



Valemount's inclusivity crosswalk P3

# Rocky Mountain Goat

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## McBride sisters on duty with BC Wildfire

BY ANDREA ARNOLD

McBride residents, sisters and best friends Constance and Charlotte Rauter have not been dreaming of being BC Wildfire Firefighters since they were little. For both of them, their interest in the career is relatively new, and they are loving this opportunity to work alongside each other.

"When I was in Grade 11, there was a presentation by BC Wildfire at the High school," said Constance, now 21. "It is an outdoor job with a great crew. It sounded like a neat experience."

Valemount-based Wildfire Technician Chikara Hiroe (Chico) encouraged her to apply for the junior program.

"I started the Junior Program for the Robson Valley in an attempt to recruit locally," said Hiroe. "Locals are familiar with the area, are more likely to stay in the zone for longer (less turn-around), and especially these days they already have a place to stay."

Charlotte (17) has watched as her older sister went away each summer for the past three years, and listened to her stories with growing interest.

"Constance's involvement was a big motivator," she said. "Without her, I may not have applied at all. As a homeschooled student, I may not even have heard of the opportunity. I thought I would apply for the junior program my Grade 12 year."

In the meantime, she joined the McBride District Volunteer Fire Department in November of 2020. It fueled her desire to to learn more.

"I found out through Constance and Chico that BC Wildfire were accepting grade 11's this year because there were not enough

Grade 12 applicants," she said. "So I applied."

"Charlie (Charlotte) is a valuable member of the fire department," said department Chief Dave Hruby. "She is reliable and hardworking. I gladly provided her with a reference as part of her application to BCWF. I believe her sister has a similar work ethic. I am proud of both, and am excited to see them continue in fire suppression careers."

Charlotte began her training in March. The crew underwent one day of training every two weeks for four months before having to complete and pass the WFX-FIT test. Crew members are required to accomplish the following tasks in 14 min and 30 seconds. Junior members have 17 min and 45 seconds to finish. Hiroe gives the Juniors a little extra push.

"I get them to aim for 14:30 so they know how hard it is for them and how hard they will need to train to pass the fit test as a crew member," said Hiroe.

While wearing a 9lb belt, individuals must complete the following laps on a ramp 20m long with five feet elevation. Each round trip lap totals 40m:

- four laps over the ramp with a Mk 3 fire pump on back weighing 65 lbs
- two laps around the ramp carrying Mk 3 fire pump
- 25 laps over the ramp with a hose bag weighing 55lbs
- two laps dragging a sled weighing 40 lbs

"Charlotte carried just over double her body weight for over 1200m (distance) and around 90m (vertical) in under 14:30," said Hiroe. "It is especially challenging for her as her stride is not nearly as long as a person that is 6 feet tall. I was impressed."

This year is the fourth year that



Charlotte (junior fire crew member) and Constance Rauter (fire crew member) ready for action. They are holding some of the equipment commonly used by wildfire fighters. Charlotte has a hose slung over her shoulder, and is holding a polaski in front of her while Constance balances a chainsaw. /SUBMITTED

Constance has been employed by BC Wildfire Services.

"My junior year and first year were pretty quiet," she said. They aided locally during severe flooding in 2020. Constance was a part of the crew that filled approximately 2500 sandbags for use around McBride.

"Last summer, my first real experience came when my crew was deployed to Manitoba. I

CONT'D ON P10

### Rocky Mountain Goat

#### SUMMER BREAK

There will be no newspaper August 4<sup>th</sup> to accommodate staff vacation. Thanks for your understanding and support! We will continue to post breaking news on our website during that time.

Irene Berndsen

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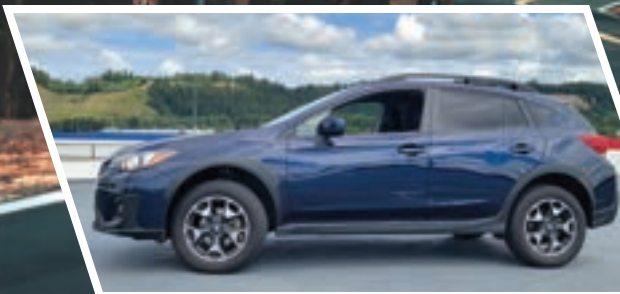


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# Lheidli T’enneh visit McBride

By ANDREA ARNOLD

Lheidli T’enneh Chief Dolleen Logan and five other representatives spent the day in McBride on Friday July 15, 2022. They arrived late morning and spent a bit of time exploring the community before heading into an afternoon meeting the McBride Council.

While the Lheidli T’enneh representatives were in town,


they visited the Valley Archives and Museum where they checked out the history of Highway 16 display “Are we there yet?” and the Community Market to sample local treats. They attended the ribbon cutting for the Charlie Leake Airport Road culvert project before returning to the community hall for lunch and the meeting with Council

“Our meeting with McBride Mayor and Council was


very helpful in realizing that our two communities face similar challenges," said Chief Logan. "We both have a need for more housing. We both want a sustainable forest industry and healthy forests. We also share similar concerns about declining fish stocks in the Fraser River system. Our nation has enjoyed a positive relationship with McBride for many years and we look forward to working together in the future.”



All members of McBride Council attended the ribbon cutting ceremony at the Charlie Leake Airport Access Road culvert on Friday July 15, 2022. The new culvert at Shelby creek is three metres wide to mitigate flooding and washout, improve and protect fish habitat, and work alongside other airport related projects. The project was made possible with funding from the MInistry of Transportation and Infrastructure through the BC Air Access Program. The McBride representatives were joined by several members from the Lheidli T’enneh Nation. /ANDREA ARNOLD



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This permanent, full-time position is responsible to oversee the operations of two recreation facilities located in McBride and Valemount. Each of the facilities have full size ice surfaces and fitness facilities and the McBride facility also has a curling surface and Community Hall. The successful incumbent will work closely with community groups and stakeholders to ensure that recreational services and programming meet community needs and contribute to the overall health and wellness of the region.

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# Inclusivity Crosswalk

Andesite Holdings Ltd DBA Yellowhead Pavement Marking Inc, based out of Terrace, carefully painted the new inclusivity crosswalk in front of Valemount Secondary School on July 16th. “All of Team Valemount is proud to support an inclusive community and very pleased to collaborate with administration and students of Valemount Secondary School,” said Mayor Owen Torgerson. “We look forward to joining in and to enjoying the finished works with you all!” Last June, Valemount Secondary Principal Derrick Shaw, local parent Kiba Dempsey and a Grade 11 student requested that Council install a rainbow crosswalk near the school. The Grade 11 student told Council that as a member of the LGBTQ+ community, the addition of a rainbow crosswalk is important to her as she doesn’t have a lot of direct support at home. “Having that kind of symbol of inclusivity, for me anyway, would be very important and welcome and I know a lot of other people who would be very accepting of it.” Shaw said his research shows drivers are more likely to stop at pride crosswalks and it’s supported by ICBC. When they approved the crosswalk, Village staff said it would cost approx. \$4,000 and a budget would be needed for repainting every two to five years. The Village also plans to spend \$600-\$800 to install two crosswalk signs. This is the first marked crosswalk at the school. /TRISH GAIR & SUBMITTED

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# Editorial



## The value of complaining

By Laura Keil, Publisher / Editor

I want to take a moment to honour the whiny voice, the bellyaching, the bleating and grumbling, the moaning and griping. About things that exist. About things that don't exist. About things that are late. About things that are early. We all do it. And usually, we don't honour it at all - instead it saps our energy, brings us all down, tows us under in defeat. Like victims, we link arms and float out to sea, keening like the gulls high above us.

Poor, poor us. We've had a vision. A vision of a better world. The only difference between a complaint and a positive vision is whether or not we feel empowered to do something about it. There's not a huge difference between saying "I can't believe Valemount doesn't have a train shelter and the horn blows all night," and saying "Wouldn't it be great if Valemount had a train shelter and we worked together to cease the train whistle at our controlled crossings?" One is a call to action. The other

is staying the victim. I'm calling this out because a few months ago I realized how much I'd been living in a victim mentality. I was fixated on my failures and hardships instead of my successes. Victim mentality can happen to anyone. You basically see the world as your enemy. Everything is against you and making your life miserable. Being empowered is literally about taking your power back - seeing yourself as responsible for every facet of your life, and taking positive action that improves not just your life but the lives of others. For parents and caregivers, the two go hand-in-hand. One of the incredibly powerful things about living in a small community is that everyone makes a difference, whether by their action or inaction. Take your complaints to the next level. And the next time someone makes a complaint, lean in. Blow it up into a vision. It could very well be the community's next breakthrough.



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MCBRIDE COUNCIL NOTES

Public hearing,  
Northern Health  
meeting, bylaw  
amendments

By ANDREA ARNOLD

Mayor Gene Runtz called the July 12, 2022 McBride Council meeting to order at 7:00pm. The meeting quickly moved to the Public Hearing for the proposed zoning amendment bylaw #810, 2022. The amendment addressed the following items:

- 1) The addition of “Hotel” to the list of permitted uses in the “Highway Commercial (C2) Zone”.
- 2) Rezoning of 797 Bridge Road to the Highway Commercial (C2) Zone (to permit the use of a Hotel)
- 3) Adding “Light Industry” as a permitted use at 275 McBride Road South.
- 4) Amended definition of “Retail” to permit bulk sales
- 5) Reducing the maximum building height of a Residential-Multi-Family Building from 12m to 10.4m.

**Public Hearing**

CAO Chris Tupy read out two letters from residents regarding the proposed byla amendments. Although there is reference to a proposed hotel in these letters, at this time, there is not any public confirmation of a development. He began with a letter from Sheila Anderson expressing many concerns regarding the assumed proposal for a hotel that resulted in the need for the zoning change for 797 Bridge Road (near the Petro Can). She wondered about road access, dust and noise control (both during construction and after it is complete), parking and exhaust fumes, supply delivery routes and overall height of completed project. CAO Tupy also read a letter from Rick Thompson and Carol Hammar aloud. The couple supports the reinsertion of “Highway” into the Highway Commercial (C2) zone. However, when it came to the rezoning of 797 Bridge Road, they had several concerns. Their letter spoke of the lack of residential-zoned land that can be developed within the village, and their worry that this is a large piece of land to lose as residential. They echoed Anderson’s concern regarding noise and dust mitigation. They addressed the accessibility issue, as traffic in the main street intersection area off the highway comes from six different directions already and can be confusing. They asked if the village has received

any more detailed information from the developer, drawings, amenities, or plans. If not then perhaps this amendment is premature. They also asked about a potential requirement for the developer to create a sound buffer along Airport Road East. They stated they did not have concerns with the amendment regarding 275 McBride South Road, and that they supported the amended definition of “retail” to permit bulk sales. They had several concerns regarding the building height restriction being changed from 12m to 10.4m. They suggested that because the footprint of the village is small, some developers may be looking to build up. They asked if the Village had considered how this might hinder village growth. They asked if the amendment is to not allow three storey buildings, and how it would affect the proposed Senior Legacy Project. They asked how the proposed amendment would impact the housing shortage in McBride. Lastly, they asked if the amendment was a way to avoid having to purchase a ladder truck for the fire department (over five taller structures requires the municipality to have a ladder truck). The letter suggested that instead of saying no to all, to allow them on a first-come first-serve basis, encouraging developers to move quickly.

With no questions or comments from the Council, the Public Hearing was adjourned at 7:17pm.

**Meeting with Northern Health**

Council directed Administration to respond to the invitation from President Cathy Ulrich and Northern Health Chair Colleen Nyce, to reschedule the May 24, 2022 Zoom meeting to July 19, 2022 at 9:30 a.m. - 10:00 a.m. The first meeting was postponed due to sickness. The topics for this meeting include doctor retention, thanking Northern Health for vaccination and efforts over the past two years, and a pharmacy update.

**Letter to Ms. Bond**

Council directed Administration to write a letter to Shirley Bond, MLA, expressing gratitude for all she has done for the valley and for her continued support. They requested that administration follow up with an e-mail regarding the Ministers meetings at UBCM one they have been confirmed.

Letters / Op-Ed

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 location will be published. We do not publish anonymous letters. Write to us! goatnewspaper@gmail.com. We ALWAYS confirm receipt of letters. If you have not received a reply from us, please call us at 250-566-4606 so we can make sure we receive it. Our letters deadline is Sunday 5pm the week of publication. Letters received after our deadline may still be included if space is available, otherwise they will be bumped to the following week.



Who decides?

Having been raised in a Christian culture, I never could understand how those who made the laws, and who believed in Jesus, would be able to believe that Jesus, while preaching at followers how to love and forgive one another, would support the death penalty.

From the book, The Death Penalty: An American History by author Stuart Banner: "In Pennsylvania, where murder had been the only capital crime for over three decades, pressure from the imperial government resulted in 1718 in the introduction of the death penalty for manslaughter, rape, highway robbery, maiming, burglary, arson, witchcraft, and sodomy. Later in the century the colony would add counterfeiting, squatting on Indian land, and prison-break to the list."

June Vandermark  
McBride BC

Zoning amendments

Council moved to receive and give consideration to the submissions received from the public on the matter of Zoning Bylaw Amendment No 810, 2022. Council agreed with the Thompson/Hammar letter regarding the lack of information about a proposed hotel. CAO Tupy said that the conversations have been very preliminary and no further information has been provided at this point. Council was unwilling to proceed with that portion of the amendment until more information is presented by the developer, and Council and the public are allowed to provide feedback. Council amended the list and removed the item regarding the rezoning of 797 Bridge Road to the Highway Commercial (C2) Zone (to permit the use of a Hotel). Council then approved the rest of the amendments. Council directed administration to schedule a Special Meeting, following approval from the Ministry of

Transportation and Infrastructure to consider final read and adoption of Zoning Bylaw Amendment No. 810, 2022.

Water report

Council moved to approve the Village of McBride 2021 Annual Water Report.

In Camera

Council proceeded to an in camera portion for consideration of matters of the community Charter related to 90 (1): (c) labour relations or other employee relations, (g) litigation or potential litigation affecting the municipality and (k) negotiations and related discussions respecting the proposed provision of a municipal service that re in their preliminary stage and that, in the view of the council, could reasonably be expected to harm the interest of the municipality if they were held in public.

Council was adjourned at 7:55pm

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# Children's books of the week!

NON-FICTION

## GIRL ON A MOTORCYCLE

One day, a girl gets on her motorcycle and rides away. She wants to wander the world. To go . . . Elsewhere. This is the true story of the first woman to ride a motorcycle around the world alone. Each place has something to teach her. Each place is beautiful. And despite many flat tires and falls, she learns to always get back up and keep riding.

BY AMY NOVESKY, JULIE MORSTAD

FICTION

## WHEN WE WERE ALONE

A young girl notices things about her grandmother that make her curious. Why does her grandmother have long, braided hair and beautifully coloured clothing? Why does she speak Cree and spend so much time with her family? As she asks questions, her grandmother shares her experiences in a residential school, when all of these things were taken away.

BY DAVID A ROBERTSON, JULIE FLETTBRIDGE

FICTION

## IT BEGAN WITH A PAGE

Gyo learned from her relatives the ways in which both women and Japanese people lacked opportunity. Her teachers and family believed in her and sent her to art school and later Japan, where her talent flourished. But while Gyo's career grew, World War II began, and with it, her family's internment. But Gyo never stopped fighting -- for herself, her vision, her family and her readers -- and later wrote and illustrated the first children's book to feature children of different races interacting together.

BY KYO MACLEAR, JULIE MORSTAD

FICTION

## WHAT'S UP, MALOO?

No other kangaroo can hop like Maloo! But one day Maloo's friends find him stepping instead of hopping. What's wrong, Maloo? His pals look for ways to help Maloo regain the spring in his step. With patience, support and a little "hop" from his friends, Maloo gets his bounce back.

BY GENEVIEVE GODBOUT

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**McBride office:** some titles may not be available for browsing and must be pre-ordered. Titles by local authors are available at both offices.

# Blue River volunteer plans to run for Regional District

BY GOAT STAFF

Laura Lee Onslow (Lee) plans to run for Area B Thompson-Nicola Regional District representative in this fall's election. The current rep Stephen Quinn has announced he won't be seeking re-election, leaving an opportunity for a new person to fill the role.

Onslow moved to Blue River with her husband Tom in 2017, and has been very involved in the community. She was part of the revitalization of the Blue River Community Garden and sits on the board of directors for the Blue River Powder Packers and Blue River Trails Working Group committee, which works closely with Simpcw First Nation, local government, businesses and forestry to create a trails network plan for Blue River. She was also a member of the Thompson Headwaters Services Committee, which was an advisory committee to current RD Director Stephen Quinn.

Onslow says she is committed to working hard for the communities of Blue River and Avola and will advocate for services based on the needs and wants of the community members and will ensure their voices are heard at the TNRD Board of Director meetings. Onslow understands many of the issues facing our communities and says she will bring a wide range of knowledge,

life experiences and skills to work for and on behalf of the constituents of Area B. Onslow says she is passionate about economic diversity, fiscal responsibility, community health and food security.

Local elections across BC will be held October 15th to elect reps for local councils, regional districts, school districts and other municipal bodies.

The nomination period begins Aug 30th. The deadline for candidates to enter their nomination papers is September 9th, 2022.

## Do you have Delinquent Taxes?

### Property Tax Sale

A tax sale is a public auction of properties within a municipality which have *unpaid property taxes from two years prior to the current year.*

### Annual Tax Sale

At 10:00 am on the last Monday in September, the municipal collector must conduct an annual tax sale by offering for sale by public auction each parcel of real property on which taxes are delinquent.

Delinquent taxes are any taxes remaining unpaid **on** December 31, two years after the year the tax was imposed. For example, taxes imposed in 2020 and still unpaid become delinquent on January 1, 2022

The tax sale is held in the council chambers at municipal hall of each municipality in B.C.

### Job Opportunities

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Public Works Labourers

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### Permissive Tax Exemptions

Section 224 of the Community Charter, gives Council the authority to exempt certain land and/or improvements from municipal property taxes. Council considers Permissive Tax Exemptions for non-profit organizations that contribute to the well being of Village residents, make improvements to the quality of life for residents, and/or are an extension of Village Services.

A new application must be completed each year and must be accompanied by all required documentation. The deadline for applications to be received by the Village Office is August 1, 2022.

To be eligible for a Permissive Tax Exemption an organization must comply with the guidelines and be approved by Council.

Applications are now available at the Village Office located at 735 Cranberry Lake Road or online at: [www.valemount.ca](http://www.valemount.ca).

#### Stage 1 Water Restrictions

June 1st – September 30<sup>th</sup>

Watering will be permitted between the hours of 7 am – 10 am and 7 pm – 10 pm on any day of the week.

### Seeking Employees for the Election

The Village of Valemount is seeking election workers to facilitate voting in the 2022 Municipal Election.

Applicants must be:

- Eligible to work in Canada
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- Available to work extended hours on Election Day - Saturday, October 15, 2022.

Remuneration for these positions will be \$375.00 for Election Day and training.

Applications are available for pickup at the Village Office or online at [www.valemount.ca](http://www.valemount.ca). Applications will be accepted until 4 PM on Friday August 26, 2022.

Please submit your completed application in person (735 Cranberry Lake Road) or via email to: Carleena Shepherd, Chief Election Officer

Email: [corporate@valemount.ca](mailto:corporate@valemount.ca)

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## Delicate Beauty



Crescent butterflies are attracted to many nectar producing wildflowers. This beauty was fluttering through an open field during a sunny afternoon. The crescent butterfly (Phyciodes family) is a small orange and brown butterfly with various white spots and streaks. The Phyciodes family consists of a large number of these small butterflies. Asters are their favourite host plants. / SANDRA JAMES

## “Legacy work” a meaningful way to approach end of life: death midwife

BY ANDREA ARNOLD

Judith McGill has been called a death midwife, a death educator and, less regularly, a death doula. Like the variety of titles, the services she provides to not only those looking ahead to the end of their lives, but also those who are left behind, do not follow an exact science or method. She helps families answer questions like “what should I do?” and “how can I support?”

She started seeing a need for this through her previous work as the Executive Director of Families for a Secure Future where she worked closely with families with children with disabilities.

“We were supporting aging families and seeing dependent kids outlive their parents,” said McGill. “We helped them (parents) figure out what happens when they are not there to be the primary caregiver. We helped them create relationship support circles.”

She has since left that avenue of employment and is focusing on being a death midwife.

“I often work with people who have been diagnosed with a terminal illness,” said McGill. “For some of these people, it is unclear how much time they have left.”

When called into a situation where the diagnosis is very new, often the first step is to navigate anticipatory grief. She has experienced interactions with individuals who have been emotionally paralyzed by the knowledge that they are going to miss the milestone events in their loved ones’ lives. They want to be heard even after they are gone.

McGill’s works with her clients on what she refers to as “legacy work.” This can involve writing letters to be handed out at some point in the future, writing a eulogy (or leaving notes about what can or can not be said during the eulogy), gifting items, creating a slideshow, or whatever method the individual wants to use to extend their love beyond their death.

“I had one individual, an accountant, who used this time to set up a budget for his children, settle estate decisions, gift a son-in-law his tools and make sure his clients were taken care of,” she said. “He was heartbroken that he was going to miss his grandson’s first day of school, so he wrote a letter to be read to him on that day.”

She helped her own father walk through his own legacy work as he neared death. He was an artist. Together, they made a video to be shown to the family, and they decided that his oil paintings would be on display at the service. He was motivated by this, and began painting urgently so that each of his grandchildren would receive one.

She says that often the dying individual is concerned for the people who they are leaving behind.

“I help support the family, and we hope that they will be resilient and be stronger than before,” she said.

When she is brought in closer to the end of a life, the topic that weighs heavily on most is that of sorting out relationships, or “untying knots” as she calls it.

“Closer to death, people are more open to what matters most,” she said.

McGill has a background in family mediation, a skill she often has to use as a death midwife. She recalled a lady who asked her to be present, and act as mediator if needed, as she and her daughter met with her daughter’s father who had arrived from Germany.

“It ended up being a really good meeting,” she said.

McGill is known as a straight talker when it comes to death and dying. She helps facilitate the conversation between the individual nearing the end of life and those around them.

“So often the one dying feels the need to look like they are fighting for their life for the sake of those around them, their family or caregivers. Those around see that the end is near, but feel like they need to fight for the person to live. That if they don’t, they will seem uncaring. That is an important piece of the conversation.”

Often there is the need for boundary setting as a person is nearing the end. Their bad days start outnumbering their good so they want to make the best of the time they have left. Strength and lucidity can be limited, creating the need for understanding and support from those providing care and wanting to visit. Also, she helps families maintain a sense of unity as they face together what is coming and navigate tough decisions. For example, when a person decides they no longer want treatment.

“I help families talk when treatment is needed, or a shift has happened and care needs to be changed,” said McGill. “Or when any new decisions need to be made.”

She helped her own parents have a hard conversation as her father neared the end of life.

“He wanted to die at home,” she said. “When we told my mom, she said ‘absolutely not. I’m not sleeping in that bed after you die in it.’”

McGill said her dad was in tears at her mother’s reaction. But they did not stop the discussion there. They talked about options, bringing in a hospital bed, or even buying a new bed if that was needed, and in the end, her father’s wishes were respected.

Her connection with those who are left does not dissipate following the death. She often continues to meet with them for grief work—even Thanksgiving dinner.

Grief does not only apply to those who have lost a human. She also helps grief-stricken pet owners navigate the loss of a companion.

One of the exercises she has attendees of her workshop complete is a conscious death worksheet. It gets people thinking well in advance about what is important to them.



Judith McGill, Death Midwife and Educator, was recently invited by Robson Valley Community Services to provide an End of Life workshop for residents. She works with individuals who are facing the end of their lives as well as those surrounding them to establish supportive, caring and calm end days. /SUBMITTED

She has her own death plan that she completed 12 years ago, and that she has revised several times.

Her workshops are not only for the old and dying. One workshop called “Contemplating your death in advance” was attended by a group of 16-19 year olds. The focus of the meeting was to start them thinking, and to start a conversation about death.

“I wanted them to think about the rituals they had seen and which ones were important to them, and how they could communicate to their families what is important,” she said. “Also, it helped them think about what is important within their families.”

Death midwives, death educators and death doulas are being more available across the country. McGill is glad to be a part of the team that is helping others navigate the end of life.

“I am privileged to be around death. There is so much opportunity for compassion and acts to release a person.”

McGill presented a workshop through Robson Valley Community Services to residents of the Robson Valley on July 20, 2022. The meeting was held through Zoom as McGill presented from her home in Ontario. If you have questions for her, she can be reached through her website <https://www.dragonflycollective.ca/>

# WILDFIRE AWARENESS

## Holding the line

By GOAT STAFF WITH FILES FROM BC Gov

The BC Wildfire Service employs approximately 1,100 firefighters each year. According to the Province, staff work on one of four crew types spread across the province and are able to respond to new fires in as little as 30 minutes.

Initial attack crews are small, 3- or 4-person quick-response teams that are able to control approximately 94% of all new wildfires in B.C. Unit crews are 20-person teams specialized in sustained attack operations like installing hose and pump lines, burn operations and removing fuel using chainsaws. Rapattack crews are a specialized 3-person initial attack crew who use medium-lift helicopters equipped with hoist and rappel gear to access difficult-to-reach incidents. Parattack crews

are a specialized initial attack crew that are deployed to incidents by parachuting out of fixed-wing aircraft.

In addition to wildfire crews employed directly by the BCWS, thousands of contract firefighters join the response to B.C.'s wildfires each year.

At the peak of the 2021 wildfire season, nearly 4,000 personnel were involved in wildfire response efforts. This included upwards of 1,400 personnel who were contracted to provide various fire-related functions, including fire suppression, tree falling, structure protection, first aid, catering, and security.

According to the B.C. government, Lightning (and a rare chance of other natural causes) causes approximately 60 per cent of wildfires. Human activity causes approximately 40 per cent of wildfires.





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and those helping with the  
firefighting effort...**



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From all of us at the  
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those helping with the wildfire effort - thank you!**

**From the Mayor, Council & Village staff**

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# WILDFIRE AWARENESS


### HOW FIRESMART TREATMENTS INFLUENCE WILDFIRE SPREAD



Wildfire can follow a path from a forest or grassland to your home. A wildfire moving from the tops of trees can be slowed if the trees are spaced out. It can be further slowed by flame-resistant plants and shrubs in your yard. Since plants have different flammability, consider spacing out your plants to increase your home's ability to withstand a wildfire.



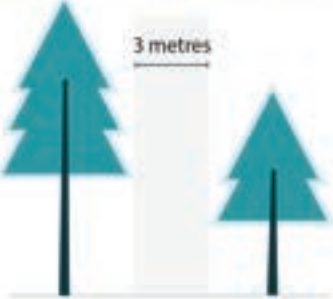
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**1 YARD SPACING**  
Changes within 10 metres of your home, including the removal of combustible surface material, will have the biggest impact.

1.5 – 10 metres

NON-COMBUSTIBLE      ZONE 1



**2 TREE SPACING**  
Spacing trees at least 3 metres apart will help reduce the intensity of a wildfire.



**3 PRUNE TREES**  
Prune all tree branches within 2 metres of the ground.



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# WILDFIRE AWARENESS

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## McBride firefighting sisters... CONT'D FROM P1

was nervous and excited. You step into the experience knowing what is happening and what to expect, and are full of adrenaline. Once you start working, it all falls into place and the training takes over.”

This summer has been a quiet one so far, so Charlotte has not had her first wildfire experience.

However, crew members do not just sit around waiting for calls to come in. They report to work every day at 8:30am and spend their days on project-based tasks like trail clearing, fuel management (creating fuel-free zones), helipad building practice, taking courses and proficiency training or completing fire-related field exercises.

“A fuel-free zone is an area that has been cleared of debris that can burn, creating an area where the fire can’t continue,” Constance explained.

Their days involve much practical physical training, but they are also scheduled one hour at the end of each day to ensure they maintain their fitness level.

In most call-out situations they are required to carry their line pack weighing an average of 20lbs. These bags contain, at minimum, drinking water, clothing, flagging tape, first aid items, safety equipment, personal hygiene supplies.

When a call comes in, the three-person crew receives coordinates and they mobilize. They arrive either by land or air, depending on the situation. The crew leader assesses the situation to determine which suppression tactics are most appropriate. Then the crew sets to work creating access to the fire, constructing a fire line, and setting up a water delivery system through hose lays.

“Ultimately the crew tries to respond as quickly, efficiently, and safely as possible to put out the fire,” said Constance.

Crews then work to extinguish hotspots and help contain the burning area.

Both Constance and Charlotte are part of the initial attack team. In a call out situation, Constance would be deployed as a part of a set crew. As a Junior member, Charlotte may or may not be assigned to the same crew, as Hiroe may move her between supervisors to allow for a more varied experience.

Although the job is very physical, there is a lot of mental energy that is involved as well.

The experience teaches respect and responsibility for the environment. It draws attention to the important things like taking an extra minute or two to ensure that your campfire is put out.

“People need to be more responsible in the things they do,” said Charlotte. “What you do can impact your whole community.”

Constance wholeheartedly agreed.



Constance Rauter works to extinguish a hot spot buried deep in a tree stump. /SUBMITTED

Hiroe also believes that public education about wildfires is important for everyone. He has observed that fire behaviour has increased in extreme ways since he started in 2008.

“Firesmart—<https://firesmartbc.ca/>—is an invaluable tool to educate residents on methods to protect their homes,” he said. “It provides ideas for ways people can be active while on evacuation alert that can help prevent their homes from being caught in a fire. After getting stuff packed up, these tasks can make them feel useful.”

The physical demands of a type 1 crew is such that it’s generally a “young person’s job,” said Hiroe. “Our crews are mostly made up of people under 30, so yes it’s important for them to be active in BC Wildfire.”

Both of the sisters would love to see more people get involved with BC Wildfire. Although anyone at any age can apply (beginning in Grade 11), they would specifically like to see the younger generation step up, and hope that their involvement might motivate young females.

“It is a good job,” said Constance. “It is a lot of being outside, learning, and working with a crew. No one should be held back due to the view that it is a male-dominated workforce.”

I’ve always been told that jobs like these would be difficult for me because I am not a big person, but I think as long as you are determined it is 100% doable,” said Charlotte. “Others facing that same advice need to not think about what you can’t do, but to see what you can.”

“I am very proud of Charlotte,” said Constance. “She worked hard to get here. The

**CONT'D ON P11**

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# WILDFIRE AWARENESS



Using a drip torch, Constance Rauter along with the other crew members, in a method called burning out, light a controlled fire to eliminate any source of fuel for an approaching fire. The incoming fire loses intensity when it encounters one of these areas and as a result, is easier to contain. Close by, a tree blazes bright. / SUBMITTED



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physical challenges are really tough.”

The two come from a family that puts an emphasis on serving. Their mother Lotta says they have watched their older siblings pursue community service type professions.

“We support Constance and Charlotte in all their adventures,” she said. “I am very proud of all four kids and how they serve their communities.”

Both young ladies want to continue to serve through firefighting as long as they can. Constance, a university nursing student, had to adjust her availability due to a practicum this spring. She loves the experiences and does not plan to quit before she has to.

Charlotte is unsure what her next year is going to look like as she came into the program a year earlier than most. She wants to come back to BC Wildfire in whatever capacity she is able, and continue as long as possible.

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# 106-year-old ball diamond gets a facelift

By ANDREA ARNOLD

Work to revitalize the Bill Clark Memorial Park and ball diamond area in McBride began on Monday July 11, 2022. Grant funding from Pacific Economic Development Canada through the Canada Community Revitalization Fund is allowing the Village to provide the 106-year-old ball diamond with a much needed facelift.

The final result will have better drainage, accessible spectator stands and dugouts, and a new scorekeeping booth and scoreboard. A new higher perimeter fence will provide security for spectators enjoying the games from the new accessible picnic area located next to the stands. Also in the plan is a new wooden gate entrance along 2nd Ave.

Mayor Gene Runtz said a few words to those gathered at the park on Thursday to signal the official start of the project.

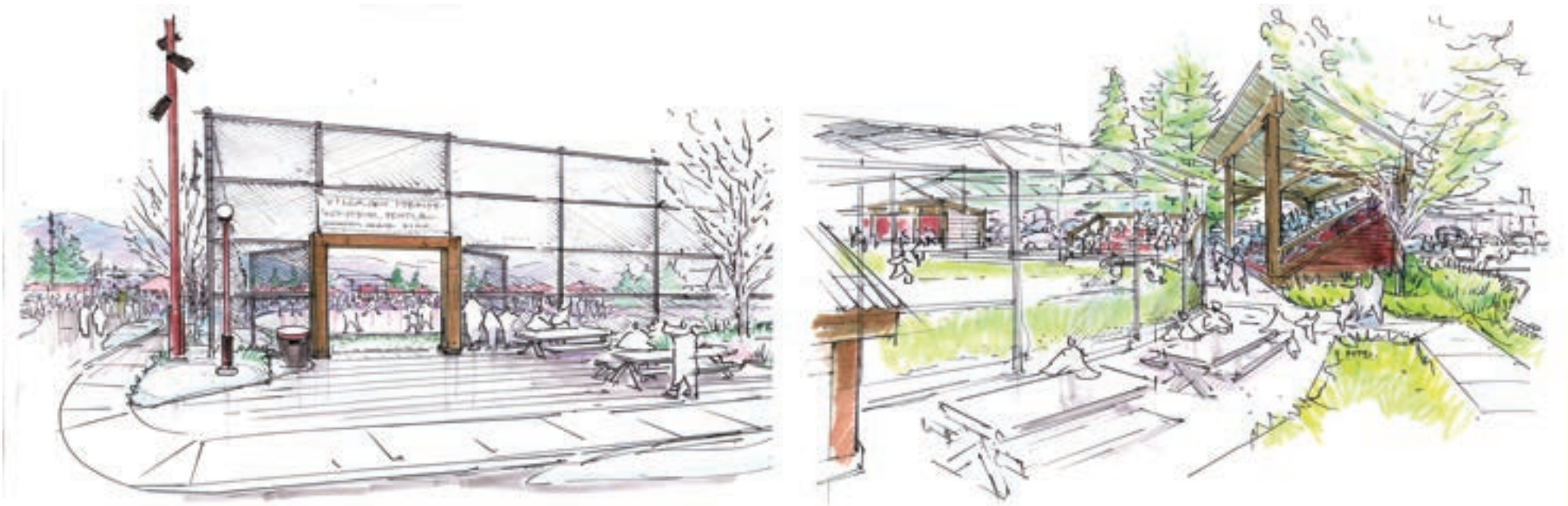
“The project reimagines this important community space by modernizing and beautifying the park and ball diamond, improving accessibility and increasing public safety, expanding capacity for facility use and contributing to enhancing the quality of life for residents and visitors,” said Runtz.

The whole area will be closed to the public until work is completed at the end of October.

“Staff and Council are excited to finally see this important community project move forward,” said CAO Chris Tupy. “We would ask the public to stay clear of the Ball Diamond area at all times during the construction window, which runs from July 11 – October 31 as this will allow the contractors to safely carry out their work.”



McBride Council members and some village staff were on hand for the official breaking of ground for upgrades to the Bill Clark Memorial Park baseball diamond on Thursday July 14, 2022. (Left-right) Councillors Diane Smith, Rosemary Hruby, Allan Frederick, Lucille Green, Meraki Builders Mitch Lamming and Brendan Lamming, Public Works Operations Manager John Peterson, tradesman Matthew Fletcher, Mayor Gene Runtz and CAO Chris Tupy. The Meraki Builders were awarded the renovation contract, and will be working with Fletcher for some of the process. /ANDREA ARNOLD



These images are approximate renderings of what the Bill Clark Memorial ballpark area will look like following the three-month renovation. /SUBMITTED



## Local Author

McBride resident Nadia Kovarik Shafar, signs a copy of her new book “Life Happens: Cheerful Story of Gloom” for Julie Holland at a book signing on Wednesday July 13, 2022. This is her second book, and it picks up where her first book left off. The first, “Bear in the Window” tells of her personal escape from Czechoslovakia (along with her husband), and their first 12 years in Canada. Her new book tells of her journey to the Robson Valley (Crescent Spur initially), and documents her adventures up until the last year or so. “This book is full of miracles, little chances and mercies,” said Kovarik Shafar. She explained the inspiration for the bee illustration on the book’s cover: “The bumblebee has a wing area 0.7 square centimetres and weighs 1.2g. According to the law of aerodynamics, it is absolutely impossible to fly in these conditions. But the bumblebee doesn’t know it and just flies. You can do anything if you put your mind to it.” The book can be purchased directly from her 250-569-8860. /ANDREA ARNOLD



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VALLEY-WIDE

**The BC Summer Reading Club** for kids is back at local libraries! Collect reading logs, bookmarks and stickers for your children from your library now, or join online at [bcsrc.ca](http://bcsrc.ca). Online activities start 1 July.

VALEMOUNT

MONs **Family Place Drop-In** is now on Mondays from 9am-noon with Hannah. Come for the 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 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) for more info.  
JULY 25: Make your own Fruit Salad  
AUG 1: BC Day-Office Closed  
AUG 8: Water play at the Valemount Community Garden  
AUG 15: Make windchimes at Centennial Park  
AUG 22: Sensory play at Centennial Park  
AUG 29: Painting at Centennial Park

TUEs Join us for **Seniors Walking & Wheeling Group** every week at 2pm for a 30-45 minute stroll or roll around town with Shae beginning at 99 Gorse St. All fitness abilities welcome. No registration required. Call 250-566-9107 for more info or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

MONs **Seniors Drop-In** is on Mondays from 1-3pm. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities with Shae at RVCS (99 Gorse St). No registration required, unless stated. Call 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) for more info.  
JULY 25: Art walk and museum visit (meet at RVCS at 1 pm)

THURs **Valemount Public Library kids summer program Themed days** July 28th Manga, Aug 4th Kings and Queens, Aug 11th Sports and Games, Aug 18th Is it Cake?, Aug 25th The Reading Awards. For more info call 250-566-4371.

FRI JULY 22 **'Groovin' In The Garden'** A backyard concert in Valemount at 1295 - 4th Avenue in Valemount (corner of 4th & Dogwood, across from Centennial Park). Local musicians Cameron Wallace and Michael Peters will each do a 45 minute set in Cam's huge backyard. Tickets are \$20 at the door. Limited capacity. You'll need to bring your own chairs or blankets, bug spray, and personal beverage.

TUE JULY 26, 27 & 28 join Rebecca and Hannah for **Wild Art at the Marsh** from 10am-11:30am where they will help kids aged 7-10 years learn to paint/draw landscapes and objects found in nature while outdoors. Caregivers are to drop off and pick up at the Best Western parking lot at the Cranberry marsh trail head. Snacks provided. Please register: 250-566-9107/[events@rvcsbc.org](mailto:events@rvcsbc.org)

WED JULY 27 from 1-3pm, seniors are invited to come out and make some copper coil-wrapped jewellery during **Jewellery Making with Jeannette** in the RVCS Classroom! Materials are provided. Registration is required so we can purchase enough supplies. Please

register: 250-566-9107/[events@rvcsbc.org](mailto:events@rvcsbc.org)

THURS JULY 28 **Valemount musician Michael Peters performs** at 2.30pm Live performance at the Dome Creek Rec Centre coffeehouse. Free admission.

SAT JULY 30 & SUN JULY 31 **The NWMRA Mud Races** are back. Join us at the Canoe River Campgrounds and watch the side by side 200ft mud drags, junior racers, blown alcohol dragsters, and the mega hill n' hole trucks. Ear protection recommended. The front gate has a limited supply of ear protection for sale. Saturday Races start at 1pm. Sunday Races start at Noon. Spectator gates open at 11am on Saturday, Sunday they open at 10am. Races go until each truck has made or attempted 2 passes. Following the races Sunday is a mud bog pit challenge. Admission is cash only. \$20 for day pass. \$35 for a full weekend pass. Children 7 years and younger are Free. If you'd like to enter your truck into the races, you must be tech'd and registered by 11am on Saturday! You'll get to attempt two passes each day. Race fees are: \$100 for Non Members, \$80 for Members.

AUG 2 - 8 **Quad Riders Association of BC Jamboree and AGM.** Join us for a week of fantastic riding in Valemount, BC. Hosted by the Canoe River Campground. Registration includes all rides, Friday BBQ and Saturday Wine & Cheese. Sat. Aug 6th Annual General Meeting. \$40 for ages 17+. Under age

MON AUG 8, 9, 10 & 11 from 9am-12pm we are hosting a **Mindfulness Camp** for kids ages 6-10 years at Centennial Park. Come and meet Skidboot the dog and enjoy some yoga, nature walks, crafts, play, sensory exploration and build strategies that help with emotional regulation. Registration is required: 250-566-9107/[events@rvcsbc.org](mailto:events@rvcsbc.org)

AUG 9 -- SEPT 4 Come to the Valemount & Area Museum during the month of August to see the **travelling art exhibit from the Two Rivers Art Gallery entitled, Immigration: A Conversation.** The exhibit reflects on immigration from the perspective of eight artists whose lives have been touched by it. The museum is open from 10am to 5pm every day in July and August.

FRAUG 19 & SAT AUG 20 **Mount Terry Fox Trek** In support of cancer research. Trek up Mount Terry Fox north of Valemount on Aug 20th. Three route options, all led by a local guide: Huckleberry Hill: A return trip distance of just 3 km and an elevation gain 250m -- a good option for beginner hikers or family groups looking to join the Trek this year. Start Time: 9 AM. Big Rock/Lower Teepee Lake Loop: This route offers a return trip distance of 13 km and a total elevation gain of 950m. Start Time: 7 AM. Terry Fox Summit: A total distance of 18 km and an elevation gain of 1,450m, this journey typically takes 10-12 hours to complete and is for experienced hikers. Start Time: 7AM. Register as an individual, family or a team. The evening before, Friday, August 19, meet your fellow trekkers, get your custom Mount Terry Fox T-shirt, and enjoy a beer tasting at the Three Ranges Brewery with Fred Fox, Terry's older brother. You can also grab a bite at the nearby food truck and pizzeria.

SAT SEPT 3 & SUN SEPT 4 **KINBASKET LAKE**

**FISHING DERBY** Throw in a line and just see what happens. Held every Labour Day Weekend at the Marina on Kinbasket Lake. Well over 100 anglers from little kids to great grandparents head out to the lake to try their luck. Pull in an impressive rainbow trout, or haul in a kokanee. Prizes go out to the biggest catches of the day, and all the children who take part in the event walk away with smiles and a prize. Saturday 10:00 am -- 7:44 pm (sundown). Sunday 10:00 am -- 4:30 pm **ADULTS -- \$10, YOUTH & TEENS (7-15 yrs) -- \$7, 6yrs and under -- FREE, FAMILY \$20.**

THURs **Valemount Farmers Market** at the Visitor Info Centre 4-7pm.

MCBRIDE

THURs & FRIs **Weekly Adults' Programs** at the McBride Library: Fibre Artists (Thurs, time varies), Writing Group (Fri, 1.30pm). Call 569 2411 for details.

MONs **Family Place Drop-In** is now on Mondays from 9am-noon. Join 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). No registration required. Call 250-569-2266 for more info.  
JULY 25: Let's make spiders and butterflies at RVCS  
AUG 1: BC Day-Office Closed  
AUG 8: Constructing with Styrofoam in Village Park  
AUG 15: Face painting at the Village Park  
AUG 22: Water Day at RVCS  
AUG 29: Edible pudding slime at RVCS

WEDs **Seniors Drop-In** is on Wednesdays from 1-3pm with Sandy. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities at RVCS (942 3rd ave). No registration required. Call 250-569-2266 for more information.  
JULY 27: Picnic in the Park (bring a chair, meet at Steve Kolida Park 1 pm)

TUEs Join us for **Seniors Walking & Wheeling Group** every week on Tuesdays at 2pm for a 30-45 minute stroll or roll around town with Sandy beginning at 942 3rd ave. All fitness abilities welcome. No registration required. Call 250-569-2266 for more info.

FRI JULY 22 **Kids' Tea Party at the Open Gate Garden** from 11am-2pm For kids aged 4-7. Wear your fanciest clothes (and hat!), and bring a special toy to this party at the Open Gate garden. Crafts, stories, games and more! In partnership with Decoda Literacy and the Open Gate Garden. Places are limited, so call 250 569 2411 to register your child or email [library@mcbridebc.org](mailto:library@mcbridebc.org).

THUR JULY 28 **Book Discussion Group** at the McBride Library at 1.30pm Theme this month is "Historical Fiction set in the Deep South."

WED AUG 3 & SEPT 7 **In-Car Bingo** Main Street Presented by the Royal Canadian Legion Branch #75. Cash prizes. Drive in between 1st and 2nd avenues on Main St. McBride. Bring your own dabbers, clip or lap boards to hold your cards. Games start at 6:30 sharp. Cash only.

SAT AUG 6 & SUN AUG 7 **Arts in the Garden.** Over the two days, participants will visit eight local gardens and have the opportunity to purchase locally grown/produced goods directly from the producer. Attendees are asked to bring cash for any purchases made throughout the tour. Lunch on both days will be provided, and Kat Vickery will be releasing butterflies. Limited tickets are \$10/day for adults and \$5/day for under 12 and are available at Welcome Home in McBride. Brought to you by the Robson Valley Arts and Culture Council. Questions can be directed to Chelsie @ [chelsiestubbs01@gmail.com](mailto:chelsiestubbs01@gmail.com) or 250-204-2041

MON AUG 15, 16, 17 & 18 from 9am-12pm we are hosting a **Mindfulness Camp** for kids ages 6-10 years at Koeneman Park. Come and meet Skidboot the dog and enjoy some yoga, nature walks, crafts, play, sensory exploration and build strategies that help with emotional regulation. Registration is required: 250-569-2266/[events@rvcsbc.org](mailto:events@rvcsbc.org)

All summer long, pop onto the McBride library's facebook page or stop by at the library for a paper copy of a **Main Street scavenger hunt**. Fun for kids of all ages! In partnership with Decoda Literacy.

FRIs 11am-2pm **McBride Farmers Market** every Friday between now and September 2. The white and purple food booth will be open each week with a lunch selection of hot dogs, hamburgers and taco in a bag. There are still vendor spots available. Interested parties need to contact Jackie Edwards at [jackie.c.edwards@gmail.com](mailto:jackie.c.edwards@gmail.com)

DUNSTER

AUG 12-14 **Robson Valley Music Festival**, River Road Dunster B.C. Musicians from around the world, family-friendly event, camping on site. Weekend passes only. 12 years and under free. For tickets visit [rvmf.ticketit.ca](http://rvmf.ticketit.ca)

SATs Weekly **Dunster Farmer's Market**, 11:00 to 1:00 at the Dunster Community Hall. Vendors welcome - no charge for table. Burger Concession. Bedding plants, baking, crafts, odds and ends, etc.. Buskers Welcome. Contact: Pete 250-968-4334 or Loretta 250-968-4453



*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.*



## Watering & Mulching And Garlic and Onions

The past few days have brought that mid-summer heat which reminds us how important water is to growing a good garden. If you are gardening on quick draining sandy soil this is a good time to apply a mulch of old straw, leaves, grass clippings, etc. You can also add some sawdust or wood shavings to any of the above. Recent studies have shown that the sawdust or shavings do not rob nitrogen from the soil other than at the very surface. Once plants are established, it has very little negative effect on them. Remember too that when you water, it is better to water in the early morning or the evening as you will lose less water to evaporation. This also gives the plants a chance to absorb lots of water to get them through the warm part of the day. It is also better to really soak the garden a few times a week rather than a light sprinkling every day. The light sprinkling encourages the roots to come to the surface and the plant will be stressed when the surface dries out on hot afternoons.

This time of year it is also important to keep your eye on your garlic and

onions. This is especially important if you planted your garlic last fall. (Mid October is the ideal time to plant garlic, but you can still get a decent crop if you plant in early spring.) Fall planted hard neck garlic will be forming the scapes about now. Scapes are the little pigtail stems that grow out of the center of the leaves. Try to cut off the scapes before they have made one coil as they rob energy from the underground bulb. You can use the scapes fresh wherever you use garlic or you can chop and freeze them for winter use.

Both garlic and onions should be fed and well watered until mid to late July. This encourages lots of top growth of leaves. I side-dress with sifted sheep manure. From the end of July on, they should get no water or feed. This encourages them to dry down and put all the top growth into the bulb.

Keep your eye on the lower two or three leaves of garlic. When they turn brown, it is time to check a few bulbs. Dig around a few to see if they have formed cloves yet. (Garlic grows a round solid bulb first before maturing into the individual cloves.) Also look to

see if the "papers" (skins) have formed well. After the papers are well formed, you don't want them to get any more water as the skins will rot and the garlic will not keep well. If it does get rainy, it is best to pull the heads and hang them in an airy shed to finish curing.

When your onions start to fall over (usually around Aug 1) it is time to hold back all water and help them cure for winter storage. Some people break the tops over with a rake, but there is a danger of center rot if rain gets into the broken leaves. I find it best to pull some dirt away from the bulbs and leave only the bottom of the bulb and the white roots in the ground. The onions usually fall over on their own in a few days. The tops will begin to brown and die back. If it looks like rain, I pull the onions, tie them in bunches of 6 or 8 and hang them in a warm dry place to continue curing. (More on this in a later column)

P.S. -- Don't forget to pinch off the wilted flower blossoms in your containers, hanging baskets and flowerbeds if you want the plants to continue blooming all summer.

PUZZLES



ANSWERS ON P13

CROSSWORD

- Across
- 1 Emotional highs

4 Fountain order

8 Make a choice

11 Baltic \_\_\_\_

12 Transport in a vehicle

13 Religious seat

14 Sushi delicacy

15 Torso appendages

16 \_\_\_\_ bono

17 Sleeping perception

19 Game you can't play
- 43 Performs

45 Good score at Torrey Pines

46 Overwhelming emotion

47 Moxie

48 Unified

49 Vote

50 Visits, a dentist for example

51 A \_\_\_\_ in the life....
- Down
- 1 Preowned

2 Look closely

3 Dealer's deal

4 Medicine man

5 Paddle

6 Trash holder

7 Not to mention

8 Offered resistance

9 The "p" in r.p.m.

10 Pair

18 Came up

20 Going about one's business
- left-handed

21 They play in LA

23 Capri or Crete

26 Furniture piece

29 Style

30 Periods in history

31 Determined

33 Quantity of medicine

34 Work over the shirts

35 Dividing word

37 Approaching retirement

41 Herd of whales

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

- 22 Barely adequate

24 Misquote

25 Halt

26 Blackguard

27 Before now

28 In addition

32 Rides without pedaling

36 Earmarks
- 38 Tune player

39 Mom's mom

40 Wintry sky colour

41 Take care of a bill

42 Carry a balance of

44 Bind

Answers on P13

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

SUDOKU

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

The Toughie

by Myles Mellor

- Across
1. Andean civilization

5. Ranch gear

10. "Hey ... over here!"

14. Big name in faucets

15. In accordance with

16. Accusatory words to a Roman

17. When the Young Rascals were groovin'

20. Recorded

21. Composer of the opera "Brandenburgers in Bohemia"

22. Bric-a-\_\_\_\_

25. Destinies

26. Baby food veggies

30. Mark

33. Large ice box

35. Tavern choice

36. \_\_\_\_ few rounds

39. Comes before Post

42. Commotion

43. Object of an old French cheer

44. Golden or tawny

45. Words of agreement

46. He played Hopalong Cassidy

47. Lower oneself

51. Type of poker

54. Wears down

57. Threads companion

62. Duran Duran title

65. Quick cut
- Down
1. "\_\_\_\_ happy for you!"

2. Part of a sentence

3. Piece of copper

4. Q \_\_\_\_ (briefing follow-up)

5. Ply

6. Comparison's middle

7. Tanning lotion letters

8. Math groups

9. Provo neighbor

10. Five, prefix

11. Brown ermine

12. "Platoon" director

13. Large edible fishes

18. Police dispatcher's letters

19. Mediator

23. Blazing

24. Restaurant freebie for tots

26. Leaning tower

27. Falstaffian cry

28. One in harmony

29. Small amount

31. Discriminating sort, in a way
66. Language "Viking" came from
67. Charades, e.g.
68. "Vulcan's forge"
69. Exertion
70. Whiskies

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		52	53				
54						55	56		57		58	59	60	61
62								63	64					
65						66					67			
68						69					70			

32. Patel of "Slumdog Millionaire" and "The Newsroom"

34. Florida tourist destination

36. Computer rule of bad input, bad output

37. No more than

38. Matured

40. Rep's foe
41. Arrest

47. Great Italian poet

48. Noted film reviewer

49. Moonwalker

52. Not fulfilled

53. In excelsis \_\_\_\_

55. A long, long time

56. Winter flakes
58. M.I.T. grad, abbr.

59. Key point in WW II

60. Unsatisfactory

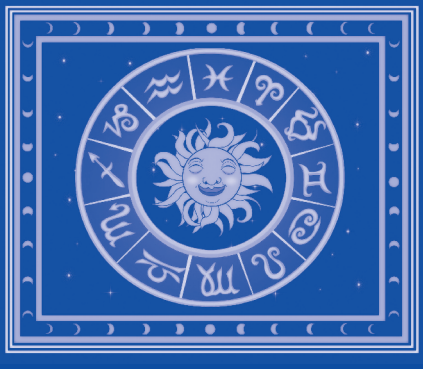
61. Looks at

63. Vein stuff

64. Government security agency, abbr.

Answers on P13

HOROSCOPES



BY HOLIDAY MATHIS

Dawn of the Leo Sun

Great beauty requires but one beautiful feature. Success requires but one talent. Stellar service requires but one person to be well-served. If you know of but one excellent move, it is a waste of time to fret over flaws and obsess over shortcomings. This week of the solar change into the sign of entertainment, the sun is a movie camera, tracking the action. When we focus on the right things, the things we do well, we shine.

**ARIES** (March 21-April 19). To exercise self-restraint won't be too hard for you now because you really want a different outcome than you've had. Discipline doesn't have to be arduous. Your light heart and experimental mood will keep things interesting. An early success will let you know you're on the path of change.

**TAURUS** (April 20-May 20). You're not fickle with your friendships. You have your reasons for liking someone, and your values remain constant. Still, relationships can really change over time, and so will the nature of your feelings. This week, you will be celebrating affection that endures past the emotions of the moment.

**GEMINI** (May 21-June 21). You'll work hard, ever-mindful that you're part of a team. You pull your weight and then some because you know others will be affected. Certain others are oblivious to their effect, or simply don't care. The situation will soon be made right. For now, focus on your own contribution while looking out for true allies.

**CANCER** (June 22-July 22). You'll find truth in this expression: The days are long, but the years are short. You'll find yourself grappling with the way you use time and striving for greater efficiency. There's so much you want to accomplish! There's something you'll do with 15 minutes a day that will add up to a remarkable result.

**LEO** (July 23-Aug. 22). Those endowed with money, genes or dumb luck may be easy enough to like until they are holding the very thing you wanted. Get what you want. Make it a priority and don't hold yourself back. Until you get what you want, you're in danger of becoming resentful of those who haven't had to work hard.

**VIRGO** (Aug. 23-Sept. 22). Social conditioning might be wrongheaded, but in the moment a message is conveyed by peers you admire, you're listening with something other than reason. This is why it's better not to make decisions at the party, in the store or in the first meeting. Give yourself time away from peer pressure to get clearheaded.

**LIBRA** (Sept. 23-Oct. 23). You won't have to ask who is on your side when you're on your own side -- and such an avid supporter

that you don't even notice what anyone else is doing. You wouldn't want this level of confidence or self-interest all the time, but it's necessary for selling an idea or making a place for yourself in the hierarchy.

**SCORPIO** (Oct. 24-Nov. 21). This week brings a search. Fit is everything. It doesn't matter what value people put on a thing; what matters is how it matches up to your needs. Success therefore has everything to do with knowing yourself well. Respect will be a strong theme of the later week. You'll often be the first to extend it.

**SAGITTARIUS** (Nov. 22-Dec. 21). Today you'll have the willpower to do what you say you'll do. But what about tomorrow, and the next day, and the day after that? Eventually, your freshly minted plans for yourself will become routine, and then just part of who you are. But until then, an accountability partner can help you forge the habit.

**CAPRICORN** (Dec. 22-Jan. 19). You'll have a low tolerance for inconsiderate treatment; anyone who's not paying you good attention won't be able to hold yours. You'll go where you're appreciated. The difference between bad company and good company is night and day. When you're in the right place, you feel seen and accepted.

**AQUARIUS** (Jan. 20-Feb. 18). Feeling safe enough to say what's on your mind is no small thing. You'll appreciate your freedom and use it to create improvement for more than just yourself. Improvement is change. Change makes some people nervous, even when it's for the better. Expect some resistance and don't let it stop you.

**PISCES** (Feb. 19-March 20). As a rule of thumb, the stronger the feeling, the shorter its duration. Wicked winds blow through. Thunder rolls to the next place. The hard rain doesn't last. You'll make use of the emotional energy if it helps you get where you're going. Or you'll just let it pass, identifying more with the sky than the weather.

**THIS WEEK'S BIRTHDAYS:** The strength you've cultivated will be put to excellent use. Your daring attracts an opportunity to be seen by those with the power to promote you. Challenges fall to you because someone senses you can handle it. Thrilling prizes are in store. Not only will you get the result you want but it will happen in the most pleasing time frame. Love and friendship will bring you to unusual settings. A fair amount of cuteness comes into your daily experience, perhaps through children, pets or a hobby.

Write Holiday Mathis at [HolidayMathis.com](http://HolidayMathis.com). COPYRIGHT 2022 CREATORS.COM



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## PUZZLE ANSWERS

CROSSWORD ANSWERS

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

SUDOKU ANSWERS

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

TOUGHIE ANSWERS

1	T	N	C	A	5	L	A	S	P	O	11	P	S	13	T
14	M	O	E	N	15	A	S	P	E	R	16	E	T	T	U
17	S	U	N	D	A	Y	A	F	T	E	R	N	O	O	N
18	O	N	T	A	P	E	21	S	M	E	T	A	N	A	
19							22	B	R	A	C	23	F	A	T
24	P	E	A	S	25	G	R	A	26	D	E				
27	I	G	L	O	28	L	A	G	E	R	29	G	O	A	
30	S	A	T	U	R	D	A	Y	E	V	E	N	I	N	G
31	A	D	O	32	L	E	R	O	I	33	E	A	G	L	E
34															
35	D	E	I	G	N	36	A	M	E	N	S	37	B	O	Y
38	A	B	R	A	D	39	E	S	40	S	T	U	D		
41	N	E	W	M	O	O	N	O	N	M	O	N	D	A	Y
42	R	I	M	43	N	O	R	S	E	44	G	A	M	E	
45	E	T	N	A	46	S	W	E	A	T	47	R	Y	E	S

## ROBSON VALLEY & NORTH THOMPSON CLASSIFIEDS

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.

## SELLING SOMETHING? ANYTHING?

Post it in the Goat!  
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### Danish Modern Furniture



We pay top dollar for teak and rosewood furniture from the 1950s-1960s. All types and conditions. Single items or entire estates. Call today!

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**danishmodernfurniture@gmail.com**

### EMPLOYMENT OPPORTUNITIES

ATTENTION: BOOKKEEPERS. Start your own bookkeeping business! Work mostly from home on your schedule. We help you get clients. \$0 fee. Verusprint.com/bookkeeper

### SERVICES

GET RESULTS! Post a classified in 92 newspapers in just a few clicks. Reach almost 2 million people for only \$395 a week for 25-word text ad or \$995 for small display ad. Choose your province or all across Canada. Best value. Save over 85% compared to booking individually. www.bccommunitynews.com/advertise or 1-866-669-9222.

### WANTED TO BUY

NUMISMATIST PURCHASING COIN COLLECTIONS & ACCUMULATIONS! Royal Canadian Mint, Canada & World Collections Wanted. Also buying 9999 bullion, old money, jewelry, nuggets, sterling, gold, silver, coins, bars, monster boxes +++ ESTATES WELCOMED! Todd 250 864 3521.

## WHEN RESULTS MATTER

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under 20 words .....	\$10/week
under 40 words .....	\$12/week
box classified (<40 words) .....	\$30/week
'Guaranteed to Sell' .....	\$50/3months (<40 words)



### Lawn Care

Give **grasscycling** a try by removing your lawnmower's bag and leaving the clippings on the lawn. Going bagless saves you the time and effort required to bag the clippings, and it improves lawn health. The clippings break down quickly and add nutrients to the soil, reducing the need for watering and fertilizing, and protect the soil from extreme elements. Grasscycling also helps to prevent disease, thatch and weed growth.

Grass clippings can be composted in backyard composters – just don't put grass clippings in your garbage cart or dump them in neighborhood green belts as it can attract wildlife and create a fire hazard.

### The Benefits of Composting

Grass clippings, leaves and branches are accepted at the Valemount Regional Transfer Station and they are turned into compost for use around the site.

The Regional District also produces **NorGrow**, a Class A compost, at a special facility at the Foothills Boulevard Regional Landfill in Prince George. Norgrow is available for purchase at both McBride and Valemount Regional Transfer Stations to improve the health of your soil.



The benefits of adding compost to your lawn and garden include:

- It's a source of organic matter and supplies carbon, a key component in the interaction between plants and soil.
- Elements like boron, copper, iron, manganese and zinc are added to the soil. Plants need these elements to grow and compost binds them to the soil for plants to utilize over a long time period.
- There is more variety in the size of soil particles which helps deal with problematic clay soil – in wet times compost increases water movement and during dry spells, it retains more water. The larger particles in compost also increase aeration, letting more air reach plant roots, and warm up the soil faster in the spring.

### ROBSON VALLEY COMPOSTING

- **Bring grass clippings & yard waste to Valemount Regional Transfer Station**
- **Buy NorGrow Compost at McBride & Valemount Regional Transfer Stations**

Let's put waste in its place.



MINIMIZING WASTE BY REDUCING, REUSING, RECYCLING AND COMPOSTING.

[sortsmart.ca](http://sortsmart.ca)

## Bees Knees



This bee was flying from flower to flower about the garden busy pollinating. You might notice that some bees have orange or yellow clumps along their hind legs resembling tiny saddlebags. These bright spots of cargo are pollen baskets or corbiculae. The pollen basket or corbicula (plural corbiculae) is part of the tibia on the hind legs of certain species of bees. They use the structure in harvesting pollen and carrying it to the nest or hive. These baskets are found in apid bees, including honey bees and bumblebees. / SANDRA JAMES

[www.valemount.ca](http://www.valemount.ca)

## 2022 WOOD STOVE EXCHANGE PROGRAM

### PROGRAM REBATES UP TO:

- 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



Phone: 250-566-4435  
Email: [grantclerk@valemount.ca](mailto:grantclerk@valemount.ca)  
735 Cranberry Lake Road | PO Box 168

## We are Hiring

a Contract **Yard Worker** & a Contract **Housekeeper**  
in McBride in Valemount



**\$20-25/hr**  
Flexible  
Schedule



**\$20/hr**  
Flexible  
Schedule

An estimated 12 hours/week

An estimated 7 hours/week

Want to apply or need more info? Call Shae at 250-566-9107 or email [shae@rvcsbc.org](mailto:shae@rvcsbc.org)



**Better at Home**

United Way helping seniors remain independent.



## Mary Lambert



Children's entertainer and Juno Award Nominee Mary Lambert entertained children and children at heart during her performance at the McBride and District Public Library on Thursday July 14, 2022. While engaging the audience, Lambert sang a variety of songs, some original and some old favorites. Kyle, Aziz, Freya, Fynn and Victoria helped with sound effects for "There was a little rooster," a song inspired by her childhood. Once she finished visiting with attendees in McBride, Lambert travelled to Valemount where she performed at the Valemount Public Library. Between the two locations she entertained approximately 60 youngsters and 22 adults. /ANDREA ARNOLD

## ROCKY MOUNTAIN GOAT

### SUMMER BREAK OFFICE HOURS

#### Valemount

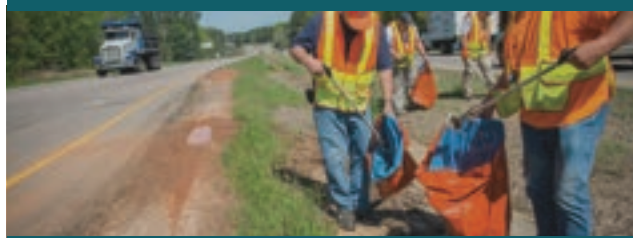
July 28<sup>th</sup> - Aug 5<sup>th</sup> Closed  
Aug 8<sup>th</sup> - 10<sup>th</sup> — 9:00 to 11:00am  
Aug 11<sup>th</sup> — Closed  
Aug 12<sup>th</sup> — 9:00 to 3:00pm  
Aug 15<sup>th</sup> - 17<sup>th</sup> — 9:00 to 11:00am  
Aug 18<sup>th</sup> — Closed

#### McBride

Aug 1st, 8th 15th — 9:00 to 3:00 pm  
Aug 2nd, 9th , 16th — 12:00 to 3:00 pm

*We will resume regular hours Friday August 19th!*

## JOIN OUR TEAM!



### Highway Maintenance Summer Students

Spend your summer learning and working alongside the fantastic team at Emil Anderson Maintenance!

Learn more and apply now at: [emilanderson.ca/careers/](http://emilanderson.ca/careers/)

EMIL ANDERSON  
MAINTENANCE • ROBSON

## Family Bike Ride or Walk Scavenger Hunt

- 10:00 am Saturday, July 23<sup>rd</sup>
- Steve Kolida Park
- Free basic bike tune-up (adjust brakes & shifting, lube cables & chain, patch tire)
- Free pizza lunch
- Bring your ideas on how to get more people walking, biking & rolling around McBride!

This is part of McBride's Active Transportation Network Planning which is a strategy to improve human powered movement opportunities in the community. Questions? Contact Jared @ 250 566 4022

## BOOK YOUR AD WITH US!

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



### MCBRIDE

#### 800 NW Frontage Road

- 6.5 acres of C2 commercial
- Excellent visibility and access from the highway
- Zoning allows for a great variety of commercial
- With accessory residential
- Cleared, clean and great views.

**\$565,000**

### ROYAL LEPAGE

#### ASPIRE REALTY

### Irene Berndsen



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TEL: **250-569-7397**

MLS AWARD  
WINNER

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



### CRESCENT SPUR

#### 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**



### MCBRIDE

#### 3085 River Bend Road

- Beautiful 10 acre riverfront property
- 2/3 Bdrm 2 Bath home with walkout basement
- End of the road -pasture - trails
- New garage , storage and greenhouse
- A must see - priced to sell !

**\$498,000**



### MCBRIDE

#### Bircher Road

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

**\$375,000**



### MCBRIDE

#### 1490 Dyke Road

- Perfect hobby farm 4.75 acre
- Nice 4 bedroom, 2 bathroom house
- Beautiful views - good water
- Outbuildings minutes from McBride
- Seller motivated

**\$510,000**

**SOLD!**



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MALONE**

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INTO REALITY, ONE  
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**IT'S ALL ABOUT LIVING YOUR BEST LIFE ON THE FRASER RIVER!!**

**11899 L'HEUREUX RD**

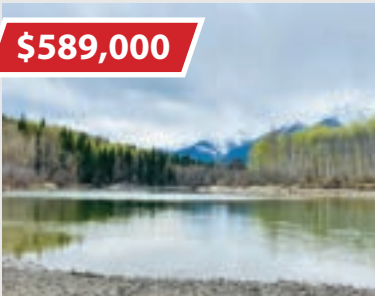
**\$1,575,000**



Paradise is what this private, riverfront property is all about! Imagine relaxing on your deck, listening to the Fraser River run past as you gaze up to the stunning Caribou mountains, bringing you total bliss. Located only 20 minutes north of Valemount and adjacent to an Ungulate game reserve guarantees wildlife viewing at your doorstep. Approximately 58 acres of a variety of landscapes: sandy beaches, mature treed forests, creeks, elevated land with panoramic views and grassy meadows. The beautiful log home is full of character and warmth with the basement being unfinished letting you add your own personal touches. There is a huge shop, greenhouse and a few heritage buildings throughout the property. Potential to subdivide. Truly a one of a kind property and it could all be yours!

**12815 E HWY 16**

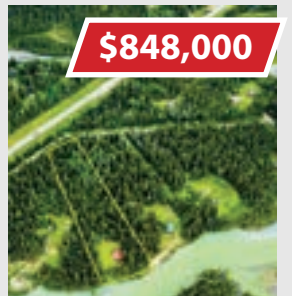
**\$589,000**



This 50 acre riverfront property is unbelievable! Gorgeous mature trees, babbling creeks, mountain views and extensive frontage along the Fraser River. There is merchantable timber throughout the property. The possibilities here are really endless. It is untouched with natural beauty everywhere you look and it is located only 20 minutes north of Valemount. There is an abandoned trailer on site that will need to be removed. Make an appointment today and come see for yourself just how magical this property really is!

**14055 SWIFT CURRENT RD**

**\$848,000**



Looking for that gorgeous riverfront property that takes your breath away? Well, here it is! All else is forgotten as you spend your days nestled up on your covered sundeck listening and watching the great Fraser River flow past. Mount Robson is the highest Canadian Rocky Mountain and this private, stunning property is located only 5 minutes down the highway. The possibilities here are endless as it is currently used as a recreational property but with a few modifications could be turned into a cozy, charming home for 365 days of the year or keep it as a cabin as you build your dream home elsewhere on the property. Property comes fully furnished with John Deere ride on lawn mower and electric wood splitter. Act fast as there are only a few properties in this area and they rarely go on the market.

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



**Shelly  
Battensby**  
REALTOR



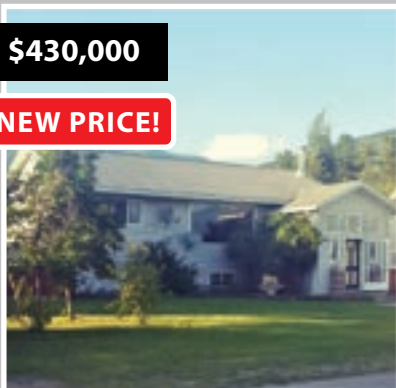
**DIFFERENT  
BETTER**

*Motivated Sellers!*

**1310 9th Avenue VALEMOUNT**

**\$430,000**

**NEW PRICE!**



With 6 bedrooms, open living space, and suite potential, this home is well suited for a large family or an income property. Close to schools and shopping, and a short distance to amenities and recreation, this property is in a great location and at a new great price.

**1370 8th Avenue VALEMOUNT**

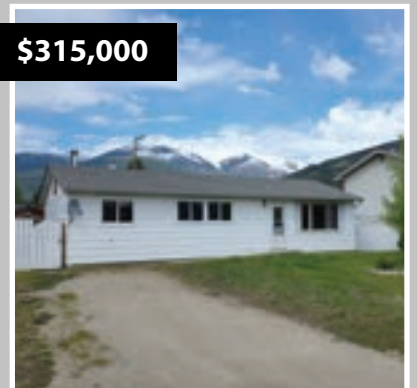
**\$485,000**



Further reduced, this home is updated and move-in ready. With important updates like roofing, bathrooms, and kitchen, this home has great value. The landscaped and private backyard is just as inviting. Vacant and available for quick possession, this could be the one.

**1322 8th Avenue VALEMOUNT**

**\$315,000**



What a great buy! This updated, 2 bedroom bungalow is in the heart of the community and has a nice, open floor plan and family friendly spaces. Currently rented, you could continue the investment property, or in a short time, have your own comfortable place to call home.



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