



Wreath-o-rama wraps up P7

# Rocky Mountain Goat

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Justin Corbett caught this stunning shot of chemistry in action when he threw a cup of boiling water into the -35 air on Horseshoe Lake. Temperatures over Christmas remained below -30 on many days, keeping most people indoors. The boiling water challenge is a popular one, but be careful: some people have experienced severe burns when attempting this. The effect works best on very cold days. /JUSTIN CORBETT

## Valley property values a mixed bag

### Rural Valemount jumps 27 per cent

By LAURA KEIL

The Robson Valley is seeing big increases in property assessments this year, but the dramatic gains are in line with increases across the province during a year when property values in British Columbia increased by as much as 58 per cent (Port Clements).

In the Robson Valley, Valemount's rural areas saw the biggest increase, with the average price of residential properties increasing by 27 per cent. In the Village of Valemount, single family homes increased an average of 14.4 per cent, and manufactured homes saw increases between 5 and 15 per cent.

McBride saw more modest increases of 8.7 per cent for single family residential. Business properties went up 12.4 per cent and light industrial 19.4 per cent.

CONT'D ON P3

## Pipeliners see phased return to work

By LAURA KEIL

While pipeline work in the Valemount and North Thompson has started up again, many workers won't be back on the job for a week or two as Trans Mountain implements a phased return after Christmas.

"Trans Mountain's restart plan requires a staggered return of the Spread 3/4A workforce over an approximate three-to-four-week

duration," said Ali Hounsell, Trans Mountain spokesperson. "The work crews will use a cohort system to limit the movement of workers between crews."

As of Fri. Jan 7th, there were 750 people back at work in the Valemount area.

Hounsell says Expansion Project personnel have to submit a pre-access RAD (rapid antigen detection) test prior to entering the camp or returning to work.

"Follow-up RAD Tests are completed bi-weekly until the workforce peak projection is reached, at which point tests may resume once per week," she says.

She adds that Trans Mountain will continue to promote access to COVID-19 vaccinations.

Regarding the Blue River pipeline accommodation camp, Hounsell says they hope to see some availability starting at the end of the month.

**Irene Berndsen**  
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see LISTINGS ON BACK PAGE

NON-FICTION

**CAPTURED BY FIRE**  
Captured by Fire alternates between the dramatic first-person accounts of wilderness dweller Chris Czajkowski and homesteader Fred Reid, who both ignored the evacuation order and stayed to protect their properties, animals and livelihoods.  
BY CHRIS CZAJKOWSKI & FRED REID

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FICTION

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BY THOMAS WHARTON

ICEFIELDS

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BY MICHAEL POLLAN

THIS IS YOUR MIND ON PLANTS

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# The Goat's COVID Q&A

In December, we put a call out for questions about COVID-19. We received a number of questions, and are publishing the first two responses this week. The responses come from Qian (Vivian) Liu, an Assistant Professor at the Institute of Parasitology and member of the McGill Centre for Viral Diseases. Her research focuses on understanding the virus-host interactions during the infection and transmission of emerging zoonotic viruses (such as SARS-CoV-2).

1) What is the data regarding the ability of COVID-19 to spread between vaccinated individuals? How easily does it spread and how does it compare to unvaccinated individuals?

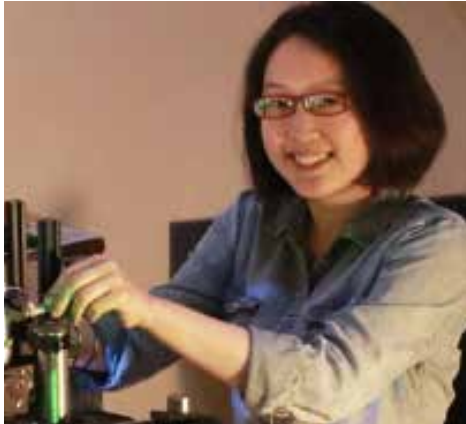
Liu: “The variants of concern can partially escape the protection generated by vaccination or infection and spread between vaccinated individuals. In general, the variants of concern, e.g. omicron can spread faster than the parental strains of sar cov 2 wuhan-hu-1. The reason is that the variants of concern can emerge because they accumulate mutations that help them to better infect cells and escape the immune response at the same time. The spread of covid between vaccinated is slower than that of the unvaccinated individuals. The immune response in vaccinated people, although sometimes compromised

towards variants of concern, still can provide some protection and kill some viruses during the transmission.”

2) There is immunity from the vaccine and natural immunity from having had the virus. What is the rationale for insisting people have two shots even if they've already had COVID?

Liu: “From the perspective of our immune system, the immune response generated by natural infection and vaccination is not of a great difference. In both cases, our immune system sees parts or whole of the pathogen (sars cov 2 virus) and makes antibodies and other immune responses against them. In this case, the vaccine can be seen as a mock virus to trick our body to generate an immune response against the real virus. So, regardless of the number of shots

or natural infection that the person has already had, one more can always boost a stronger immune response against the virus. This has been supported by a few clinical studies published in nature etc. early 2021 when the gamma variant was prevalent.”



Assistant Professor Vivian Liu

Got a question about COVID-19 viruses or policies? Let us know! 250-566-4606 or [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com).

Next week's question answered: what is the history of lockdowns and mandates in Canada (and B.C.) during the spread of contagious illnesses?



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# Valley property values... CONT'D FROM P1

Manufactured homes in McBride saw smaller changes between -5 and +5 per cent.

Dome Creek residential properties increased by 13 per cent.

Blue River does not have community-level stats, but rural properties north of Kamloops rose 30.2 per cent (single family dwellings), 12.8 per cent

(business) and 21.4 per cent (light industry).

Suburban cities east of Vancouver saw rapid gains. Some notable towns and cities that increased this year were Hope (45 per cent), Chilliwack (40 per cent), Langley (39 per cent) and Abbotsford (38 per cent).

Property assessments only lead to

higher taxation if, for example, the value of a home increases more than other similar homes, or if the mill rate (tax rate) for that property class increases relative to other property classes.

If you think a mistake has been made on your assessment you can contest the assessment by Jan 31st 2022.

Quick Facts:

The average increase in Northern BC for residential properties overall for the 2021 market (2022 roll) ranged from 5-40 per cent.

The average increase in Northern BC for single family residential homes for the 2021 market (2022 roll) was between 5-35 per cent.

The average property increase in Northern BC for manufactured homes for the 2021 market (2022 roll) varied between 0-25 per cent.

The average increase in BC as a whole for residential properties overall for the 2021 market (2022 roll) was 15-35 per cent.

The average increase in BC as a whole for single family residential homes for the 2021 market (2022 roll) was between 10-40 per cent.

The average increase in BC as a whole for manufactured homes for the 2021 market (2022 roll) was between 10-40 per cent.

Single Family Homes by Community	Assessed Value as of July 1, 2020	Assessed Value as of July 1, 2021	Change
100 Mile House	\$242,000	\$321,000	+33%
Burns Lake	\$179,000	\$218,000	+21%
Chetwynd	\$232,000	\$245,000	+6%
Dawson Creek	\$241,000	\$261,000	+8%
Fort St James	\$149,000	\$179,000	+20%
Fort St John	\$308,000	\$329,000	+7%
Fraser Lake	\$127,000	\$157,000	+23%
Granisle	\$64,000	\$73,000	+14%
Hazelton	\$122,000	\$164,000	+35%
Houston	\$167,000	\$226,000	+35%
Hudson's Hope	\$163,000	\$173,000	+6%
Kitimat	\$330,000	\$329,000	0%
Mackenzie	\$143,000	\$157,000	+10%
Masset	\$128,000	\$163,000	+27%
McBride	\$141,000	\$157,000	+11%
New Hazelton	\$122,000	\$164,000	+35%
Northern Rockies Rm	\$114,000	\$130,000	+13%
Port Clements	\$79,000	\$125,000	+58%
Port Edward	\$191,000	\$270,000	+41%
Pouce Coupe	\$168,000	\$204,000	+9%
Prince George	\$333,000	\$401,000	+20%
Prince Rupert	\$296,000	\$389,000	+31%
Queen Charlotte	\$235,000	\$300,000	+28%
Quesnel	\$223,000	\$294,000	+32%
Smithers	\$362,000	\$436,000	+21%
Stewart	\$109,000	\$122,000	+12%
Taylor	\$213,000	\$206,000	-4%
Telkwa	\$332,000	\$416,000	+25%
Terrace	\$375,000	\$440,000	+17%
Tumbler Ridge	\$132,000	\$145,000	+10%
Valemount	\$236,000	\$268,000	+14%
Vanderhoof	\$239,000	\$280,000	+17%
Wells	\$100,000	\$141,000	+40%
Williams Lake	\$266,000	\$342,000	+29%



Drivers on the road to Prince George early December 19, 2021 were treated to a big bright full moon along with pink & blue cotton candy sky. It was a lovely sight. /SANDRA JAMES

# Editorial



## After the pipeline

By LAURA KEIL, PUBLISHER/EDITOR

I've had some conversations lately about what life will be like "after the pipeline"—once the 1400 or so pipeline workers split town and we're back to so-called "normal." The conversation usually centres on two issues—the economy and housing.

Obviously the economy will take a hit. With so many more permanent residents here while the pipeline work occurs we're going to notice fewer consumers. But the housing side of things is more complex.

While a dramatic number of new tenants have been absorbed into Valemount during the pipeline work, those pipeliners have been able to pay huge sums for homes or even just rooms. So available supply has gone up, since more people are willing to rent their private spaces due to the higher price, and since the tenants typically work 12 hours a day, six days a week and are seldom home. Once the pipeline work ends, tenants seeking homes won't be the ones with \$2,000/month live-out allowances. So chances are a lot of the existing supply will dry up as people take back their rooms or rentals for personal use.

So we'll be back to "normal." But what was normal before the pipeline? Does anyone remember?

Here's a refresher that should make everyone concerned about the state of housing in Valemount. Things were bad even before the

first pipeliner arrived in town. Some of this had to do with resort speculation, but that speculation is still with us today.

The first day we posted our house for rent in 2016 we had three people contact us urgently seeking housing for either their families or their employees.

The Valemount Affordable Rentals Society (VARS) was hatched the following year and got to work on a 13-unit apartment which has now opened.

Up to 95 households in Valemount—one in five households—were facing housing affordability issues as far back as 2011. A Village housing study completed in early 2016 analyzed 2011 statistical data for the area and found 60 households were in "core housing need," meaning they spent between 30 and 49 per cent of their income on housing, and 35 were in "severe housing need," spending 50 per cent or more on housing, which put them at risk of homelessness. Fifty homes (10.5 per cent) were in need of major repairs, above the provincial average.

According to a Goat article in early 2016, affordable housing advocate Rashmi Narayan said there were minimal rentals or housing options available for single people and young families even before the ski hill announcement.

Now is not the time to be complacent about housing. Without more rentals and affordable homes, stores will have fewer customers and businesses will continue to struggle to attract employees to town. It will put the economy in a vice grip. And we all know that's the other challenge we're about to face.



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# Letters/Op-Ed

We welcome all letters to the editor  
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## About Letters to the Editor

The Goat welcomes all letters to the editor and values diverse opinions in our newspaper. Letters should address something that appeared in the newspaper or a current event.

Recommended letter length is 400 words or less due to space constraints. Longer letters may be rejected or the author asked to reduce the length. The Goat formats letters and grammar according to Canadian Press style. No substantive changes are made without the author's approval. All letters are fact-checked and reviewed for clarity and libel. Letters must be submitted with a phone number for verification purposes and the location of the author, but only the name of the author and the city/town will be published. We do not publish anonymous letters. Write to us! goatnewspaper@gmail.com



## Inventing gods

I suggest it is only because humans are so unruly, angry, and judgmental of each other, that so many are willing to place faith in the existence of a “judgmental” god. As the Roman historian Polybius once said, “Since the masses of the people are inconstant, full of unruly desires, passionate, and reckless of consequences, they must be filled with fears to keep them in order. The ancients did well, therefore, to invent gods, and the belief in punishment after death.”

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# Global Thoughts

BY GWYNNE DYER

## The Industrialisation of Space

It will be a bumper year for big space launches to the Moon, Mars, and asteroids, including many manned flights, but the real shocker is the number of satellites and spaceships being launched by private companies.

Never mind Elon Musk's twelve-thousand-small-satellite Starlink programme, which is already becoming a traffic hazard after only 1,892 satellites have been launched, sixty at a time. (The Chinese have lodged a complaint.) There are 39 other companies in eleven different countries whose vehicles are scheduled to make their maiden flights this year.

There's 'Blue Whale 1' from Perigee Aerospace in South Korea, 'Agnibaan' from AgniKul Cosmos in India, and 'RFA One' from Rocket Factory Augsburg in Germany. Not to mention 'Hyperbola-2' from i-Space in China,

'Eris' from Gilmour Space Technologies in Australia, and 'Terran 1' from Relativity Space in the United States.

It's like 1910, when there were hundreds of start-up car manufacturers in the world. 'Blue Whale 1' is a two-stage, two-tonne rocket that can put a 50-kg. satellite into a 500-km.-high Sun-synchronous orbit (useful for imaging, weather and spy satellites). Perigee plans to launch up to forty Blue Whale 1 rockets a year from an Australian site at \$2 million each.

But the four really heavy lifters are all American, and all are attempting first flights this year. Blue Origin' is designed to deliver 45 tonnes to low Earth orbit (LEO), but only the first stage is reusable. 'Vulcan-Centaur', mostly for military use, lifts 27 tonnes into LEO and 12 tonnes to a lunar transfer orbit. The upper stage is the

latest iteration of a seven-decades-old design.

Space Launch System (SLS) is NASA's own new heavy lifter. It will ultimately be able to deliver 95 tonnes to LEO and 27 tonnes to a lunar transfer orbit, and it's the space agency's preferred vehicle for flights to the Moon and Mars. First flight no earlier than March, but once again we're dealing with an 'expendable' rocket. An expensive way to travel.

The star of the show, without a doubt, is Elon Musk's Starship, whose first flight is still tentatively scheduled for this month.

It may well crash and burn – most of his maiden flights do – but that's the way he works, and he plans at least a dozen more launches this year. If there are bugs in the newly celebrated marriage of the super-heavy launch vehicle and the passenger- and cargo-carrying Starship proper, he'll weed them out in the end.

Starship is the real thing: room for a hundred people or a thousand cubic metres of cargo. Both parts are reusable, and the Starship can refuel in orbit. It will land on the Moon, and eventually on Mars. It will be, as Musk said, “a generalized transport mechanism for the greater solar system.”

All of these advances, with the probable exception of Musk's favourite child, will be overshadowed by the various space exploration spectacles coming up this year. But the real news is that after marking time for fifty years, we are actually off the planet at last.

Cargo to orbit now costs a large but attainable amount, and Earth orbit and the surface of the Moon will begin to accumulate a human population. (A thousand people in fifteen years?) Mars will take a little longer, probably, but we're on our way.

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



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The sun cut through the bitter cold and cast a serene golden glow across the snow covered and frozen fields along Jervis Rd. /SANDRA JAMES

**Village of Valemount**  
**Notice of Public Hearing**

Please Take Notice that a Public Hearing for Temporary Use Permit TUP-21-09 will be held:

When: Tuesday, January 25, 2022 at 7:00 pm

Where: This Public Hearing will be live streamed over YouTube on the "Villa Valemount" YouTube channel. No in person attendance is permitted at this time.

To COMMENT during the Public Hearing through YouTube, use the chat function below the video live stream. You will need an account to comment.

### 1. Temporary Use Permit 21-09

Proposes 1 recreational vehicle to be used as a residence for a period of 2 years.

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At the Public Hearing, anyone who deems their interest in land to be affected by the proposed Temporary Use Permit TUP-21-09 shall be given a reasonable opportunity to be heard. You may provide comments through the chat function of the YouTube Live Stream, provide written submissions by email to [publichearing@valemount.ca](mailto:publichearing@valemount.ca), or via letter to the Village of Valemount. Written submissions will be accepted until **12:00 pm on January 25, 2022**.

Cont.

All correspondence and materials submitted in response to this Notice will form part of a public record. All written submissions and You Tube chat comments must state your name and area of residence. Anonymous submissions will not be accepted. The author's phone number and email are not relevant and should not be included in the correspondence if the author does not wish this personal information to be disclosed.

A digital copy of TUP-21-09 is available at [www.valemount.ca](http://www.valemount.ca). Paper copies will be available for viewing during regular office hours (Mon. – Fri. 8:30 am – 12:30 pm, 1:30 pm – 4:30 pm), until January 25, 2022 at the Village Office, 735 Cranberry Lake Road. At this time, please call the Village Office to make an appointment to view paper copies.

**Notice Disposition of Land:**  
**Robson Valley Community Services**

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease to **Robson Valley Community Services**.

The building is situated at Lot 9, District Lot 7354, Cariboo District Plan 21237 (99 Gorse Street) and comprising of office space on second floor, for a term of 11 months, from February 1, 2022 to December 31, 2022. The annual rental fee for the space is as follows:

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For more information please contact:

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Visit [www.valemount.ca](http://www.valemount.ca) for more information on accessing the municipal office, meetings, and payment options.



All 2022 business and dog licenses are now due. Please ensure that you have obtained your licenses by January 31, 2022.



# Wreath-o-rama wraps up another year

By ANDREA ARNOLD

Residents of Tete Juane once again brightened up their small community by installing wreaths or other festive displays at the end of their driveways. Many of these had Christmas lights, some were traditional wreaths, and others showed an extra level of creativity. Toni Cinnamon won a gift basket for her two-part display. Each year, a senior member of the community is selected to judge the entries. This year Francis Blackman had the honour, and had difficult job of making the selection. Each participant received a laser-cut wooden ornament that says “Tete Jaune Wreathorama 2021 - We are all winners,” and a small bag of treats.



The two-part display of wreath and old stove at Terry and Antoniette Cinnamon’s, wished passers-by a “Merry Christmas.” It was the winning entry in this year’s Tete Jaune Wreath-o-Rama. /ANDREA ARNOLD



The extra snow added a festive feel to the wagon wheel and wooden tree at the end of Joel, Emeila, Ken & Tamara Cinnamon’s property. /ANDREA ARNOLD



Frosty is loving the recent snow accumulation as he heads down the sign post marking the Amann’s driveway. / ANDREA ARNOLD



The rustic and welcoming wreath over the Myram driveway was a unique spin on the traditional. /ANDREA ARNOLD



This hungry pileated woodpecker worked hard to chisel hibernating carpenter ants out of this balsam tree for its meal. /LEON LORENZ



# Public works explains Main Street's snow berm removal delay

By Andrea Arnold

Those traveling the streets of McBride the last several weeks were greeted with a snow berm down the middle of Main Street. McBride Public Works Operations Manager John Peterson says several heavy snowfalls followed by the extreme cold weather hindered their ability to completely clear the street.

“The cold is extremely hard on the equipment, especially the older equipment,” said Peterson. “If another big storm was in the forecast, we would have moved it sooner.”

The snow berm was removed at each of the intersections along Main Street, allowing for continuous access to other village streets. As soon as temperatures warmed up to -20C, crews were hard at work to clear the piles.

“It took 20 hours for three dump trucks and one loader to move the snow,” he said.

With more snow in the forecast, the Village recently sent out a letter to businesses and residences along Main Street outlining the snow and ice policy regulations. The letter states that between 4:00am - 8:00am (between October 15 - April 15), during a snow event, no parking is permitted on Main Street to allow for timely clearing. According to bylaw PW-01.2, a snow event occurs when there is 5cm accumulation on Main street. For all other routes within the community, 10 cm is considered a snow event.

Signs reminding members of the public of the parking regulations have been ordered and will be installed once they arrive.

The Village hopes that the letters and signage will improve the efficiency and quality of snow removal on Main Street.



McBride Public Works crews had their work cut out for them after the recent heavy snowfall and low temperatures. Crews cleared parking and street access but were unable to remove the snow altogether until temperatures eased. / ANDREA ARNOLD

# Missing hydro pole from Interior travels down three rivers to Tsawwassen

Submitted by BC Hydro

A BC Hydro pole originally located next to the Nicola River has been found hundreds of kilometres away in Boundary Bay after being washed away in flooding along Highway 8 in November.

On November 14 and 15, the region was impacted by a significant weather system that brought relentless rain and heavy flooding. The weather destroyed a large section of Highway 8 between Merritt and Spences Bridge, and BC Hydro lost 87 power poles and 14 transformers along the route.

On Christmas Day, a BC Hydro employee was out for a walk along the 12th Avenue dyke in Tsawwassen when they recognized a marked pole washed up along the rocks. BC Hydro verified that the pole was installed in 2010 in the Shackan community along Highway 8 and has been missing since the storm in November.

“The pole would’ve made the epic journey down the Nicola River, past Spences Bridge, into the Thompson River, down the Fraser River and into the Pacific Ocean (Strait of Georgia) before floating around past Tsawwassen and Point Roberts and finally into Boundary Bay” says Kyle Donaldson, BC Hydro spokesperson. “The pole itself is broken. And for it to have travelled the way it did, speaks to the severity of this flooding event.”

There are more than 60 poles that are unaccounted for from the Highway 8 corridor. 50 customers remain without power in Merritt and the surrounding areas, down from 289 on December 6. All of the remaining restorations require extensive reconstruction of Highway 8 and then large-scale rebuilds of distribution lines in new locations. BC Hydro estimates this ongoing work will continue well into the spring or early summer.

COVID-19 IN BC

# Omicron is a super spreader.

The COVID-19 Omicron variant is highly contagious and spreading rapidly in communities across BC. Everyone 18+ will be invited to get their booster shot six months after their second dose. Keep doing your part to help protect yourself and the people around you from getting seriously ill.



Get your booster



Stay home if you're sick



Get your kids vaccinated

Learn more at [gov.bc.ca/covid-19](#)





HEALTH CORNER

Let’s talk about incontinence

With Vanessa McGibbon PT

Hey ladies. I want to bring up a topic that affects 1/4 women overall, and up to 75 per cent of women over the age of 65— incontinence (urine leakage). Do you leak when you cough, sneeze, or jump? Do you have a growing fear of trampolines? Do you get a sudden, maybe uncontrollable urge to urinate as soon as you put your keys in the door? Well I’m here to tell you all of this is treatable and nothing that you have to live with. These issues are probably not something you bring up at the dinner table, and so women needlessly suffer for years or decades, when there is often an easy fix.

I am trained in Pelvic Floor Physiotherapy. I have extra training to be able to talk about the muscle group \*down there\*, as well as

what problems can arise when it’s not up to snuff. Maybe you know what a kegel is? That is a contraction of your pelvic floor. Women and men can experience things like pelvic pain (vaginismus, vulvodynia, vestibulodynia, dyspareunia), incontinence (stress, urge, or mixed, urinary or fecal) for a multitude of reasons, but whatever the cause I want you to know that there are non-surgical treatment options for them. We’ll chat about incontinence today, but if you have pain with intercourse, are worried about a prolapse, or any other issues in your nether regions, please come seek guidance.

Stress vs. Urge Incontinence  
Stress incontinence is leakage that occurs with physical movement, or activity that puts pressure on your bladder. It may happen when you cough, sneeze, jump,

or run. Your pelvic floor helps accept the force of these activities as it sits underneath your bladder. Your breathing pattern influences the effect of activity on your floor as well, as breath holding will increase pressure. If you’ve just had a baby, then your pelvic floor might be pretty tired from all the work and possible trauma it’s just been through. Stress incontinence is normal for about a month post-pregnancy, however past that therapy can correct what’s left. The treatment of stress incontinence is about building strength of this area, releasing resting tension if there is any, as well as retraining the motor pattern (you can google “the Knack pelvic floor” for free videos).

Urge incontinence is the sudden urge to urinate with involuntary loss of urine. I do

treat people that have the urge symptom without true incontinence afterwards, as it can still be a really debilitating symptom. I compare your bladder function to training a dog – if your dog wants to go for a walk, you should be able to finish whatever you’re doing and take it out 10 minutes later. If your dog (or bladder) is running the show, then it needs to be retrained. The treatment for this is largely education based – understand that you do not have a “small bladder” just because you’ve had a baby. The easiest piece of advice I can give everyone is DON’T do just-in-case pees— only go when you need to, and don’t go in a rush.



If any of the content from the above article resonated with you or you have questions, book an assessment with Jasper Physiotherapy & Health Centre at the Valemount location. Vanessa operates out of the Valemount Health Centre, seeing patients in a private room and walking them through a personalized treatment plan. You will not need a lot of sessions in order to get this under control.



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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.

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

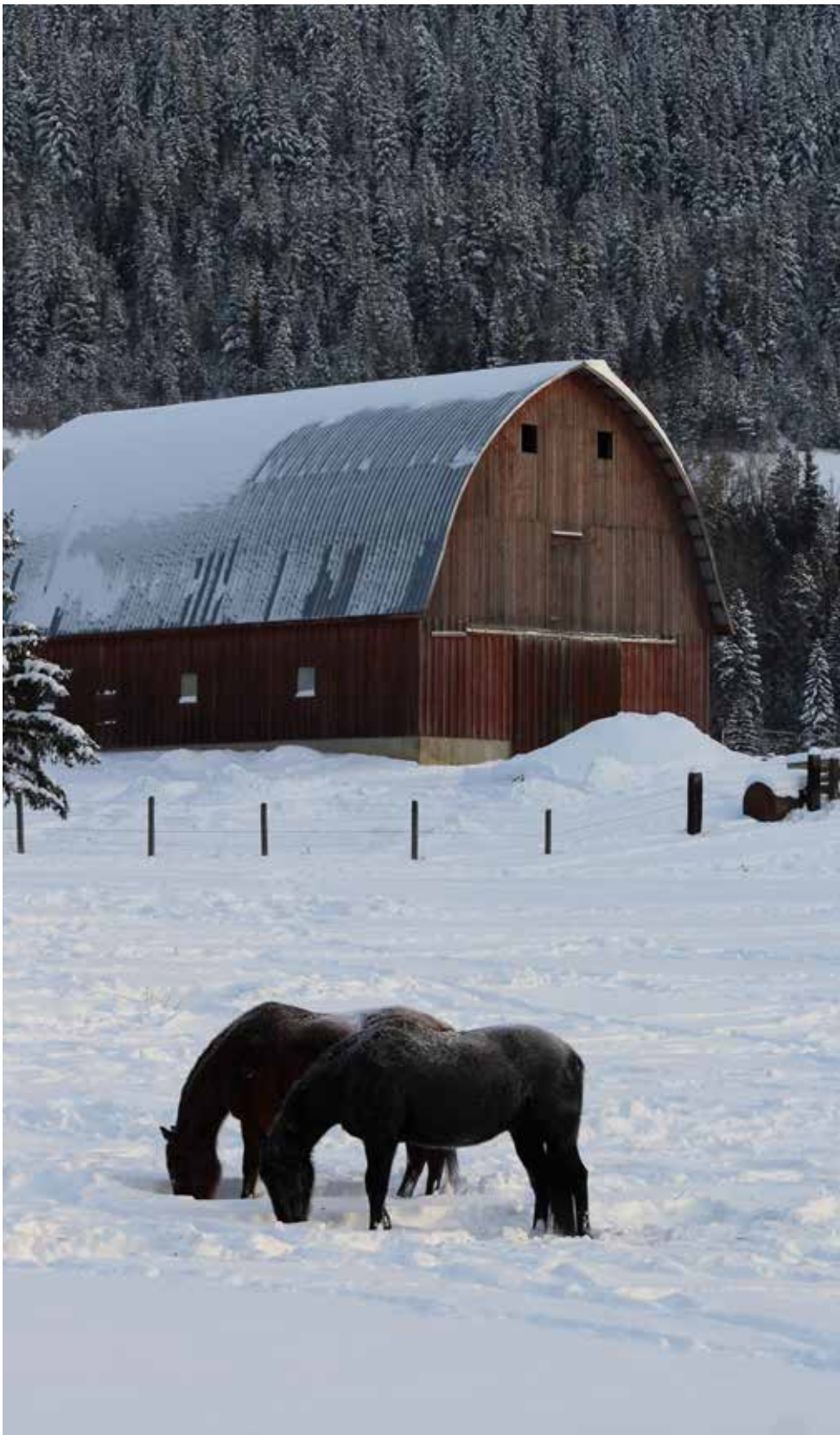
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-30C didn't seem to phase these horses as they dug in the fresh snow. /SANDRA JAMES

FROM LORNE'S DESK

# Choosing your rep in health matters a wise choice

By Lorne Welwood

“I don’t want to be a burden on anyone” is something I am sure we all hear, especially from seniors.

In this article I will discuss the role and importance of having a Representation Agreement [Note: This is in addition to naming either a trust company or other person as the attorney in an Enduring Power of Attorney for financial and legal matters].

Older individuals who have not appointed a “Representative” for health and personal care because of ‘not wanting to burden anyone,’ instead of actually being helpful or considerate, cause the opposite. Without having someone named, physicians, hospitals and care homes may be put in a very difficult position. Friends or family who may present themselves as ‘wanting to help’ actually have no legal authority to do so and are not able to make personal care decisions on your behalf, should you no longer be deemed ‘capable.’ The role of the Representative is a very important one as this is the individual who makes health and care decisions on your behalf when you are no longer capable to do so for yourself.

Individuals have the right to appoint a Representative pursuant to the Representation Agreement Act. If you have not done that and become incapable, someone you have not chosen may need to apply to the court to be appointed as your “Committee” (guardian) with much delay and expense pursuant to the Patients Property Act. Alternatively, a Temporary Decision Maker may be appointed for you under the Health Care Consent and Care Facility Admission Act and Health Care Consent Regulation.

Most commonly, people choose their spouse and/or an adult child as their Representative, but some do not have family close enough geographically or personally for this to be their preferred option. For single and childless people, this can make it difficult, but I suggest that naming a willing friend or neighbour is better than leaving it up to unknown persons when you are no longer capable. You can appoint more than one representative either to act jointly or with the second one as an alternate if the first one resigns or is unable to continue. You may not appoint a paid caregiver as your representative as (I suppose) there is a conflict of interest or potential for undue influence.

The complexities and interactions of various pieces of relevant BC legislation is beyond the scope of this article, so I recommend those who may need help with this get legal advice.

*Lorne Welwood grew up in McBride, practiced 15 years as a lawyer in Prince George and 35+ in Abbotsford. Using technology, Lorne can remotely provide legal services to residents of the Robson Valley.*



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## New Hours

Several places around the valley have changed their hours recently. Below are some of the updated hours.

Valemount IGA is now open at 8:00 a.m. closing at 8:00 p.m.

Due to the Omicron variant, for the remainder of January 2022, Village of Valemount has closed the municipal office to the general public. Council and committee meetings will return to a virtual setting. Staff are encouraged to work-from-home, and essential in-person engagement with staff will be by appointment only. Mayor Owen Torgerson says they will re-assess on Feb. 1st. “We encourage everyone to use utmost diligence and layers of protection to limit the spread,” Torgerson said. “BC-wide and more specific Northern Health Authority restrictions remain in place.”

- Caribou Grill is closed Tuesday and Wednesday.
- Driftwood Gallery: Weekends or by appointment.
- Sass Studios Inc. Wednesdays 10-6, Thursdays & Fridays 11-8, Saturdays 10-6, Sundays 12-4.
- Wahoo Enterprises Tuesday to Saturday 10:00 a.m. to 4:00 p.m.
- The Rocky Mountain Goat (newspaper & bookshop) is now open 3:00 to 5:00 p.m. on Tuesday and 9:00 a.m. to 5:00 p.m. on Wednesday.
- Gigglin Grizzly Pub — open at 4:00 pm Thursday to Sunday
- Emerald Earth Organic Spa available by appointment only. Book online.



Robson Valley IDA (Located at McBride hospital) is now open 9am-12pm and 1pm-4pm Monday-Friday (except stat holidays).



## Warrior Moon Squares

### Pluto

When the world opens wide to us, it doesn't mean we should have a little of everything. This week, the wise will be self-limiting. Life is a buffet that features your favorites. So choose only those two or three items -- it will be enough -- and think of the rest as a lovely backdrop. It's not deprivation. It's freedom to concentrate fully on your top priorities, which will feel wholesome and heavenly indeed.

**ARIES** (March 21-April 19). All animals have territorial zones, and you're an animal, too. If someone comes unexpectedly into your territory, it's only natural to bristle. You'll try not to cross the boundary lines of others, and you'll be assertive when it comes to defending your own. Some won't understand where the lines are until you tell them.

**TAURUS** (April 20-May 20).

You're clever and will figure out what needs to happen to get what you want. That's the easy part. The hard part is figuring out the best thing to want. Pose this question inwardly. Ask your better angels to chime in. Ask for a vision. Watch the movie of your most hopeful future in your mind.

**GEMINI** (May 21-June 21). You really don't care what a certain person does or doesn't do regarding you, which is precisely how you maintain your power. To worry about your status in other people's minds takes too much energy and would only steal focus from the very goals and intentions that make you so attractive.

**CANCER** (June 22-July 22). The people around you were taught differently from the way you were. They'll try to solve the problem with methods foreign to



you while you watch in agitation, suspecting your way would have worked much better. Your restraint is the stuff of saints and scientists, lifelong learners and unconditional lovers.

**LEO** (July 23-Aug. 22). Just because a thing has no intrinsic value doesn't mean

it's without great value entirely. You have your eye on an emblem of prestige or symbol of status, and there's no need to feel the least bit silly about this aim. It matters in some way beyond what you can put into words, and not only to you.

**VIRGO** (Aug. 23-Sept. 22). Those who use bad manners to get what they want may not be bad people, rather just ill-informed or wrongly taught. Good manners are easy to learn and will bond people much more quickly. You'll learn how to ingratiate yourself, get what you want out of a situation and simultaneously grow your social equity.

**LIBRA** (Sept. 23-Oct. 23). You're very persuasive when you apply yourself. Of course, asking for what you want is a risk, and often an awkward one. This week, the awkwardness can work for you. Your vulnerability shows courage and makes you relatable. So, just ask. You'll either learn from it or you'll get exactly what you ask for.

**SCORPIO** (Oct. 24-Nov. 21). You have a good sense for choosing people and should trust your natural leanings this week. When

you're not having any, try posing questions to yourself as prompts. For instance: If love were medicine, whose do you think would hold the best healing potential for you?

**SAGITTARIUS** (Nov. 22-Dec. 21). Long ago, you set yourself up for good fortune then forgot about it. Now it's like you're finding money at the bottom of your sock drawer -- a fun gift from your past self that you can really use now. Pay it forward by doing something that will be helpful, delightful or whimsical to your future self.

**CAPRICORN** (Dec. 22-Jan. 19). You are an artist even when you don't mean to be. You've a certain way of seeing things, and as you move toward that vision, others will see what you do whether you intend them to or not. Knowing your vision will be shared makes you want to bring more hope and happiness to your experience.

**AQUARIUS** (Jan. 20-Feb. 18). You'll take social risks in the name of fun, novelty, art and adventure. If rejected, you'll quickly move on. This is why you succeed with people; you find the right ones for your brand of daring. Those who mind don't matter, and those who matter don't mind.

**PISCES** (Feb. 19-March 20). Trust is not a legality -- it's a feeling. And like most feelings, it's not always based on logic. Regardless of what the contract says or what arrangement was originally made, people are deciding moment to moment what to trust in the situation. Ever-aware of this, you'll build something very special.

**THIS WEEK'S BIRTHDAYS:** The main thrust is an invigorating kind of good fortune, the sort that strikes a match to set the status quo ablaze. The job you're doing doesn't suit you perfectly now, but next month, you'll get the professional validation you've been craving. You'll stop striving and start belonging. Lifestyle improvements come easily to you in March.

Write Holiday Mathis at [HolidayMathis.com](http://HolidayMathis.com).  
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## SUDOKU

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

### 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			
17					18					19			
20					21				22				
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	25	26	27				28	29					
30					31	32			33		34	35	36
37					38				39				
40						41				42			
				43		44			45	46			
	47	48						49					
	50					51	52				53	54	55
56											57		
58						59							
60					61				62				
63											64		65

## THE TOUGHIE

by Myles Mellor

Answers on P13

### Across

- At the home of
- Bound
- Old-timer
- Boat overhaul
- Workplace safety org.
- Oscar winner Paquin
- Prudential competitor
- Explosive, when split
- Neeson of "Kinsey"
- Wasp colors
- Printers' widths
- Common to Nittany and Detroit
- Aquarium fish
- "Matrix" actor Reeves
- Bond opponent

- Camping need
- French story
- Flag colors
- Like some questions
- Level to the ground
- Have glad eyes for
- Quoted
- Qatar coin
- Trunks
- Hall of Fame outfielder
- Roush
- Cloud colors
- Part of a website
- FDA part
- "Venice of the East"
- Fashion designer

- Connecticut university
- Like a lion or horse
- Amperсандs
- Building additions
- Koppel and Nugent

### Down

- Kvetch
- Part of a shoe
- Trade agreement
- Brass component
- Mortgages, for example
- Cornerstone abbr.
- Sailor's call

- Anderson on "Baywatch"
- Pete Wentz's band
- Vegetable that makes you cry
- Nibbles
- Thanksgiving side dish
- Selfish sort
- Violin maker, Nicolo
- Stood along a street, for example
- Certain surgeon's "patient"
- Heels
- Street announcers
- Work with the hands

- J.F.K. postings
- Juiceless
- Raison d' \_\_\_\_
- Lake organism
- Deceive
- Shoe box marking
- Mechanically lift
- The out crowd
- 60s fashion
- Expression
- Singer Shania
- 1977 George Burns/John Denver film
- Margins
- Uzbek sea
- Zero

- Future J.D.'s hurdle
- Wind instrument
- Squeezed
- Physics units
- Handheld device

Answers on P13

## CROSSWORD

1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
			17	18					19		
20	21					22	23				
24				25	26				27	28	29
30				31					32		
				33					34		
35	36	37			38	39	40				
41				42					43	44	45
46				47					48		
49				50					51		



Answers on P13

### Across

- Try the slopes
- Locked up
- Type of zone or table
- Lapel insert
- Sherlock Holmes item
- Split -- soup
- Connector
- Living thing
- Further away
- Congress output
- What a raised hand may signal
- Cell-phone program
- Sway
- He does give a hoot
- "Let's do it!"
- Shooting script
- That lady's pronoun
- Have an itch for
- Bangkok cuisine
- Finished off
- Trophies in a tournament, informally
- Highway sign
- "Fire!" preceder
- It's been \_\_\_\_!
- Cousin of a caribou
- Be plucky
- Accommodate
- Like some grins

### Down

- Curative waters locale
- Many wedding guests
- Not al fresco
- Place
- Give employment to
- Better
- Chinese restaurant beverage
- Awe-inspiring production
- Place for brooding
- Creek blockers
- Brief sleep
- Raises, as the ante
- Work under cover, in a way
- First stroke setting
- Paper Mate product
- Get something out of
- Land amount
- Juicy fruits
- Take home a trophy
- Car salesman's milieu
- Breathless wonder
- Masked
- "How about \_\_\_\_?"
- Rogaine user's desire
- The Cadets, in college sports
- Two-dimensional space
- Measure of knowledge
- Took place
- "\_\_\_\_ Shook Up," Presley hit
- \_\_\_\_ dive



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**Ph/Text (250) 569-7812**



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**PHOTOS & DETAILS**  
**www.rusticluxury.ca** **Call 250-566-1323**

PUZZLE ANSWERS

SUDOKU ANSWERS

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

CROSSWORD ANSWERS

1	S	K	I	5	H	U	7	8	E	N	D
11	P	I	N	15	P	I	P	E	A		
14	A	N	D	15	O	R	G	A	N	I	S
17	O	U	T	18	E	R	19	A	C	T	S
20	S	T	O	21	P		22	P	P		
24	P	E	R	25	U	A	D	E	27	W	L
30	Y	E	S	31	S	C	E	N	A	R	I
33	H	E	R	34	W	A	N	T			
35	T	H	A	36	E	A	T	E	N		
41	H	A	R	42	D	W	A	R	E	43	A
46	A	I	M	47	A	G	E	S	48	E	L
49	T	R	Y	50	S	E	A	T	51	S	L

TOUGHIE ANSWERS

1	C	H	E	2	L	E	A	3	P	4	F	O	5	G	6	Y
7	R	E	F	8	I	T	9	O	S	H	A	11	A	N	N	A
12	A	E	T	13	N	A	14	A	T	O	M	15	L	I	A	M
16	B	L	A	17	C	K	18	A	N	D	19	Y	E	L	L	O
20				21	E	M	S	22	L	I	O	N	S			
23	T	E	T	24	R	A	25	K	E	A	N	U				
26	D	R	N	27	O	T	28	E	N	T	29	E	T	A	G	E
30	R	E	D	31	W	H	32	I	T	E	A	N	D	B	L	U
33	Y	E	S	34	N	O	35	R	A	S	36	E	O	G	L	E
37				38	C	I	39	T	E	O	40	R	I	Y	A	L
41	T	O	R	42	S	I	43	E	D	D						
44	W	H	I	45	T	E	46	A	N	D	47	S	I	48	L	V
49	P	A	G	50	E	D	51	R	U	G	52	O	S	A	K	A
53	D	I	O	54	R	55	V	A	L	E	56	M	A	N	E	D
57	A	N	D	58	S	59	E	L	L	S	60	E	T	E	D	S

SELLING SOMETHING? ANYTHING?

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INTEGRITY POST FRAME BUILDINGS since 2008. Built with concrete posts. Barns, shops, riding arenas, machine sheds and more. Adam.s@integritybuilt.com. 1-250-351-5374. www.integritybuilt.com

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Call 250-862-8340 or 250-566-1017.

LAND FOR SALE

Approx 20-acre homestead between Blue River and Clearwater. Cabin, tool shed, hay and barn shed. 5-acre hay field, two water rights. 8 miles to nearest house. Very private. Peaceful and quiet. A deal at \$184,900! Lots of pictures, will meet.  
Call John 604-530-9295 or Paul 250-678-5300.

DOGS FOR SALE

**PUREBRED GERMAN SHEPHERD DOGS**, world-class, for sale. For protection, work and family, stunning dogs from champion lines. Sturdy, large head, gorgeous red/black; intelligent, eager to learn and please. Registered breeders with long experience, offering continuous support.  
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under 20 words	..... \$8/week
under 40 words	..... \$10/week
box classified (<40 words)	... \$25/week
'Guaranteed to Sell'	.....\$40/3months (<40 words)



ROBSON VALLEY

Community Events

Send us your event to [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com) or call 250-566-4606. Use 40 WORDS or less and we will publish it FREE up to a month before

VALEMOUNT

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 at RVCS unless otherwise stated below (99 Gorse St).! Call Hannah 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) to join.  
January 17 - Tumble time  
January 24 - Family skate at the Rec Centre  
January 31 - Music Making

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 at RVCS unless otherwise stated below (99 Gorse St). Call Shae 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) to join.  
January 17 - Foot Care Discussion with Brenda  
January 24 - Gentle Chair Yoga with Donalda  
January 31 - Zentagles with Carol

THURS JAN 13th **Winter Wonderland** - Outdoor program for Children 5-9 years on Jan 13, 20,, 27 & Feb 3 from 3:30-5:30pmin Valemount (99 Gorse St). Join us for a four-week program, where we will learn new winter skills like shelter building, playing with snow, snowshoeing and so much more.

TUES JAN 25 **Seniors Tech Café** from 2pm - 4pm join us for Seniors Tech Café, where you will receive one-on-one support with your basic technological needs. Bring your devices for assistance! Please call Shae 250-566-9107 to join or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

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.

**Valemount Curling Club Drop in and League Curling** Tuesdays 7pm-10pm, Fridays and Saturdays 5pm-10pm, and Sundays 11am-4pm. Proof of Vaccination required

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 at RVCS unless otherwise stated below (942 3rd ave). Call Charlene 250-569-2266 to join.  
January 17 - Tobogganing at Johnsons Pit & Winnie the Pooh Day activity book  
January 24 - Skating at the Crescent & Family Literacy Day activity book  
January 31 - Tobogganing and snowshoeing at Johnsons Pit

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 at RVCS unless otherwise stated below (942 3rd ave). Call Sandy 250-569-2266 to join.  
January 19 - Painting with Jessica  
January 26 - Soup & Bun

THURS JAN 20 **Clay Play Workshop**, an art workshop series where kids express themselves with clay on January 20th (5-6pm meet & greet), 27th, February 3rd & 10th from 4:00-5:30pm in McBride for 7-12 year olds. Please call Jessica at 250-569-2266 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) to join.

REGIONAL DISTRICT  
of Fraser-Fort George

NOTICE OF MEETING

The Regional District of Fraser-Fort George Board of Directors will commence 2022 budget deliberations at 1:00 p.m., Wednesday, January 19, 2022. The Committee of the Whole agenda containing budget matters will be available at [www.rdffg.bc.ca](http://www.rdffg.bc.ca) beginning on January 13, 2022. Individuals or organizations who wish to provide comment on Regional District budget matters may do so as follows:

- by commenting by email to [budget@rdffg.bc.ca](mailto:budget@rdffg.bc.ca)
- by commenting thru the Regional District's Facebook page
- by commenting thru Twitter using the hashtag #RDFFGbudget.

K. Jensen  
General Manager of Legislative and Corporate Services

REGIONAL DISTRICT  
of Fraser-Fort George  
Main Office: 155 George Street, Prince George, BC V2L 1P9  
T: 250-560-4430 TF: 1-800-867-1888 F: 250-563-7520 [www.rdffg.bc.ca](http://www.rdffg.bc.ca)



*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.*

## Gardening with Pete

## A variety of honeysuckles

As a child in Nova Scotia, I can remember being fascinated by the humming-birds sipping the nectar from the trumpet like flowers of my Mom’s honeysuckle vine. The bright orange/scarlet/yellow flowers covered a trellis on the front verandah of our home. Ever since that time, a honeysuckle or two have always been a part of my gardens.

The old reliable one that my Mom grew and that I still have against a small cabin on my property is the “Dropmore Scarlet”. It is reliable and very hardy for this area and with a bit of pruning and feeding it just produces masses of blooms year after year.

My second variety is an unknown variety that I got from Liz Norwell/McKirdy from Valemount a few years back and it is a cream/pink blossom with the most wonderful scent of mild cinnamon when it blooms. It is planted at the corner of my workshop and one of the vines has made its way through a crack between the boards and grows along the inside of the window above my workbench where it blooms a week or so

ahead of the rest of the vine. Where else would you find natural air fresheners in a workshop?

Another one that is hardy for this area is one that was developed at the UBC Botanical Garden. It is rated for Zone 4 but has done really well in Zone 3 for years. It is called “Mandarin” and has bright green or bronze leaves with orange/rust/yellow flowers. The only problem with “mandarin” is its lack of scent but the humming-birds love it anyway.

Honeysuckle was imported to North America from Japan over 100 years ago. In Japan it was used to make a tea-like drink. The name honeysuckle was a term of affection and endearment in Victorian times.

If you have patience and want to save the cost of buying plants, you can take cuttings of semi-hardwood in summer or of hardwood in the fall and plant them in a propagation bed over the winter. A really successful way of propagating cuttings is to scrape the bark off one side of a shoot near ground level and bury



the scraped part just under the soil. It can be held down with a wire staple and the tip bent up so it is above ground. By the following spring, the roots will be developed and the new shoot can be cut away from the mother plant.

The vines will grow up to 18 feet (6M) and should have a trellis or other support on which to grow. It will do just fine in partial shade or in full sun, as long as the root is in a cool or shaded spot. If you want to plant on a southern exposure, it is wise to plant a perennial or shrub in front of the vine to keep the roots cooler. The honeysuckle does well in average

well-drained soil. If you are planting a potted cutting, dig a hole about 18”deep (45cm) and add some old compost or well-rotted manure at planting time. This will get the vine off to a good start. It can be pruned anytime between October and April to keep it from becoming overgrown. Clipping off some of the older vines on a regular basis will encourage new and more vigorous growth with more flowers. With regular watering and a little added compost and old manure each Spring you will be rewarded with beautiful flowers and visiting humming-birds for years.



IN LOVING MEMORY OF

*Sharon Hawkins*

April 29, 1936 – December 30, 2021



It is with heavy hearts we announce the passing of Sharon Lauren Hawkins. She passed away at the age of 85 years old. Sharon was predeceased by her husband Ronald Hawkins. Sharon is survived by her sons Doug (Shelly) and Neil (Anne) and daughter Cathy (Bruce), brothers Ed Ward (Karen) and Russ Ward (Darlene), numerous grandchildren, great grandchildren, nieces, nephews and many friends.

Sharon's love for life and smile was infectious.

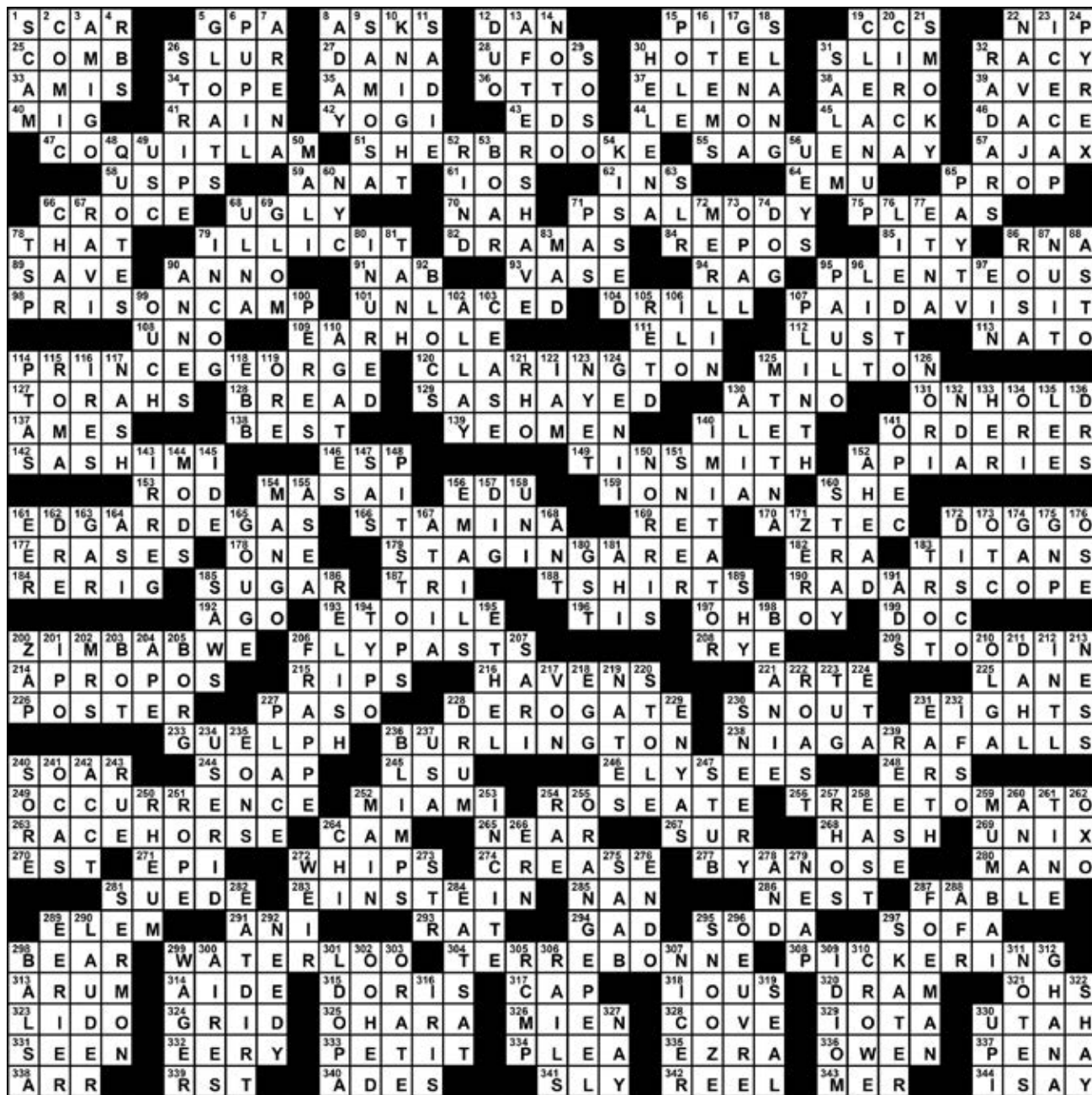
The entire family would like to thank all of the staff at the University Hospital of Northern BC Rehab and the Jubilee Lodge for their care and support.

Graveside Service – Immediate Family

McBride, BC - Cemetery

# GIANT CROSSWORD SOLUTION

From the Goat's Dec. 23rd edition



## ROBSON VALLEY COMMUNITY SERVICES JANUARY PROGRAMMING

### 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!

### WINTER WONDERLAND

Join us for winter-fun activities Jan. 13th, 20th, 27th & Feb. 3rd from 3:30-5:30pm in Valemount for 5-9 year olds.

### PAINTING WITH JESSICA

Let's paint together on Wednesday, Jan. 19th from 1-3pm in McBride during Seniors Drop-In. All supplies provided.

### CLAY PLAY WORKSHOP

Get creative and learn about clay molding techniques in McBride on Jan. 20th (5-6pm meet & greet) + Jan. 27th, Feb. 3rd & 10th from 4-5:30pm for 7-12 year olds.

### 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 & McBride: Tuesday, Jan. 25th 1-3pm

### ZENTANGLES WITH CAROL

Learn to draw intricate designs called Zentangles and experience the relaxing nature that this art style instills on Monday, Jan. 31st from 1-3pm for seniors in Valemount.

### ARTIST CALLOUT

We are looking for artists in the McBride area who would like to display their art in our office as a means to inspire therapeutic benefits for our clients and to promote the artist's talent.

### COMING SOON...

- Food Skills Workshop Series - Valemount
- Wild Child Outdoor Program - Valemount
- Self-Portrait Painting for Teens - Valemt & McBride
- & so much more!



Please contact the office to register for all in-person or virtual programs by emailing [events@rvcsbc.org](mailto:events@rvcsbc.org) or call: Toll-free at 1-844-324-2004 McBride: 250-569-2266 Valemount: 250-566-9107



## SUPPORT LOCAL NEWS

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## WE VALUE BC

With concerns for our health, safety and finances, it has been a challenging time for us all. At BC Assessment, we know that your home matters.

You can expect reliability and accuracy when you receive your 2022 property assessment, based on the market value as of **July 1, 2021**.

If you haven't received your assessment notice or you have concerns, we are here to help. Call us at **1-866-valueBC** or visit **bcassessment.ca**.

Access and compare property information using our free assessment search service at **bcassessment.ca**.

The deadline to file an appeal of your assessment is **January 31, 2022**

For more property information and assessment highlights, visit **bcassessment.ca**



BC ASSESSMENT



## BOOK YOUR AD WITH US!

Contact us at: 250- 566-4606 or [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)



Visit my website to see all of my featured listings: [www.valemountmcbriidelistings.com](http://www.valemountmcbriidelistings.com). A great resource for your property search in the valley.



*Thank you!*

**Shelly Battensby**  
REALTOR



**DIFFERENT  
BETTER**

**1160 4th Avenue**

VALEMOUNT

**SOLD!**



**1210 18th Avenue**

VALEMOUNT

**SOLD BY RE/MAX**  
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VALEMOUNT

**\$750,000**



Twenty acres within minutes of town could be the site of your new entrepreneurial or rural dream. With 360 degrees of mountain views and partially cleared land, this location offers up all kinds of opportunities. Capitalize on tourism or build your dream home. Either way it is a win.

**1460 9th Avenue**

VALEMOUNT

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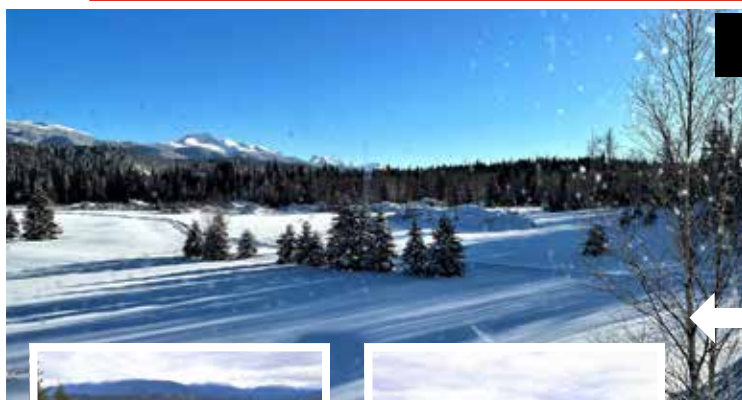


Nearly two acres with highway visibility is a great place to set your sights on. With development potential for commercial, tourism or mixed use, this location is a prime investment and development opportunity.



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**8985 Crescent Spur Road**

- 320 acres rural property
- Large shop, outbuildings and large home framed to lock up
- Include fields, pasture and wooded areas
- Panoramic views

**\$625,000**



**ROYAL LEPAGE**

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**MLS AWARD  
WINNER**

**SERVING MCBRIDE, VALEMOUNT  
AND THE ROBSON VALLEY**



**MCBRIDE**

**476 & 488 Main Street**

- Tastefully renovated B&B
- Main Street - with extra lot
- Some residential allowed
- Good business - a lot of bookings
- Great location

**\$265,000**



**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**

**275 & 295 Horseshoe Lake Road**

- 2 large village lots
- Beautiful mountain views
- Rural setting
- Near bird sanctuary
- Great value!

**\$49,000**



**MCBRIDE**

**851-2nd Ave**

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

**\$199,000**