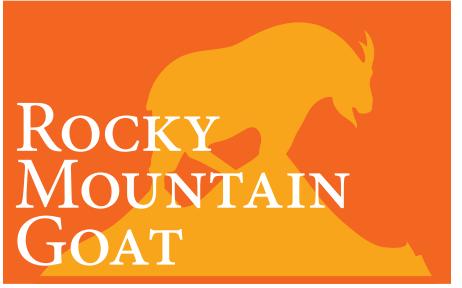


New backcountry cabin P2



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Fire spotted above Mountainview homes

By Andrea Arnold

Between 7:30 and 8:00 Sunday morning, August 7, 2022, Donna Peterson noticed a white pillar of smoke coming from the trees not far from her daughter Sarah Olofsson's home on Mountainview Road in McBride. She took a photo and sent it to Olofsson, who then called it in at 9:03am. Olofsson was not home at the time, but they alerted all their neighbours along that side of the mountain.

Through a comment on Facebook, it was made public that some tourists passing through had also spotted the smoke and called 911 at about 8:40am. The call was passed through to BC Wildfire at that time.

"At 9:57am we got the first report of a chopper overhead," said Olofsson. She stated that she was pleased with the quick response.

Shelly Cousineau is one of those neighbours. She too was impressed by the response time of the BC Wildfire crew. She posted on Facebook that the helicopter had arrived and was doing repeated passes up and down the mountain side.

"It really puts it in perspective when you can't see the fire, but they are flying low right over your house to get to it," said Cousineau. "I will definitely be looking at our emergency plan again after today."

Peterson says she didn't notice any recent lightning so she is speculating that a strike earlier this week has been smouldering and caught fire this morning.

By 11:00am, the helicopter had left the area, and Peterson reported that she could no longer see smoke from the angle she had originally taken the photo.

Not long after, a helicopter returned with a bucket, and using water drawn from the nearby Fraser River, proceeded to dump on the fire area for approximately an hour.

Olofsson said that the process she went through when she made the call made it easy to report it. She was put through a series of questions as she provided information allowing them to respond in a timely manner.

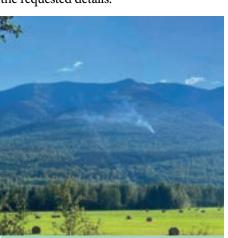
This incident shows that fires can happen at any time, not just right after a storm, and being quick to report them can make a difference.

The zone wildfire coordination officer Lukas Lerch confirmed that following the water dousing from above, a four man ground crew went into the site for hotspot control and mop up. They declared the fire out before they left later in the day. It was a holdover burn started from a lightning strike that hadn't amounted to anything until the weather conditions changed and the sparks ignited Sunday morning.

"We had notice of the lighting strike on the fire map," said Lurch. "With the rain that came after the strike it was hard to confirm that there was flame until it put up smoke allowing us to pinpoint its location."

There can be thousands of strikes that do not result in a fire, and it is not feasible for crews to check on every site. Following a lightning event a patrol flight over an area may occur if conditions allow.

"We really appreciate the diligence of the public in spotting and calling in the fire," said Lerch. "It allowed us to respond quickly and hastily extinguish it. A majority of the fires that the crews respond to each year are reported by members of the public. If you spot a wildfire, please call *5555 from your mobile device, 1-800-663-5555 from a landline or report it through the BC Wildfire app by taking a photo and GPS coordinates and filling in the requested details."



Donna Peterson spotted smoke above Mountainview Road from her home across the Fraser River. The fire was reported to BC Wildfire and a helicopter was on the scene quickly. /SUBMITTED





A helicopter worked for approximately an hour shuttling water drawn from the Fraser River up to the smokey site to extinguish the fire. /ANDREA ARNOLD

At the end of the second day of the Mud Bog event at the Canoe Mountain Rodeo Grounds in Valemount on July 30-31, 2022, Chase Ford bogged down only a few metres into the bog. As he climbed out the roof of the car, chants of "BELLY FLOP!" motivated a graceful side flip into the murky depths. /ANDREA ARNOLD



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New Ozalenka cabin complete

By Andrea Arnold

The Ozalenka Alpine Club in McBride has just completed the new cabin located on their namesake's trail. There has been a cabin near the Ozalenka Creek, roughly a seven kilometre hike from the trailhead, since 1989. The original was built by a team of volunteers.

"It was getting decrepit," said club board member Roy Howard. "It was rotting. It was time for either a renovation or a replacement."

The club decided a new cabin was the better option. In 2020, they were able to complete the foundation, but decided that they did not have the funds to continue the build. This spring, two years later, they received a gaming grant of \$106,000 and on July 15th, building materials and some of the nine person crew from Salmon Arm were flown in by Yellowhead Helicopters. Other members of the crew hiked in to begin work.

Originally the hope had been to start construction in June. The helicopter pilot thought he might not be available to transport any later into the summer due to fire season. However, with the slow melt of the snowpack, his availability became more flexible. Also, the snow had not melted off the worksite as early as had been predicted.

The new cabin, a 16x20 square foot structure, is located about 50 metres to the south of the old cabin. It is taller than its predecessor, with a loft for added sleeping space. A large covered deck runs the length of the front of the cabin, and inside is a new wood stove.

"There is a solar panel, about twice the size of the old one, and new batteries," said Howard. "There is plenty of power for lights and to charge cell phones or inreach devices. There are also new sleeping pads

and firewood. Hopefully the woodshed is full by winter."

The old cabin structure has to come down by order of Parks. At this time, the club isn't sure what that process will look like. They would like to avoid another hefty air transport bill, but packing it all out isn't a likely option. However, the removal has to be complete before the grant gets signed off on, so a decision needs to be made soon. Possibly, some of the salvageable materials will get repurposed into the new woodshed.

Howard and another volunteer made the trek into the build site on foot last week. They took with them a few items that the crew had realized they needed. The 9-person crew stayed in the old cabin and worked six days a week, beginning on July 15, 2022. Complete construction, aside from the fondation, took almost three weeks. The crew hiked down on Wednesday, August 13, 2022, leaving the completed new cabin after christening it the Glen Stanley Alpine Hut. Many other community members made the trek up to the cabin over the construction time to help the crew finish the project in only a few weeks.

"The crew was very good and capable," said Howard. "I was impressed how well they all worked."

Howard explained that the club had looked to local contractors, but they were unable to secure a commitment from anyone that would allow them to complete the cabin within their timeline.

There has been some work done on the trail leading to the cabin as well. Some work was completed to repair some washout areas. Howard says there is an area where part of a creek has deviated from its original

bed under a bridge resulting in a wet

CONT'D ON P5



The new Ozalenka cabin stands tall over the surrounding alpine. ${\tt SUBMITTED}$



This old Ozalenka cabin has served the Ozalenka Alpine Club and many other backcountry adventurers for the past 30 years. As much as possible, materials from the demolition of this structure will be reused to build other usable spaces in the area, such as a woodshed. /SUBMITTED

2022 General Local Elections — Notices of Nominations



Public Notice is hereby given to the electors of the Regional District of Fraser-Fort George that a General Local Election will be held on Saturday, October 15, 2022 and that nominations for the offices of:

Director – Electoral Area A 1 person to be elected Director – Electoral Area C Director – Electoral Area E

1 person to be elected

Director – Electoral Area E

Director – Electoral Area G 1 person to be elected

Director – Electoral Area F
1 person to be elected

Director – Electoral Area H
1 person to be elected

5:00 p.m. on Friday, September 16, 2022

1 person to be elected

Director – Electoral Area D

1 person to be elected

will be received by the Chief Election Officer or Deputy Chief Election Officer as follows:

By Hand, Mail or other delivery Service To: 155 George Street, Prince George, BC V2L 1P8	From: 9:00 a.m. on Tuesday, August 30, 2022 To: 4:00 p.m. on Friday, September 9, 2022
By Fax To: 250-563-7520	From: 9:00 a.m. on Tuesday, August 30, 2022 To: 4:00 p.m. on Friday, September 9, 2022
By Email To: election@rdffg.bc.ca	Originals of Faxed or Emailed nomination documents must be received by the Chief Election Officer by

Nomination documents are available online at www.rdffg.bc.ca or in person, from July 22, 2022 to the close of the nomination period, as follows:

,	
Regional District Office ,155 George Street, Prince George, BC Office Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m.	Director – Electoral Areas A, C, D, E, F, G, H
District of Mackenzie , 1 Mackenzie Blvd, Mackenzie, BC Office Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.	Director – Electoral Area G
Bear Lake Community Commission , 353 Grizzly Avenue, Bear Lake, BC Office Hours: Monday, Wednesday, and Friday, 9:00 a.m. to 1:00 p.m.	Director – Electoral Area G
Village of McBride, 100 Robson Centre, McBride, BC Office Hours: Monday 10:00 a.m. to 4:30 p.m.; Tuesday to Friday 8:30 a.m. to 4:30 p.m.	Director – Electoral Area H
Village of Valemount, 735 Cranberry Lake Road, Valemount, BC Office Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. (closed between 12:30 p.m. and 1:30 p.m.)	Director – Electoral Area H

THE DEADLINE FOR RECEIPT OF NOMINATIONS IS 4:00 P.M. FRIDAY, SEPTEMBER 9, 2022.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a School Trustee if they meet the following criteria:

- Canadian Citizen;
- 18 years of age or older on general voting day Saturday, October 15, 2022;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified by the Local Government Act or any other enactment from voting in an election in British Columbia or being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local election, the following expense limits for candidates during the campaign period apply:

Director - Electoral Area A \$5,398.92
Director - Electoral Area C \$5,398.92
Director - Electoral Area E \$5,398.92
Director - Electoral Area E \$5,398.92
Director - Electoral Area F \$5,398.92
Director - Electoral Area G \$5,398.92

\$5,398.92

Director - Electoral Area H

THIRD PARTY ADVERTISING LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local elections, the following third party advertising limits apply:

Director – Electoral Area A \$809.84
Director – Electoral Area D \$809.84
Director – Electoral Area E \$809.84
Director – Electoral Area E \$809.84
Director – Electoral Area F \$809.84
Director – Electoral Area G \$809.84
Director – Electoral Area G \$809.84

FOR FURTHER INFORMATION on the **nomination process**, please contact:

Karla Jensen, Chief Election Officer (250) 960-4444

Dayna Hegel, Deputy Chief Election Officer (250) 960-4400 Email: election@rdffg.bc.ca

FOR FURTHER INFORMATION on the campaign period expense limits and third party advertising limits, please contact Elections BC:

Toll-free phone: 1-800-661-8683 Website: www.elections.bc.ca Email: electoral.finance@elections.bc.ca

2022 General Local Elections — Notices of Nominations



SCHOOL DISTRICT NO. 57 (PRINCE GEORGE)

Public Notice is hereby given to the electors of School District No. 57 (Prince George) that a General Local Election will be held on Saturday, October 15, 2022 for the office of:

School Trustee: Mackenzie Trustee Electoral Area (2) School Trustee: Robson Valley Trustee Electoral Area (3) 1 person to be elected School Trustee: Prince George Trustee Electoral Area (1) 5 persons to be elected

1 person to be elected

Nomination documents are available online at www.sd57.bc.ca or in person, from July 22, 2022 to the close of the nomination period on September 9, 2022, as follows:

School District No. 57, 2100 Ferry Avenue, Prince George, BC Office Hours July 22, 2022 to September 2, 2022: Monday to Friday, 8:00 a.m. to 3:30 p.m.

Office Hours September 6, 2022 to September 9, 2022: Monday to Friday, 8:00 a.m. to 4:30 p.m.

District of Mackenzie, 1 Mackenzie Blvd, Mackenzie, BC Office Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.

Village of McBride, 100 Robson Centre, McBride, BC Office Hours: Monday to Friday, 10:00 a.m. to 4:30 p.m.

Village of Valemount, 735 Cranberry Lake Road, Valemount, BC Office Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. (closed between 12:30 p.m. and 1:30 p.m.)

Nominations will be received by the Chief Election Officer or Deputy Chief Election Officer as follows:

From: 9:00 a.m. on Tuesday, August 30, 2022 4:00 p.m. on Friday, September 9, 2022

By Hand: By Appointment Only, Please Call 250-561-6800 to schedule

School Board Office

2100 Ferry Avenue, Prince George, BC V2L 4R5

By Mail or Other Delivery Service

School Board Office - 2100 Ferry Avenue, Prince George, BC V2L 4R5 Office Hours August 30, 2022 to September 2, 2022: Monday to Friday, 8:00 a.m. to 3:30 p.m.

Office Hours September 6, 2022 to September 9, 2022: Monday to Friday, 8:00 a.m. to 4:30 p.m

By Fax: 250-561-6820 By Email: election@sd57.bc.ca

Note: Originals of faxed or emailed nomination documents must be received by the Chief Election Officer by 4:30 p.m. on Friday, September 16, 2022

THE DEADLINE FOR RECEIPT OF NOMINATIONS IS 4:00 P.M., FRIDAY, September 9, 2022

QUALIFICATIONS FOR OFFICE:

A person is qualified to be nominated, elected, and to hold office as a School Trustee if they meet the following criteria:

- Canadian Citizen;
- 18 years of age or older on general voting day Saturday, October 15, 2022;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified under the School Act or any other enactment from being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local election, the following expense limits for candidates during the campaign period apply:

School Trustee: Mackenzie Trustee Electoral Area (2) \$5,398.92 School Trustee: Robson Valley Trustee Electoral Area (3) \$5,398.92 School Trustee: Prince George Trustee Electoral Area (1) \$32,547.30

THIRD PARTY ADVERTISING LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local elections, the following third party advertising limits apply:

School Trustee: Mackenzie Trustee Electoral Area (2) \$809.84 School Trustee: Robson Valley Trustee Electoral Area (3) \$809.84 School Trustee: Prince George Trustee Electoral Area (1) \$1,627.37

FOR FURTHER INFORMATION on the School District No. 57 and the Role of Trustee, please contact:

Diane Nygaard (250)-561-6800 Ext 301 Website: www.sd57.bc.ca

Email: dnygaard@sd57.bc.ca

FOR FURTHER INFORMATION on the **nomination process**, please contact:

Jan Cote, Chief Election Officer 250-561-6800, Ext. 321

Ellen Bryden, Deputy Chief Election Officer 250-561-6800 Ext. 319

Email: election@sd57.bc.ca

FOR FURTHER INFORMATION on the campaign period expense limits and third party advertising limits, please contact Elections BC:

Toll-Free Phone: 1-800-661-8683 Email: electoral.finance@elections.bc.ca

Website: www.elections.bc.ca



Public Notice is hereby given as follows, nominations for the office of:

Mayor - 1 Councillor - 4

will be received by the Chief Election Officer or a designated person, as follows:

From: 9:00 a.m. Tuesday, August 30, 2022 By hand, mail or other delivery service: Village of Valemount Municipal Office - PO Box 168 To: 4:00 p.m. Friday, September 9, 2022 735 Cranberry Lake Road, Valemount, BC, V0E 2Z0 (Excluding weekends and statutory holidays) By email to: corporate@valemount.ca From: 9:00 a.m. Tuesday, August 30, 2022 To: 4:00 p.m. Friday, September 9, 2022

> Originals of emailed nomination documents must be received by the Chief Election Officer by 4:00 p.m., September 16, 2022

Interested persons can obtain information on the requirements and procedures for making nominations, including nomination forms, at the Village of Valemount Municipal Office, Monday to Friday, 8:30 am - 12:30 pm, 1:30 pm - 4:30 pm, or on the village website www.valemount.ca

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day, Saturday, October 15, 2022;
- resident of British Columbia for at least 6 months (March 8, 2022) immediately before the day nomination papers are filed (last day to file is September 9, 2022) and;
- not disqualified under the Local Government Act or any other enactment from voting in an election in British Columbia or being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

THIRD PARTY ADVERTISING LIMITS

In accordance with the Local Elections Campaign Financing Act (LECFA), for the 2022 general local election, the following third-party advertising limits apply:

Mayor and Council: \$809.84

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the Local Elections Campaign Financing Act (LECFA), for the 2022 general local election, the following expense limits for candidates during the campaign period apply:

Mayor: \$10,797.83 Councillor: \$5,398.92

FOR FURTHER INFORMATION on the nomination process, please contact: Carleena Shepherd, Chief Election Officer: 250-566-4435 Tracey Dennis, Deputy Chief Election Officer: 250-566-4435

FOR FURTHER INFORMATION on the campaign period expense limits and third party advertising limits, please contact Elections BC:

Toll-free phone: 1-800-661-8683 Email: electoral.finance@elections.bc.ca Website: www.elections.bc.ca



THE CORPORATION OF THE VILLAGE OF MCBRIDE

Public Notice is hereby given to the electors of the Village of McBride that a General Local Election will be held on Saturday, October 15, 2022 and that nominations for the offices of:

Councillor - 4

will be received by the Chief Election Officer or a designated person, as follows:

From: 9:00 a.m. Tuesday, August 30, 2022 By hand, mail or other delivery service: 100 Robson Centre, 855 SW Frontage Road To: 4:00 p.m. Friday, September 9, 2022 PO Box 519 McBride BC VOJ 2E0 By fax to: 250-569-3276 From: 9:00 a.m. Tuesday, August 30, 2022 To: 4:00 p.m. Friday, September 9, 2022 By email to: cfo@mcbride.ca Originals of faxed or emailed nomination documents must be received by the Chief Election Officer by 4:00 p.m., Friday, September 16, 2022

Nomination forms are available at the Village Office, 100 Robson Centre from 9:00 a.m. July 26th, 2022 to the close of the nomination period 4:00 p.m. September 9th, 2022.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day, Saturday, October 15, 2022; • resident of British Columbia for at
- least 6 months immediately before the day nomination papers are filed and; • not disqualified under the Local
- Government Act or any other enactment from voting in an election in British Columbia or being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local election, the following expense limits for candidates during the campaign period apply:

Mayor: \$10,797.83 Councillor: \$5,398.92

THIRD PARTY ADVERTISING LIMITS

In accordance with the Local Elections Campaign Financing Act, for the 2022 general local election, the following third-party advertising limits apply:

Mayor and Council: \$809.84

FOR FURTHER INFORMATION on the nomination process, please contact: Sandy Salt, Chief Election Officer 250-569-2229 Chris Tupy, Deputy Chief Election Officer 250-569-2229

FOR FURTHER INFORMATION on the campaign period expense limits and third party advertising limits, please contact Elections BC:

Toll-free phone: 1-800-661-8683 Email: electoral.finance@elections.bc.ca Website: www.elections.bc.ca

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Editorial



Is it time to turf Valemount's "mountain theme" bylaw?

By Laura Keil, Publisher/Editor

Recently I was speaking to a tourist about the mountains surrounding us when I gestured towards Canoe Mountain only to see it perfectly obscured by a building's peaked marquee. The contour of the mountain matched the slope of the building's facade, the facade no doubt an intentional tribute to our surrounding peaks. It was ironic that it

obscured the very mountain it imitated.

My family and I are currently on a holiday in Barcelona, Spain. In addition to bustling beaches, leafy pedestrian streets, and Tapas restaurants, it is home to a dozen creations of the much-lauded Catalan architect Gaudi. The most famous is the Sagrada Familia, a still unfinished cathedral whose many towers and mouldings show elements of Christian mythology in a way that can only be described as brilliant art. I am not religious, but I was genuinely moved by vaulted ceilings, the inspired designs and use of light and colour. It was different from any other cathedral I've seen. It moved me to think that such creativity and risk taking could be valued by so many people who have donated to its completion.

Gaudi's buildings are known for their lack of straight lines, their curvature, playfulness, and festive colourful design work. A chimney shaped like a rainbow soft ice cream cone. A mosaic-covered giant gecko. A roof that looks like a dragon's back. Windows shaped like mangos. His most iconic buildings are beautiful, irrational, and distinct from any buildings surrounding them and draw millions of tourists to Barcelona every year. Gift shops are chock full of Gaudi-themed shirts, hot mats, mugs, and other collectibles.

Barcelona has a long history of seafaring. Imagine if Barcelona had told Gaudi that he could only use "natural colours," that it had to be under a "maritime" theme and his designs had to be pre-approved by a local government? Think about what a loss

that would have been not just to Barcelona's culture but to the world.

With that in mind, is it relevant to enforce a "mountain theme" in Valemount's

With that in mind, is it relevant to enforce a "mountain theme" in Valemount's commercial districts (highway, downtown, and "rail town")? The village bylaw contains prescriptive and sometimes contradictory rules that commercial district businesses must follow:

"Buildings shall reflect a 'Mountain Valley' style, which includes sloped roofs, exposed wood and use of natural materials for building exteriors including rock, stone, and wood."

In addition to mandatory sloped roofs and natural materials, it encourages recycled and recyclable materials, discourages stucco and vinyl, and "Civic buildings should be comprehensively planned in conjunction with other nearby civic buildings, public spaces, and non-civic buildings to ensure connectivity and well designed public spaces." Businesses must submit an application, pay a fee, and wait for the bureaucratic decision.

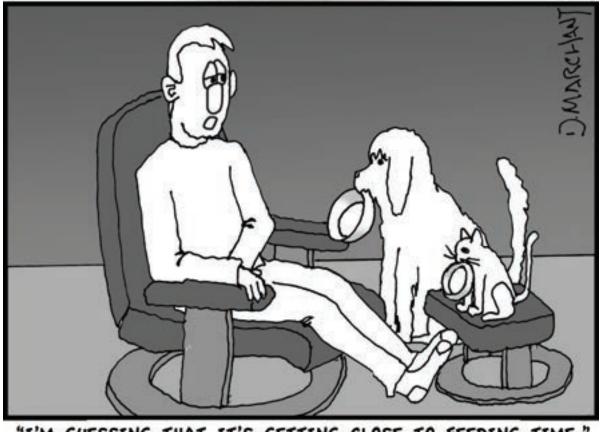
To me this reads like a lot of red tape for very little benefit. Just think: we are saying we don't want roof-top patios and that new buildings must fit in with existing ones, regardless of how uninspired the existing ones are.

While the rules are somewhat open-ended, the vagueness could equally be used against any developer who chooses to build something distinct from the peaked-roof/log-cabin motif that Valemount is so fond of.

Worse than that, having a bylaw like this squelches the authentic varied flavour of our town.

After the mill shut down, it was creativity, unconventional thinking and grit that got us to where we are today. Why not allow those traits to flourish in the town's design? A single awe-inspiring building could become both an icon for Valemount and a draw for visitors.

What do you think about the mountain valley theme? Let me know! goatnewspaper@gmail.com



"I'M GUESSING THAT IT'S GETTING CLOSE TO FEEDING TIME."

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REGULAR CONTRIBUTORS: Pete Amyoony David Marchant Sandra James Leon Lorenz Michael Piasetzki



Laura KeilPublisher / Editor
goatnewspaper@gmail.com



Andrea Arnold
Associate Editor / Reporter
ajareporting29@gmail.com



Trish GairAdmin/Distribution
billingrmg@gmail.com



Christine Weenk
Graphic Design
goatnewsweb@gmail.com



Anna Mata
Production/Marketing
ads@goatnewsmedia.com



Deanna Mickelow
Feature Sales
dmickelow@gmail.com

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 factchecked 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.



Jewish Canadians are 10 times more likely than members of any other religious community to be the target of a hate crime.

This startling number came from a Statistics Canada report on police-reported hate crimes, issued this month.

As we have seen in the past, many Canadians will scan this report and dismiss it. We tell ourselves that other groups suffer too. We comfort ourselves that, if only an endless Middle East conflict were resolved, harmony would

return at home. Most disturbingly, perhaps we harbour our own prejudices about Jewish people as a collective and believe, consciously or not, that they are not a group with which we need to concern ourselves.

It is often said that antisemitism is a symptom of a more insidious social disorder. This may be true. But it conversely serves as yet another reason to dismiss it as a problem in itself.

Canada is fortunately far more welcoming and safe than many or most other places on earth. But this is a product of concerted action against discrimination and the celebration of differences. It does not happen by accident.

The latest in a litany of evidence about anti-Jewish attitudes and behaviours in Canada calls out for us to act.

A new, grassroots movement of Canadians is standing with our Jewish neighbours against discrimination. In our unions, on our campuses, in our social circles and our places of worship, at our dinner tables and anywhere that presents an opportunity to advance Canadian values of acceptance, we are making our voices heard against antisemitism.

We invite you to learn more and, if you like, to join us at UpstandersCanada.com.

Patrick Johnson, Director Upstanders Canada Vancouver, BC



Thank you Margaret

Many people don't realize that Margaret Sanger, who started organizations that developed into Planned Parenthood, believed that abortion was murder, and that she wanted birth control to be legal and available to women ... and men.

This was Planned Parenthood in the early days ... Planned Parenthood - in Their Own Words

• "One sperm plus one egg = one

baby." • -- Planned Parenthood/ World Population pamphlet entitled "ABCs of Birth Control," 1973, page 4. "An abortion kills the life of a baby after it has begun. It is dangerous to your life and health."

• -- Planned Parenthood 'Plan Your Children' pamphlet, 1963.

Ultimately, those at Planned Parenthood realized that law, or no law, women were dying from botched abortions, and that is why they eventually decided that to save the lives of the women, abortions performed by qualified doctors and pro-choice for women, was the only way to go.

Margaret Sanger was not a racist, or a eugenicist. In her autobiography, when she stated the word "unfit," she meant "because of poverty, many families were unable to give proper care to so many children." And in another part of her autobiography, she mentioned that the eugenicists were at the

meeting ... which suggested that she was not one of them.

Her name was and still is, much maligned, and I suggest that it is time to give thanks to this pioneer woman, who went to prison, and yet kept fighting against the dictates of the male-driven hierarchies in the churches of that era, so that over-burdened families could have access to methods of birth control.

June Vandermark McBride

New Ozalenka cabin... CON'T FROM P2

crossing. Howard and another volunteer have created a temporary bridge that links up to the original bridge, but they are looking for a longer term solution to the

Also available near the cabin are several tent pads and an outhouse. Visitors to all sites, cabin and tent, are asked to clean and remove garbage when they leave.

Access to the trail starts on the Dore River Forest Service Road. Six kilometres in, follow the right fork with signs for Ozalenka. After eight kilometres, take another right, also marked Ozalenka. Four kilometres more, and you will arrive at the well marked parking area and trailhead.

Porcupines eating wires or lines off vehicles are an issue at this trailhead. Users are advised to use the designated fenced in parking area, or bring their own chicken wire to wrap around their car.

Glen and Elsie Stanley, founders of the Ozalenka Alpine Club and instrumental in the construction of the first cabin, are thrilled that this new cabin has been

"A heartfelt thank you to all who helped in any way,"

She listed those who helped with road and trail maintenance, planning and organizing, grant administration, provision of building supplies, building available at https://ozalenkaalpineclub.ca/bookings/

the foundation, folks who carried heavy supply loads and the amazing crew.

"The cabin is a work of art, and we trust that all who stay there will be blessed by both the lovely building, and the surroundings - the peaceful meadows, lakes and mountains," she said.

Like the previous cabin, the new cabin will be available to rent year round. The trail is passable by ski or snowshoe in the winter months. Access to the trailhead through the snow requires a snow machine. Rental information for both the Ozalenka cabin as well as the other club maintained cabin, Eagle Valley, is



1st Place 2021, 2019, 2018, 2015, 2nd place 2022, 2016 for Newspaper Excellence B.C. & Yukon < 2000 circulation

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1st Place 2019 Best Feature Story 3rd Place 2018 Best Historical Story 2nd Place 2018 Best Website Newspaper Excellence & Best Front Page: Blue Ribbon 2016, 2rd Place 2015 3rd Place 2015

THE ROCKY MOUNTAIN GOAT is one of just a few locally-owned community newspapers in BC. Thank you for helping to make this publication a success!

CONTACT US

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FRI 9am - 5pm

MON 9am - 3pm TUES 12pm - 3pm

MCBRIDE HOURS

The Rocky Mountain Goat serves a population base of approximately 5,000 residents from Valemount to McBride to Dome Creek and Blue River. It is 100% locally owned. RETURN UNDELIVERABLES TO: The RMG, Box 21, Valemount, BC V0E 2Z0

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We acknowledge the financial support of the Government of Canada.

VALEMOUNT COUNCIL NOTES

New CAO, Clean Air Task Force update, remedial action

By Andrea Arnold

Mayor Owen Torgerson called the July 26, 2022 Valemount Council meeting to order.

Administrative reports

Council moved to receive the accounts payable report for 2022

Council received the building inspector report for April - June 2022 stating permit values **ESTIMATED**

CONSTRUCTION VALUES

April, 2022: Building Permits: \$2000 Plumbing Permits: \$0 New Solid Fuel Appliances: \$0 Total: \$2000 This total is for one minor commercial alteration/repair. Permit values are usually somewhat higher in

May, 2022:

Building Permits: \$1,231,000 Plumbing Permits: \$10,000 New Solid Fuel Appliances: \$ 6000 Total: \$1,247,000 The above total reflects 3 new single-family dwellings, a large accessory building and a substantial repair to a hotel.

June, 2022:

Building Permits: \$1,809,000 Plumbing Permits: \$16,750 New Solid Fuel Appliances: \$12,000 Total: \$1,837,750 The above total reflects 4 new single-family dwellings with 1 secondary suite and 1 conversion from a non-residential to single family dwelling.

PERMIT FEES COLLECTED

April, 2022:

Building Permits: \$ 112.00 - one permit Plumbing Permits: \$ 0 New Solid Fuel Appliances: \$0

Total: \$112.00 May, 2022:

Building Permits: \$3316.00 - 6 permits Plumbing Permits: \$400.00 - 4 permits New Solid Fuel Appliances: \$130.00one new appliance

Total: \$3846.00

June, 2022:

Building Permits: \$11,512.00 - 7

Plumbing Permits: \$602.00 - 5 permits New Solid Fuel Appliances: \$260.00 - 2 new appliances

Total: \$12,374.00

Council received the bylaw enforcement summary report for June. In June there were 13 new files opened and 20 files closed. The new files consist of violations in the following areas: one animal control, six good neighbour bylaw, one solid waste disposal, four zoning and one other.

Council received the Municipal Regional District Tax Renewal 2022 report. The report refers to Bylaw No. 852, 2022 regulating the imposition of the Municipal and Regional District Tax of 2% of the purchase price of accommodation for the whole Village of Valemount. The report states that in June, the Province of British Columbia approved the extension of the MDRT for the Village of Valemount until August 1, 2027.

Municipal Officer Appointments

Council appointed Eric Depenau as Chief Administrative Officer and Corporate Officer for the Village of

Clean Air Task Force update

Council appointed CAO Depenau to the Clean Air Task Force.

Council agreed that the Valemount Community Forest/Valemount Industrial Park be permitted to appoint an alternate committee member to attend Clean Air Task Force meetings in the absence of the VCF/VIP manager.

Council discussed the draft Air Quality Management Plan. Mayor Torgerson pointed out a couple of points. The phrase Highway 97 and 5th ave should be Highway 5 and 5th ave. This was corrected and the amendment was carried. Council approved the amended Air Quality Management Plan. He commented that he was a huge advocate of setting up sensors around the community to help determine which areas need the most help.

Temporary Use Permit 22-07 - 1280 14th Ave

Council gave initial approval for temporary use permit 22-07 for 1280 14th Avenue proposing a temporary residential structure for up to two years.

Remedial action

Council authorized staff to deliver a notice to the property owner (and each holder of a registered charge) via registered mail which states that all fire hazard trees (not standing) at 955 13th Avenue must be removed no later than September 2, 2022. If action is not taken by this time, Council authorizes staff to proceed with remedial action with regards to the hazards at the expense of the property owner, as per sections 77 & 78 of the Community Charter.

Bylaws and Policies

Council approved Policy No. 15, Leave of Absence as amended. The amendments are:

the first five paid sick days an employee takes in a calendar year will be deducted from the employee's sick bank, casuals or other employees who receive compensation in lieu of benefits will have access to Employment Standard

Act sick time, employees may borrow sick time not yet accrued, an outline of what proof of sickness is required when, sick leave now includes parents, children or spouse, point of clarification- sick time only adds up while an employee is actively working, and sick leave entitlements are pro-rated for part-time

Payout of sick time upon retirement requires an employee to have worked for the Village for 20 years, with no age

Council approved Policy No. 81, Appointments to the Board of Directors of Village-Owned Companies as amended. The total number of voting members on each board will be increased from six to seven, and the number of community members from five to six. This change will impact the Valemount Community Forest and Valemount Industrial Park.

Public comment - Note, this will be the last opportunity for members of the public to comment at a Council Meeting until after the General Local Election.

In Camera

Council proceeded to an in-camera meeting for consideration of three items per Section 90 (1) (c) labour relations or other employee relations, (j) information that is prohibited, or information that if it were presented in a document would be prohibited, from disclosure under section 21 of the Freedom of Information and Protection of Privacy Act, and (k) negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stages and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public.

www.valemount.ca

Village of Valemount Notice of Public Hearing

Please Take Notice that a Public Hearing for Temporary Use Permit TUP-22-07 will be held:

Tuesday, August 23, 2022 at 7:00 pm **Council Chambers, Village Office** 735 Cranberry Lake Road, Valemount, BC

1. Temporary Use Permit 22-07

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

LEGAL DESCRIPTION: Lot 26 District Lot 7355 Cariboo District Plan 26762 (1280 14th Avenue)



At the Public Hearing, anyone who deems their interest in land to be affected by the proposed Temporary Use Permit TUP-22-07 shall be given a reasonable opportunity to be heard. Comments may be made in person at the Public Hearing.

Cont.

Written submissions can be submitted via email to publichearing@valemount.ca, or via letter to the Village of Valemount. Written submissions will be accepted until 12:00 pm on August 23, 2022.

All correspondence and materials submitted in response to this Notice will form part of a public

All written submissions and verbal presentations 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.

Digital copies of TUP-22-07 are available at www.valemount.ca. Paper copies will be available for viewing during regular office hours (Mon. – Fri. 8:30 am - 12:30 pm and 1:30 pm - 4:30 p.m.), until August 23, 2022 at the Village Office, 735 Cranberry Lake Road.

> The Automated, Self-Cleaning Public Washrooms are open in **Centennial Park!**

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 the municipal hall of each municipality in B.C.

Job Opportunity

We are currently recruiting for a Bylaw Enforcement, Animal Control Officer (BEO) & Emergency Management Services (EMS) position.

This is a fulltime (37.5 hr. per week), permanent position.

Full details are found on the village website at www.valemount.ca



Lemonade Sale, UBCM planning, spray park support

By Andrea Arnold

The July 26, 2022 McBride Council meeting was called to order by Mayor Gene Runtz at 7:03pm.

Lemonade Sale

Council approved a street closure request from the Chamber of Commerce made through Gina Gallacher. The request is for main street to be closed from 1st Ave to 2nd Ave for a fundraiser event. The event, a "Downtown Lemonade Sale," consists of three parts. The Main Street businesses will be invited to participate in a sidewalk sale, an actual lemonade stand, and a trunk sale - a centralized garage sale where participants sell out of the trunks of their car, the back of their truck, or a table rented from the Chamber . The proposal states that Josh's Place will receive money raised from the lemonade stand and the Chamber will retain money raised through renting out spots for the trunk sale. The Chamber will rent out spots to pe sople to sell from their trunk, or table.

Sharing emergency contact information

Council received an email from Jenifer Norwell, CBC Radio Kamloops regarding emergency contact information. They requested Mayor Runtz's best after hours contact information to be used if needed during an emergency situation. Council agreed that it was important to provide them with CAO Tupy's contact information as well.

Meeting with Official Opposition

Council directed administration to schedule a meeting with Members of the Official Opposition on September 15, 2022 during the round table events at the 2022 Union of BC Municipalities Convention. Councillor Rosemary Hruby will talk to MLA Shirley Bond and find out if she recommends they try to meet with Kevin Falcon at a separate time as well.

Spray Park support

Council received a letter from Joseph and Tanya Rich declaring their support for a splash park. They stated that their family feels this is a good way to honour their son, Jediah, who passed away a little over a year ago. Their business, Rich Boys Mechanical Ltd, would like to contribute a substantial amount of money toward the project as well as work with those heading up the project to help fundraise and find grant money. They also proposed that they could memorialize him through the naming of the park.

Zoning Bylaw Amendment

Council passed a motion to give final reading and adoption to Zoning Bylaw Amendment No. 810,2022. The amended bylaw includes the following items:

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

2022 UBCM Attendance

Council confirmed the attendance of Councillors Lucille Green, Allan Frederick, and Diane Smith, as well as CAO Chris Tupy to the 2022 UBCM Convention, September 12 -16, 2022 in Whistler BC. Councillor Hruby will confirm by the end of the week.

Disaster Risk Reduction-Climate Adaptation Program

Council directed staff to prepare a grant application and cost estimates for a Fraser River, Dominion Creek and Shelby Creek Flood Risk Mapping, Assessment and Mitigation Strategy Project for Council's review at a future meeting prior to submission to the UBCM Disaster Risk Reduction-Climate Adaptation Program by September 30, 2022.

Council was adjourned at 7:35 pm with no in-camera portion.

Arts in the Garden

The Robson Valley Arts & Culture Council hosted a two day event, Arts in the Garden Fraser Heritage Festival 2022, designed to help showcase the gardens of residents from Dome Creek to Dunster. This ticketed event allowed 50 participants each day to visit with the gardeners and see what they had to offer. Nine gardens were visited over the course of the two days. Each day's experience included a luncheon where the visitors re energized for the rest of the day's tour.



During the lunch tea break on both Saturday and Sunday, McBride resident Kat Vickery released a small kaleidoscope or flutter of butterflies into the ecosystem, much to the delight of the children present. /CHELSIE STUBBS



Ashley Chuipka allowed guests to wander through her expansive Dome Creek garden at the first stop of the garden tours on Saturday morning. /CHELSIE STUBBS



Dunster resident and Valley gardening guru Pete Amyoony explains the finer points of his green house to tour participants on Sunday August 7, 2022./SUB-**MITTED**

Tabor Mountain Line Relocation

Later this summer, BC Hydro will begin construction to upgrade the Tabor Mountain distribution line that runs through the Regional District of Fraser Fort George, east of Prince George, near Tabor Mountain Ski Resort. Crews will be rebuilding and relocating the line on Tabor Mountain to mitigate safety concerns, improve access, and enhance reliability.

The construction is split into two phases:

- O Phase 1—rebuild about 2.1 km of line along the existing right-of-way in summer/fall 2022.
- O Phase II—reroute and build 2.8 km of line around Tabor Mountain Ski Resort and along the highway and salvage/remove old sections of line. Scheduled for spring/summer of 2023.

Tabor Mountain Ski Resort Highway 16 Phase 2 Phase 1

Tabor Mountain

Upcoming Work Schedule

- Phase 1 vegetation clearing and access for the project is expected to start in August/September.
- O Phase 1 line construction is expected to start in the fall.

Note: Construction start is dependent upon favourable weather and fire season conditions.

Planned Outages

To complete this work safely, several planned outages will be required. We will work with local government and the community to minimize any impacts to our customers.

If you have any questions or concerns,

please contact: Mike Kellett

Manager, Northern Community Relations

BC Hydro

Phone: 250 561 4929 Mobile: 250 613 9087

Email: mike.kellett@bchydro.com



Thursday August 11th 2022



By the end of August, the Dunster Schoolhouse should be returned to the community as a usable space for the winter after renovations made possible by \$380,000 in grants from the Community Economic Recovery Infrastructure Program, Revenue Stream Economic Resilience, and a gaming grant. Local contractor Yetter Construction has been hard at work replacing windows and redoing the roofline. The cost of siding and final beautification of the structure is not covered by the existing grant money so these items will be put on hold until more money can be secured. /ANDREA ARNOLD

COVID-19 IN BC

Pediatric vaccines are now approved for children aged 6 months to 4 years.



Designed for kids' immune systems, pediatric vaccines deliver a smaller dose than the adult dose and help protect children. Canada's pediatric vaccines have been rigorously tested and are safe. Getting vaccinated helps prevent children from getting seriously ill and hospitalized.



Self-cleaning washrooms open

In Print | Online | therockymountaingoat.com

By Laura Keil

Valemount's long-anticipated self-cleaning washrooms at Centennial Park are now open.

In a special ribbon-cutting ceremony, Valemount Council cut a strip of toilet paper to mark the opening of the washrooms.

"The past couple years have provided the Village of Valemount the opportunity to re-evaluate what service delivery can really look like," said Valemount Mayor Owen Torgerson. "The first in BC, these ultra-modern, self-cleaning, year-round, and all-access washroom facilities complement our beautiful downtown, Centennial Park, as well as our EV charging area and will be of benefit to residents, the business community and visitors for years to come."

The new washroom facility boasts automatic water and sanitation features that control water consumption and clean the space between uses. The Village says these features greatly reduce the need to touch surfaces, reducing risk, while also saving on operating and maintenance costs. Unlike the previous washrooms on that site, these will be open to the public year-round.

Made by Urben Blu, based in Quebec, the Village says the washrooms are built for extreme weather and follow the guidelines of the Official Community Plan, incorporating mountain community style steep roofing, a rock base and natural colours. The facility features vandalism resistant materials and includes enhanced programmable safety features.

"Tourism Valemount is happy to be a part of today's ceremony to open such a unique piece of Village infrastructure," said Pete Pearson, Chair of Tourism Valemount. "As we continue to welcome travellers, having a state of the art, safe and efficient facility to stop, rest and hopefully explore the area is so valuable."

The Village of Valemount was approved for a \$327,860 grant through the Tourism Dependent Community Fund, delivered by the Ministry of Tourism, Arts, Culture and Sport. The grant covered 80 percent of the costs to purchase and install the new washrooms. Contributions to this project were also made by the Columbia Basin Trust and the Northern Development Initiative Trust.





Accessible during power and telecommunication outages







Valemount | McBride | Dunster | Blue River



Crews are hard at work replacing the culvert on 2nd Ave in McBride. Once the culvert has been installed and the road returned to a drivable state, it will once again be open for public use. It has been over two years since that area of 2nd Ave has been open to vehicle traffic. / SUBMITTED



Some of the McBride and Valemount Village councillors as well as both community's CAOs met in McBride on Wednesday August 3, 2022. The visitors were given a brief tour down Main Street, and the group spoke on issues of mutual cooperation and provided updates between each community. (L-R) Valemount Councillor Donnie MacLean, McBride CAO Chris Tupy, Valemount Mayor Owen Torgerson, McBride Councillor Lucille Green, Valemount Councillor Peter Pearson, McBride Councillor Diane Smith and Valemount CAO Eric Depenau. Also in attendance but missing from photo, McBride Councillor Allan Frederick. /SUBMITTED



In loving memory of

David Appleby

It is with deep sorrow and pain that we announce the sudden death of David Appleby on July 25,2022. We are mourning the loss of our brother, friend, and companion, who made an lasting impression on each of us, as I'm sure you agree. We are organizing a gathering on May 21, 2023 in Vernon, BC to Rejoice in the wonderful memories he made with us.



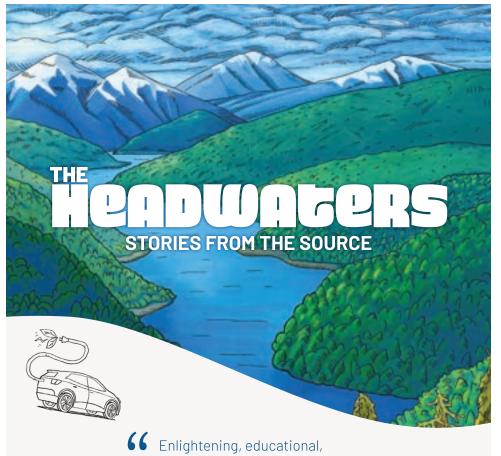


Village of McBride Employment Opportunities

The Village of McBride welcomes applicants for the following positions:

- 1. **Public Works (PW2) Seasonal/Part-time** (up to 32 hrs/wk 1 position) Apply by 4:00PM August 26, 2022.
- 2. Administrative Assistant (AA1) Temporary/Full-time (37.5 hrs/wk 1 position) Apply by 4:00PM August 24, 2022.
- 3. **Director of Operations & Capital Projects Permanent Exempt/Full- Time -** Apply by 4:00PM September 2, 2022.

Visit: https://www.mcbride.ca/business/local-career-opportunities to view job postings, job descriptions and information on how to apply.



fascinating information. Well done! 99

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KOOTENAY
MOUNTAIN CULTURE



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Arnold was the only local Mud Bog participant at the event. He raced his truck Green Machine without incident through the sticky track. /JESSICA ARNOLD

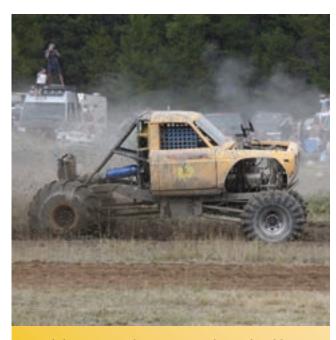


North West Mud Racing Association club president Leanna Davis gives her shocks a test in a spectacular way. /JESSICA ARNOLD





During the intermission at each event, Doug Jewell's truck, Jewell Digger, gets a new image. They invite kids to decorate the matte paint with chalk and each participant is read off as the truck's sponsor in the second half. Racers Abi and Emily White (r-l) took the opportunity to doodle some sanctioned graffiti. /ANDREA ARNOLD



The youngest competitor, four-year-old Daxon, handles his car "Black Berrie" like a pro. /ANDREA ARNOLD

Club secretary Elenor Fawcett drives the oldest truck in the competition, Hairy Canary. Her father competed with the same vehicle, and her kids are anxiously awaiting the day when the keys pass on to the next generation. /ANDREA ARNOLD

ROCKY MOUNTAIN GOAT

SUMMER BREAK OFFICE HOURS

Valemount

 August 11th
 Closed

 August 12th
 9am - 3pm

 August 15th - 17th
 9am - 11am

 August 18th
 Closed

Terry Fox Trek returns this year

By Laura Keil

The Terry Fox Trek is returning in full force this year on Sat. Aug 20th with some special updates.

Since 2015, the annual trek on Mount Terry Fox north of Valemount has offered a unique experience to those honouring Terry's memory and raising funds for cancer.

This year, trekkers will have a brand new trail to tread called the Teepee Creek Trail, which starts 1000 ft higher in elevation than the original trail, which shaves at least two hours of hiking time and offers a supply of water along the way. The original trail does not have water.

This year is the first year hikers will get the benefit of viewing the Terry Fox monument at the summit, which was relocated there from a less accessible part of the mountain last year, said Patricia Thoni, President of the The Yellowhead Outdoor Recreation Association.

As in past years, there will be several different options

for hikers to choose from: 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.

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.

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.

YORA is helping to organize again this year. Jack Basterfield of the Terry Fox Foundation says they are hosting a gathering at the Three Ranges Friday night at 6pm to meet fellow hikers and Terry's older brother Fred Fox. Post-hike, there will be a get-together at the Legion Saturday night at 7pm.

You can register as an individual, family or a team.



CROSSWORD

Across

- A ways away
- Say further
- Like 1 or 3
- 11 Hotel amenity
- Tot's muddy concoction
- "The Hustler" prop
- 14 Pepsi or RC
- Touch lightly 15
- 16 Pull to the garage
- 17 Show and
- 19 Office communique
- 21 "Sorry!"
- Man or woman in blue 25 28 Accommodate, with
- 'up' 29 Buggy driver's control
- Overall feel
- 32 Word to Fido
- 34 Ruby
- 35
- Salesperson's handouts 38 Titled man
- 39 Most fans have a
- favorite one
- "Not gonna happen"

- 44 Crunch target
- 46 Kuwaiti or Omani
- Number of birthdays 48 49 Ludacris music
- "A __ formality!"
- Poker money 51
- Trial evidence,
- perhaps Advantage

Down

- Pop-up path
- Ruler's measurement
- Fully up to it
- Great Britain, to 4 Victoria
- Program, for short
- Ball measure
- Block or dissuade
- Big month for beer festivals
- Laurel and Hardy, e.g.
- 10 Lawn condensation
- 18 Impertinence
- 20 Dent up, e.g.
- 22 Like outlying districts
- 24 22 23 25 26 27 49
 - 23 "I cannot tell a ____"
 - Boundary line
 - Subway alternative
 - Church name opener _ River, British
 - Columbia
 - Breeze through, as a course
 - Catch on to
 - 36 Listened
 - 37 Pitchers grip them
- Surveyor's determination
- 41 Test grade 42 Refresher
- Way back when
- Vacation destination 45
- 47 Neighborly gathering

Answers on P13

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

Answers on P13

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 samee line, column or 3x3 box.

The Toughie by Myles Mellor

Across

- 1. Leg. eagle 5. Credit-card name
- 9. Drag
- 13. Jones once of the
- Stones
- 15. Saddle feature
- 16. Conn. University
- 17. Island in the Med 18. Much may follow it
- 19. Aesthetics
- 20. They have a
- dangerous iob 23. D.J.'s stack
- 24. Healthcare benefits giant
- 25. Like a good egg
- 29. Stately trees
- 31. River near Chantilly 32. Angel's headgear
- 34. Many hotel lobbies 39. They have a
- dangerous job 42. In the know about
- 43. Overflow
- 44. Leave out
- 45. Animal's den
- 47. Home of Saint Francis 49. Showing common
- courtesy 52. Kind of evidence
- 53. They have a
- dangerous job 59. Cream "___ Glad"
- 60. Expressionist Nolde
- 61. California's Point
- 64. Moonstruck
- 63. Lost fish

65. Get excited about 66. Kind of sch.

- London, once
- tent Fabrication
- 5. Facial features
- 7. Snare
- 8. Line of clothing?
- 11. Prefix with modern
- 14. Girl who says 'Uncle"
- 21. Its license plates say "Famous
- 25. "Holy cow!"
- 28. Clever

- 35. Bout enders, in brief
- 36. ___ do

- 67. "While" prefix 68. Instant **Down**
- 1. Predictable, of a
- player 2. Way around
- 3. Native American
- 6. Plus and minus items
- 9. Marriott rival 10. Home-run great
- 12. Not so much
- potatoes" 22. French film award
- 26. Asian staple grain 27. Right now!
- 29. Senior
- 30. "West Wing" actor
- 33. Choir singers
- 37. Colored eye part

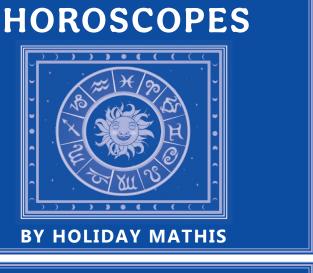
- - 64 65
 - 38. Italian vineyard
 - region 40. Big sheet 41. Sultanate
 - inhabitant 46. Maintain
 - 48. Start of an oath 49. "Midnight at the oasis, put your
- 50. Reply to "Who's there?"
- 53. Long 54. He starred with
- _ to bed" fruit trees
- 51. Indy 500 sound 52. C sharp
- Julie in "Doctor Zhivago" 55. Mediterranean
 - 56. Sushi fish
- "precedent" or "good example" 62. Type of IRA

 - - - Answers on P13

57. Clancy hero Jack

58. Words before

LIBRA (Sept. 23-Oct. 23). The trouble with an experience has



Red Moon and Late Blooms

The versatility of dragonfly flight, which can go forward, backward, high and fast, is the envy of aeronautic engineers. Even so, the creatures only learn to fly in the last stage of a lifetime of transformations. For the better part of their existence, they're water-bound. This week, the Red Moon, a Venus change and summer dragonflies bring luck for late bloomers and those who invent and reinvent themselves.

Astounding things are possible. ARIES (March 21-April 19). It would seem that nothing gets accomplished without discipline, and yet when you feel driven to do something, it never even occurs to you that you need discipline. Being interested and craving answers and results renders discipline unnecessary. This week, you will be propelled by your desire to know what happens

TAURUS (April 20-May 20). At times, it will feel as though you're tasked to obey illogical orders. A level of stress may come with this service, though fortunately so. You'll become acquainted with your own preferences. To learn your displeasure is useful in steering toward your joy. Roads are built by ruling out everything that's not the road.

GEMINI (May 21-June 21). It's not easy being so handy to others, but it's fulfilling. Expectations emerge as you go about your week. There will be people to please, troubles to avoid, conventions to obey and an endless stream of actions to take. Each night, you'll hit the pillow knowing you did your best and became a little sharper for the

CANCER (June 22-July 22). When they are having fun, so are you. Shared enjoyment multiplies. On the flip side, there are those who put a damper on experiences you would usually enjoy. You can't control the opinions and behaviors of others, but if it's your party, you can control the guest list. Now, just think of your life as your party.

LEO (July 23-Aug. 22). Fun involves an element of risk. If you're playing it too safe, you're not playing at all. You could turn your frolicsome interests into an art form. Keep in mind that artistry is diminished where there are telltale signs of the labor involved. You'll be rewarded for the work you do to make it look like it's no work at all.

VIRGO (Aug. 23-Sept. 22). A rhythm that's settled into your days has a way of obligating you to it. You may not even realize how deep a groove this has become. This week is your moment to question the obligation. Is it aligned with your greater goals? If so, celebrate. If not, seize your lucky stars; here comes the opportunity to change it up.

nothing to do with the experience itself. The problem has to do with something keeping you from giving undivided attention to the moment. What's stopping you for giving your thoughts and efforts to the task at hand? It's likely you can make your life simpler to make it better.

SCORPIO (Oct. 24-Nov. 21). It's nice to know you have options, but the power comes from actually exercising them. Try new things. Don't be afraid of the work, and don't back down from inconvenience. Change is often quite inconvenient indeed, but it will be worth it. What's needed now isn't the feeling of freedom; it's the actual freedom.

SAGITTARIUS (Nov. 22-Dec. 21). You wouldn't necessarily call this week's job fun, but it's a lot more fun than what will happen if it goes undone. So, you'll dig in and handle it like a boss. This week, someone powerful will recognize your work -- and more notably, the stellar attitude with which you

approach it -- with keen interest. CAPRICORN (Dec. 22-Jan. 19). In a sea of people, certain individuals stand out to you. It's as though neon-lit arrows are pointing you in their direction. Break the ice, and you'll find out your lives have followed a parallel path. There are many connections to explore, and you can take your time. Quality relationships will come together

slowly. AQUARIUS (Jan. 20-Feb. 18). It's hard to say who benefits you more -- your supporters or your opposition. Those who are on your side give you the power of numbers and validation. Those who are against you give you the means for strength, sharpness and clarity. You'll learn just what you

need to overcome to succeed PISCES (Feb. 19-March 20). You'll want to give others the plan, make it easy for them, spell out the details and communicate literally and clearly. Your impulse isn't wrong, but does it leave room for imagination? If you preconceive the limitations of others, the will become your own. Magical collaborations will take place in spaces of trust.

THIS WEEK'S BIRTHDAYS: You'll be loved for who you

naturally are, no embellishments or accomplishments necessary, and yet you still feel driven to bring new potentials to life. It's as though an internal timer has been activated to sprout seeds of your soul. Many will get to enjoy this version of yourself as you'll mingle in a wide array of social circles including the familiar and the foreign, small groups and big crowds, too. Additions to your family will bring joy and a change in your daily priorities and rhythms.

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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. 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 for more info. 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.

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 for more info. AUG 15: Rock painting at the community garden (meet at garden at 1 pm)

AUG 22: Tech Café, one-on-one tech support at RVCS AUG 29: Board games at RVCS (Yahtzee, Scrabble, Jenga, Dominoes & more!)

MON AUG 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

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.

FR AUG 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.

MON AUG 29, 30 & 31 from 9am-3pm RVCS is running a **Teen Hiking Camp** for 11-18 year olds. Each day we will conquer a different, local hike in Valemount in our small group, learn about outdoor skills, all while increasing our positive outlets for stress and resiliency. Registration is required: 250-566-9107/events@rvcsbc.org

SAT SEPT 3 Valemount seniors bus outing to the Barriere Rodeo, organized by the Valemount Senior Citizens Housing Society. Bus leaves Valemount at 8:30. The return trip leaves Barriere at 4pm. Cost of the bus ride is \$20 (rodeo expenses up to the individual). Limited seats. To book a spot, call Dianne at 250-566-4867 or email Rashmi at projects@vschs.ca

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.

AUG 15: Face painting at the Village Park

AUG 22: Water Day at RVCS

AUG 29: Edible pudding slime at RVCS

FRIs until AUG 19 there will be a **Friday Morning Summer Group** with Lotte at Steve Kolida Park from 8:30-11:30am for 0-7 year olds and their caregivers.

Come and meet some other kiddos, enjoy playtime and fun! No registration required. Call 250-569-2266 for more info.

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.

AUG 17: Pictionary, a fun drawing game at RVCS AUG 24: Bean Bag Toss at Koeneman Park (1pm meet at RVCS)

AUG 31: The therapeutic benefits of colouring at RVCS!

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.

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

WED 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.

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

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 now sold out. Sunday by donation and seniors free. 12 years and under free. For tickets visit rvmf.tickit.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.



Don't forget to water!

Most gardeners know that the quickest way to lose a crop is to forget to water their garden. Many vegetable crops such as tomatoes or celery are up to 95% water. If starved for water, they will produce smaller, less juicy and fewer fruits.

If there is not a film of water surrounding the tiny root hairs the nutrients do not get to the plant. The plant will stop growing and goes from growth mode to crisis mode. The leaves will toughen, blossoms will appear too early, the sugar content of the fruit goes down, the plant bolts and tries to go to seed, some roots die and leaves will fall off. Plants in stress like this are much more attractive to diseases and pests. A gardener's aim is to have steady

growth from seed to harvest. A steady water supply is the key.

Good watering begins long before you reach for the hose. By deep digging in the spring, adding lots of compost and other organic matter and planting in beds so you are not walking on the root zone all help the soil to stay loose and hold moisture better. Compost can hold six times its own weight in water.

The average plant needs around 1 inch (2.5 cm) of water per week. However, small seedlings may need more in hot weather and closely spaced plants or those that are mulched may need much less. Onions and garlic need no water when they begin to die down. You have to use

your judgement and experience to decide when and how much to water.

The general guidelines are:

- 1. Don't let the plant leaves wilt. This show that their roots have used all the available water and the plant has started to withdraw water from their extremities to survive.
- 2. Learn how to feel your soil for moisture content. Pick up a handful of soil and gently squeeze it into a ball. Open your hand and gently touch the ball of soil with a finger of the other hand. If you can squeeze water out of it or if it comes apart in large lumps, it is too wet. If it falls apart by itself when you open your hand, it is too dry. If it crumbles evenly into small granules when you touch it, it is pretty well right.

Water needs can vary greatly throughout the lifetime of a plant. At the seed and seedling stage, constant moisture is necessary to insure germination and growth until the roots get deeper into the soil. Then less frequent and deeper watering is better. You can check with your hand to be sure water is going down 4-6 inches (10-15 cm). Then the top few inches can dry out before the next watering. Remember, roots and organisms in the soil need air as well as water.

It is good to remember that clay soils retain water well but take it in more slowly. You will likely have to water less often but for a longer time. Sandy soils absorb water quicker but lose it more quickly too. It is best to water more often but for shorter periods.

Local builder wins award for cultural centre

By Andrea Arnold

Valemount-raised Erik Olofsson is currently a general contractor in the Lower Mainland with a focus on creating Passive Houses, ultra-energy efficient buildings that, among other things, use south-facing windows and very thick insulated walls. One of his recent project, the Diog River Cultural Centre received the Institutional (Small) award in early July, presented by Sustainable Architecture Building (SAB) Magazine

"The idea behind the name is that the building standard relies on passive systems such as insulation and windows rather than on active systems like furnaces and air conditioners for heating and cooling," said Olofsson. "Passive implies the absence of technologically advanced systems and pumps etc and relies on 'dumb' things like insulation and airtightness. These passive systems do not become obsolete like hightech systems do. It is also very important to distinguish between passive house and passive-solar. Passive-solar was a building strategy of the late 1970s that has been proven ineffective."

A passive house is built to prevent any air from escaping, resulting in the amount of energy needed for heating and cooling to be cut by 80-90 per cent. This involves things like proper insulation, no leakages around windows, doors or outlets, no thermal bridges in the walls of the building, usually triple pane windows, optimum orientation to sun/shade, and a heat recovery system. They do not require much in terms of an internal heat source, as the heat needed to maintain a comfortable temperature can be found

through the sun, appliances, light bulbs, TV, and the occupants' own body heat.

Recently, Olofsson's skills and knowledge were called upon to help members of the Diog First Nation create a building about an hour north of Fort St. John. The building was originally designed to be a church on the main floor, along with a daycare space and an Elders' lounge downstairs. This was slightly adjusted and now has been designated a Cultural Centre with a community space on the main level with a mezzanine for additional seating; the downstairs contains the daycare and Elders lounge. It is the first Passive House certified community building on First Nations land.

"The architect, Iredale Architecture, was excited to work on the building because of its traditional church shape," said Olofsson. "There are not many opportunities to work on buildings shaped like this anymore."

The walls of the structure are three feet thick, and the ceiling is 45 feet high. The whole structure is 7,500 square feet, and is heated by only a few baseboard heaters. Olofsson says the quest to get this certified as a passive house was a challenge due to its location so far north and the extreme winter temperatures in the area.

The south-facing roof of the building, and the extensive glazing (windows) maximizes winter solar heat gain, and the tall slender shape lessens the environmental impact to the site.

Olofsson hopes that with buildings like the Doig River Cultural Centre being brought into the spotlight, other people will begin looking towards the option of a Passive Home.

Olofsson is an environmentalist and general contractor in the building industry. He started working on Passive House projects because it is important to him to try to change the things he can, and to not worry about the things he can't. Passive Homes are overall better for the environment because they are cheaper to operate.

At this time there are two Passive Homes built in the Robson Valley, both located in Valemount, and Olofsson is in discussion with two more interested parties. He would like to see the interest in building them grow as people see that they are less exotic than they sound.

"Most people's interest in the homes comes from the efficiency," said Olofsson. "It doesn't matter to me why people want to do it, I want to see more people make the choice."



The bright and airy main floor of the Cultural Centre provides space for community events and ceremonies. / **SUBMITTED**



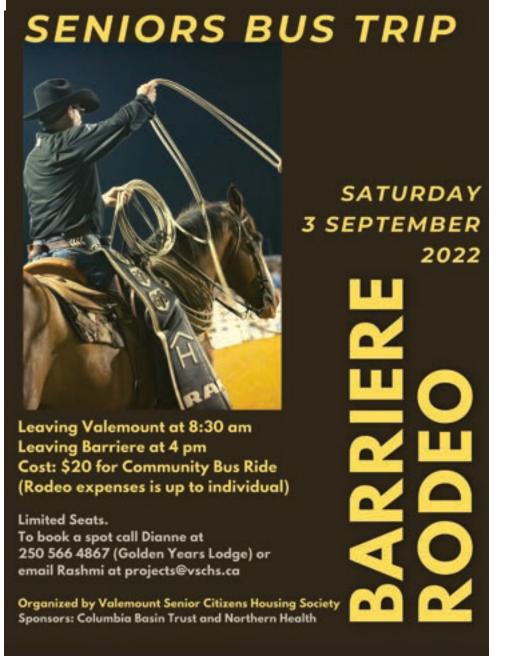
The steep roofline of the Diog River Cultural Centre stands out as a stark contrast against the open expanse of land that surrounds it. /SUBMITTED



The shores were once again lined with thousands of frogs at LaSalle Lake. The calm water and vegetation helps them hide from predators and helps anchor down their eggs so they don't float away with the currents. Frogs help keep a healthy ecosystem in balance by mainly controlling the bug populations. If frogs were to disappear, there would be an increase in bugs, in turn affecting plants and their survival. / **SANDRA JAMES**



Tadpoles eat algae and also reduce the chance of algae contamination and help regulate blooms. They also play an important role within the aquatic food webs as they can reach high densities and biomass so are good prey for consumers and transfer nutrients and energy between aquatic systems. / SANDRA JAMES



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