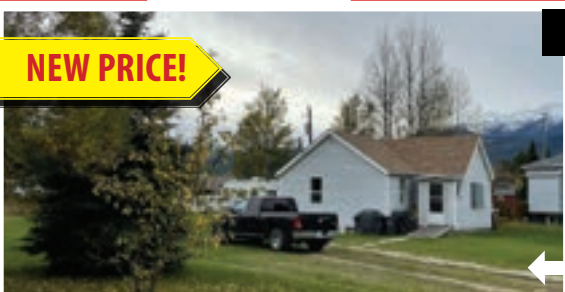
**MCBRIDE**

**1301-2nd Ave**

- Beautifully renovated - large lot
- 3+ bedrooms 2 bathrooms
- Immaculate - move in ready
- Great location

**\$292,500**

**NEW PRICE!**



**VALEMOUNT**

**1275-6th Ave**

- Older well kept 2/3 bedroom home
- Super large lot - detached garage
- Alley access - lots of parking
- Great views - great location

**\$219,000**



**MCBRIDE**

**1011 Frontage Road**

- Location Location Location
- Approximately 5000 sq ft commercial space
- Some fixtures and equipment included
- Suitable for retail, service, tourism and more

**\$499,000**



**MCBRIDE**

**851-2nd Ave**

- Full duplex
- 2 - 3bdrm 2 bathroom units
- Full basement
- Let your tenants help with the mortgage!

**\$199,000**