



WW1 soldier's family responds P7

Rocky Mountain Goat

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BC paramedics "sound the alarm"

By ANDREA ARNOLD

BC's Paramedic Union has started a petition demanding that the BC government fix the current issues facing the ambulance service.

Just this past weekend in Valemount, an individual who does not want to be identified was told they would have to find their own method of transportation to McBride following a bad reaction to medication as there was no ambulance available. The crew had not been able to staff an ambulance that shift. The patient tried to make the trip to McBride but it was mid-snowstorm and they decided it was unsafe and turned around. The situation proved to not be life-threatening this time, but left the patient weaker than before. A family member of the individual wants to raise the alarm about paramedic staffing issues and ambulances not being available for valley residents.

In October the Province announced that Valemount's ambulance station would be transitioning to a 24-7 Alpha model, providing the service of two paramedics 24 hours

a day and an additional two paramedics (second car) on call when needed. But the change means hiring an additional five people to the existing 4-person team, a process that takes time.

The Robson Valley is not alone in this crisis. Across the province, patients are facing unreasonable wait times due to short staffed ambulance stations. In mid-October a 70-year old Crescent Beach (Surrey) woman slipped and fell, breaking her leg. It took more than four hours for the paramedics to arrive.

The union that represents the paramedics warned

CONT'D ON P3

Irene Berndsen



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see LISTINGS ON
BACK PAGE



Local Makers

Theresa Lewis has created a collection of mostly crocheted stuffed animals she hopes will put smiles on kids faces this Christmas. See story on P8-9 as part of the Goat's ongoing Local Makers series. / ANDREA ARNOLD

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Headstone

On a rugged Alberta mountain this giant horn set of a bighorn ram deteriorates slowly with the passing of time. I had carefully placed it on some rocks under a spruce tree over 20 years ago near where the dominant ram had died. In 1998 I was blessed to be able to film this magnificent creature in action throughout the rutting season as I was working on my wild sheep film entitled Bighorn Showdowns. That was the only year I was able to film this giant of a ram as I never saw him again. A couple years later I came across his horns that were still at that time in good shape and which I recognized immediately. I returned last week to this location to look for rams in the area and to see if the horns were still there and thankfully they were, though greatly aged. Pictured here is a copy of a photo of the big ram which had been taken from a single frame of the video so please excuse the graininess, however I believe you will get an idea how big and beautiful this ram was.

As a young boy growing up I was drawn to reading everything I could about the wilderness and the creatures that roam wild and free there. My favourite wilderness books were written by the late Andy Russell (1915 - 2005) who was a Canadian wilderness guide and outfitter from the Waterton Lakes Alberta area. He was also an author, photographer, filmmaker, rancher, conservationist and environmentalist. I'm sure after reading his books a number of times including his wild sheep book Horns in the High Country it helped spark my dream to become a wildlife filmmaker. / LEON LORENZ



Historic meeting

A historic moment occurred in Council Chambers last week when, for the first time in the community's history, an inaugural meeting occurred with Council seats vacant. The Village is currently vetting candidates for the remaining two seats. Two more councillors are expected to be appointed to Council by the three existing Council members during the week of Nov. 14 to 18th. The Village received a total of 14 nominations, 7 of these are within the municipal boundary. Prior to the application deadline the Village had expanded the applicant pool to include people who live outside village limits, however it's not clear whether they will be allowed under BC legislation. "At this time conversations with the Ministry of Municipal Affairs regarding eligibility are ongoing," said Valemount CAO Eric Depenau. "We hope to have clarity on the Villages request to consider self-nominations from the immediate area, beyond the municipal boundary, in the near future. We look forward to sharing more information as soon as it is available." /SUBMITTED



Tight squeeze

The Village took advantage of IGA being closed Monday to do some heavy-duty snow clearing along its sidewalk, inching carefully between the building and the trees. Snowfall over the weekend blanketed the valley and has led to some icy roads and sidewalks. /LAURA KEIL



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BC paramedics... CONT'D FROM P1

during contract talks that started in October, that if a critical staff shortage and burnout among staff are not addressed immediately, the service may not survive. The union is pushing for addressing recruitment and attracting trained paramedics.

As part of a new media and public awareness campaign, BC ambulance paramedics and dispatchers have started the petition, and as of the morning of Nov 7th, 12,869 people had signed the petition in support of ambulance services.

“We are ‘Sounding The Alarm’ in the midst of an unprecedented staffing crisis, ambulances are sitting empty across the province, and we are seeing the effects of understaffing and poor wages now more than ever,” said BC Ambulance Paramedics and Dispatchers President Troy Clifford. “We are bringing real solutions to the bargaining table and what we believe can fix the ambulance service and set us on a path forward where we can finally recruit and retain staff.”

On the petition website, Clifford provides more detailed information as to why the current BC paramedic model needs to change.

“When we can’t do our best, that’s a morale and psychological injury,” said Clifford. “Because of system failure, bureaucracy, or operational stressors, not because we can’t treat the patient.”

Clifford used the example of paramedics in the middle of caring for a patient, knowing that there are other serious calls awaiting attention, but being unable to attend until they have completed the call they are on.

“Somebody’s loved one is waiting for an ambulance,” he said..

Paramedics are paid on average at least 30 per cent less than other First Responders like police and firefighters. Most rural and remote paramedics are paid \$2 an hour to carry a pager when they are on call. According to the union, this payment system has made it hard to recruit and retain employees and resulted in ambulances sitting empty across the province, while the demand for service keeps increasing.

The union provided a statement citing that over 30 per cent of staff are either off work getting treatment for PTSD or are trying to get help while still working. Workers facing the highest workload in Canada combined with the staffing crisis, resulting in the workforce hitting their breaking point.

“We need to support our Paramedics and Dispatchers as they work in these unprecedented times and help them get healthy so they can transition back to work,” said Clifford.

BC Paramedics are asking the residents of BC to join them in sounding the alarm. To sign the petition, go to <https://soundingthealarm.ca/> Share your support on instagram using #SoundingTheAlarm

Community seniors need your help

By LAURA KEIL

As Santa makes his list and checks it twice, a local seniors worker is hoping to make her own list of good citizens ready to help Robson Valley seniors in need.

Shae Carlson, Seniors Program Supervisor at Robson Valley Community Services, frequently gets calls from seniors who need extra help.

“It’s things that people need a little bit of assistance with like housekeeping or yard work to keep them in the community.”

Other services include friendly visiting, transportation, grocery delivery.

“What we could really use help with is, when I get a call saying I have a senior who can’t leave their house, to be able to call somebody and say, ‘Hey can you pick up these groceries?’ Or ‘This person has expressed they are feeling pretty lonely and they’re isolated, they’d love a phone call once a week or could you go play cards with them?’”

She said the pandemic had an incredibly negative impact on the mental and physical well-being of our seniors.

“Although we’re on the other side of that, we haven’t seen much of a rebound in terms of the socialization and recreation people were doing before.”

Robson Valley Community Services puts on social, recreational and educational programming for seniors across the Robson Valley and also operates the Better at Home program which offers non-medical support to low-income seniors. It is different from Home Support, which is operated through Northern Health.


Carlson has noticed that it’s difficult for some seniors to even access her own seniors programming. She said some of the barriers for seniors include being concerned about catching COVID-19, or their families having moved during COVID and so they are more isolated. As winter emerges, it’s also harder for seniors to leave their homes, particularly if they don’t drive.

“There’s loneliness and there’s also folks who just need a little hand,” she said.

She wants potential volunteers to know that it doesn’t take much.

“Drop off groceries once a week, or just check in, or play a board game. It’s really easy and it doesn’t take much time, it’s rewarding and it makes a huge difference.”

She said it’s also flexible and can fit into different schedules. Anyone interested can contact Carlson toll free at 1-844-324-2004. Volunteers are needed across the valley.




REGIONAL DISTRICT
of Fraser-Fort George

NOTICE OF CONSIDERATION

ZONING BYLAW No. 2892, AMENDMENT BYLAW No. 3279, 2022


Notice is hereby given that a public hearing will not be held for Zoning Bylaw No. 2892, Amendment Bylaw No. 3279, 2022. The Regional District Board will consider the first reading of Bylaw No. 3279 at its regular meeting scheduled for 1:30 p.m., Thursday, November 17, 2022, in the Regional District Board room located at 155 George Street, Prince George, BC.

The purpose of Bylaw No. 3279 is to rezone Block A of the South East ¼ of District Lot 7363 Cariboo District to permit Recreation Cabin use and Tourist Accommodation use on a site-specific basis. The subject property is located at 2695 Cranberry Lake Road.



Need more info? A copy of the proposed Bylaw and any relevant background materials are available for review by the public on the Regional District's website at <http://www.rdffg.bc.ca/services/development/land-use-planning/current-applications/> or at the Regional District office, Monday through Friday, 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m, between October 31 to November 17, 2022. The office is closed on November 11, 2022. Appointments are preferred.

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



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Editorial



Snow removal etiquette more than a courtesy

By LAURA KEIL, PUBLISHER/EDITOR

I spoke with Seniors Program Supervisor Shae Carlson this week about the need for volunteers to assist seniors with everything from small errands and chores to social visits. She noted that winter is an especially hard time for many seniors who find themselves cooped up due to the difficulty of getting around on icy roads and sidewalks. It's no joke. Falls are the leading cause of injury for seniors. The B.C. government reports that one in three British Columbians over the age of 65 will fall once every year, and falls are the main reason why older adults lose their independence. It can also land seniors in the hospital where their physical state can weaken and/or they can be exposed to pathogens in the hospital setting.

After last weekend's snowfall, many of us have already discovered just how slippery it is out there. The thaw-freeze cycle is deadly, especially when drainage is poor. While downtown business owners are responsible for clearing sidewalks in front of their businesses, other areas are the Village's purview. Regardless of whose responsibility, I believe we should look at snow removal etiquette from a senior's and pedestrian's perspective. For instance, the seniors row housing on 3rd and Cedar is just two blocks from the grocery store, but there

are no sidewalks and the road and shoulders are not regularly sanded. Prioritizing the sanding of areas used frequently by seniors makes sense. All public parking lots and spaces should be regularly sanded or salted too. It is just as easy to slip getting in or out of your vehicle as it is walking down the street. There are several perennial problem areas including the parking lot just outside the post office. Leaky gutters allow water to pool where people walk, and the parking area receives so much traffic it quickly slicks into an ice sheet. Several seniors have fallen and fractured or broken arms over the years. This isn't a place they can avoid. They have to get their mail. But managing the ice in the surrounding parking lot isn't something that short-staffed post office workers should have to add to their plate. We need a better solution.

The Village has said private property doesn't fall under their authority. I'm not sure who can put pressure on businesses or building owners to better manage drainage and snow removal/sanding, but this isn't something that should remain coffee shop gripe forever. Let's voice our concerns this year.

Where else should the community pay better attention to snow removal? Let us know and we will publish it in next week's Goat: goatnewspaper@gmail.com



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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.



Thanks to many, firewood bee benefits 14 seniors

On Sunday, October 23rd, members of the Valemount Community came together for the 5th annual “Firewood for Seniors” program.

Fourteen seniors were provided firewood to keep them warm this winter. Back in 2017 the RCMP began this initiative to assist seniors in the community with keeping warm over the winter months. It has now grown to where we have several businesses participating, community members and service clubs joining in.

I would like to thank:

- Mayor Owen Torgerson for quarter backing and handling the logistics for this event as well as bucking the logs.
- Trans Mountain Spread 3/4A for the use of dump trucks and volunteers who bucked, split, loaded and delivered the firewood
- Valemount Community Forest for donating the logs for the firewood.
- Cedar Valley Holdings for donating split wood to start off the day.
- Mickelson Logging for allowing the wood to be processed on their work yard and the use of their

wood splitter.

Morgan Bachrach and employees of Robson Valley Timber for bucking the logs and the use of his wood splitter.

Jack Hoy for helping split the wood and the use of his wood splitter.

Members of the Valemount RCMP for splitting and loading the firewood.

Canadian Junior Rangers and staff for loading and stacking the firewood at the senior’s residences.

Delivery drivers Brian Brown and Derek McClure.

Brian “new resident” from Whistler, sorry I cannot recall your last name.

And for the wonderful lunch provided by Sonja Gronen, Ross Ballard and Korie Marshall.

With the help from these organizations and volunteers this much needed service was once again a huge success. If I have overlooked someone I do apologize. Till next year,

Sgt Bob Dean
Robson Valley Regional Detachment Commander
Valemount, BC



The uneven keel of politics

Pertaining to politics, rather than the Extreme Left, or Extreme Right, the word Centrist implies middle of the road, moderate, as in "not going to extremes either way."

In a country where people vote, the object is, the voters are either for or against certain issues, and for that reason, will vote for either one party, or the other.

For instance, those who believe that abortion offends the will of a god, will be voting for the party that promises to make abortion illegal. While those who want to give women the power to make their own decisions, will vote for the party that promises to keep abortion legal. When it pertains to the subject of abortion, there isn't any middle of the road.

Gun control, or the lack thereof is another touchy

subject, where voters either vote for one side, or the other side on that issue.

I suggest that politicians in the Centrist party, by trying to follow the middle of the road, will ultimately leave the middle of the road; veer off either to the extreme left, or to the extreme right, which has occurred to every group of politicians that tried to improve the old system for something new, and hopefully more agreeable to everyone.

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Inaugural meeting appointments

By ANDREA ARNOLD

At the inaugural council meeting for the Village of McBride held on Nov 7, 2022, each of the new members of council were sworn in to their positions. Mayor Gene Runtz then presented a word from the Mayor. The order in which the members of council would step into deputy mayor roll was decided. The order would once again proceed alphabetically beginning with Councillor Pete Caputo, Glen Frear, Joe Kolida and then Diane Smith.

The meeting then moved into the committee appointment portion. The following are the new members of council and the committees they will be serving on for the coming four years.

Mayor Gene Runtz

Delegate for: Regional District Fraser-Fort George, Village of McBride Emergency Management Committee, Old Age Pensioners Organization, Prince George Treaty Advisory Committee, Northern Development Initiative Trust Prince George Regional Advisory Committee
Alternate for:

Councillor Pete Caputo

Delegate for: McBride & District Fire Protection Community Consultation Committee, MIABC
Alternate for: McBride & District Chamber of Commerce

Councillor Glen Frear

Delegate for: McBride & District Housing Society, Village of McBride Tourism Committee,
Village of McBride Community Revitalization and Beautification Committee, Village of McBride Emergency Management Committee, FCM-Partners for Climate Protection Program,
Alternate for: MIABC, Prince George

Treaty Advisory Committee, Northern Development Initiative Trust Prince George Regional Advisory Committee

Councillor Joe Kolida

Delegate for: McBride Community Forest Corporation, TransCanada Yellowhead Highway Association, Village of McBride Emergency Management Committee, McBride & District Chamber of Commerce, McBride Community Foundation Endowment Fund Committee
Alternate for: MIABC

Councillor Diane Smith

Delegate for: School District #57 Education Committee, Robson Valley Recreation Centre Community Consultation Committee, Village of McBride Community Revitalization and Beautification Committee, McBride Community Foundation Endowment Fund Committee, Robson Valley Region Steering Committee
Alternate for: Regional District Fraser-Fort George

Chris Tupy, CAO

Delegate: Robson Valley Region Steering Committee
Administration: FCM-Partners for Climate Protection Program

Karen Dube, EDO

Delegate: Robson Valley Region Steering Committee
Staff: Village of McBride Tourism Committee, Village of McBride Community Revitalization and Beautification Committee
Village of McBride Caribou Herd Planning Committee
(Dormant Committee – Report to Council forthcoming)
Village of McBride Broadband Committee
(Dormant Committee – Report to

Council forthcoming)

COMMITTEE OF COUNCIL MEMBERS FROM THE PUBLIC

McBride Community Foundation Endowment Committee
Shelly Ryan
Dawn Hickerty

Village of McBride Caribou Herd Planning Committee
(Dormant Committee – Report to Council forthcoming)

McBride Tourism Committee
Currently in restructure

Village of McBride Broadband Committee
(Dormant Committee – Report to Council forthcoming)

Community Revitalization and Beautification Committee
Cynthia Vazorka
Simon Williams
Gina Gallagher
Bridget Uhl
Stefi McLean
Jana MacMaster
Vacant
Vacant



McBride Council sworn in

The new McBride Council were sworn into office and appointed to various committees on the evening of Mon. Nov 7, 2022. L-R Councillor Joe Kolida, Councillor Glen Frear, Mayor Gene Runtz, Councillor Diane Smith and Councillor Peter Caputo. /ANDREA ARNOLD

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Burn Smart!

Wood smoke contributes to poor air quality that can cause a wide range of short and long-term health problems.

Even small improvements in air quality can have a large impact on our health.

If you must burn,

- Split, stack, cover and store wood for at least 6 months prior to use
- Ensure your wood is cut to the correct length and split into pieces that are 4" to 6" in diameter
- Use a moisture meter to check that wood has a moisture content of 20% or less
- Do not burn garbage or treated woods
- Use an efficient CSA or EPA certified wood appliance
- Build small, hot fires. Hot fires produce less smoke
- Maintain your chimney and wood burning appliance so it burns clean and safe

Burn the right wood, the right way, in the right appliance and DO NOT burn garbage.

Snow Removal Policies

There are approximately 40 kms of roadways and lanes in the Village to clear of snow.

There are 4 legislated snow removal priorities:

- Emergency Routes, including the main streets in the Village (5th Avenue, Hwy 5 frontage road and Main Street); 9th Avenue (between Gorse Street & Highway 5).
- The streets by both the Secondary and Elementary Schools; Parking areas at the Fire Department, Service BC, Public Library, Community Services Building, Valemount Children’s Activity Society, and Village Office.
- The remainder of the residential streets and the two alleys immediately to the North and South of 5th Avenue, between Birch and Dogwood Streets.
- Residential alleys (only after all of the above have been cleared, sanded & salted)

Many municipalities **DO NOT** remove windrows. However, the Village of Valemount does make every effort to provide this service **ONLY** after the above 4 priorities have been completed.

We thank you for your patience during the busy winter season.

Please Remove Items from Village Easements

The Village utilizes the easements and boulevards within all residential areas for snow clearing operations throughout the winter. Storing vehicles of any kind (including RV’s, boats, utility trailers etc.) or materials such as dirt, gravel, firewood, etc. on Village easements and boulevards is prohibited and will hinder snow removal efforts.

Sidewalk Snow Removal


When snowfall is 10 cm (4 in) or more, the Village will clear one pass of downtown sidewalks prior to business hours.

At all other times, the clearing of sidewalks along 5th Avenue between Dogwood and Birch Streets will be the responsibility of the landlord/tenant.

Sidewalks must be cleared of snow by 10 a.m. on weekdays, and within 24 hours of a snowfall over 10 centimeters on weekends.

Sidewalks are expected to be kept in a condition to allow safe use by pedestrians. Handicapped ramps are to be kept to bare condition, or if impossible, then sanded.

Sidewalks shall receive ice control measures by the tenants and landlords after snow clearing, if conditions require.



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Family members respond to news of identified soldier



On 11 July 2017, human remains were recovered during a munitions clearing process north of Lens, France. Commonwealth War Graves Commission staff recovered the remains and several artifacts, including an identification disc and insignias of the 10th Battalion. /DEPT OF NATIONAL DEFENSE

By LAURA KEIL

More than a hundred years have passed since Harry Atherton died in battle just outside Lens, France in 1917 at the age of 24, but the recent identification of his remains has family members reflecting about his sacrifice on the eve of Remembrance Day.

Using Ancestry.ca, the Goat tracked down possible family members and received replies from several of them.

Frank Down's wife Louise, 88, of Alabama is one of them. She is Harry's first cousin once removed (Harry's father was her great-uncle).

"Even though I never knew Harry, to know that a part of my family from England fought for Canada in WWI and was lost all these years and now to have his remains identified is just remarkable," Louise said in a statement sent by her husband. "Things like this happen in movies. Thank you God for watching over our family and allowing Harry a proper burial."

James Atherton of Lions Bay, B.C. hasn't been able to pinpoint a direct family link to Harry, but figures he must be distantly related since his Atherton ancestors hail from the same part of England. He spent some time researching the matter on Ancestry.ca after the news release came out in October.

He said it is interesting to have some details about this young person's life, a young man who struck out on his own to Canada, only to find himself back in Europe fighting a war.

"It does kind of hit close to home and makes you think about things just kind of appreciate those that have served, the sacrifices that have been made, even though it's close to 100 years back"

James noted the detail about Harry working as a carpenter in McBride. He says many of his ancestors were carpenters too.

"That was a commonality. My ancestors going back to my grandfather, great grandfather and even going back two (more) generations were all carpenters."

Harry Atherton was born in Leigh, England, in 1892, and grew up in Tyldesley, England. the son of James Henry Atherton and Sarah Atherton (née Bradbury). His father James Henry Atherton died in 1905 and his wife Sarah remarried a James Ball in 1907. Harry and his sister Elizabeth are listed in the 1911 England census as step children of James Ball. He moved to Canada in 1913 by



2nd Ave opens

After 28 months of road closure, 2nd Ave in McBride over Dominion Creek between the highschool and the Catholic church reopened on Sun Nov. 6, 2022. In July 2020 it was discovered that the culvert under the road was compromised and the road was unstable following a serious flooding event. The road was closed for safety and has remained closed since. /ANDREA ARNOLD



Burning regulations

As the fire ban was lifted at the end of October, many residents took advantage of the mild temperatures and wet week to burn piles of debris. Smoke could be seen rising from several spots across the valley. Although the overall ban was lifted, there are still regulations in place. Both category 2 and 3 open fire burning fall under the Wildfire Act. The regulations specify the legal obligations when using fire in or within a kilometre of forest land or grassland. Category 2 open fires do not require a burn registration number. The fires covered in this category are one pile smaller than 2mx3m, two piles burned at the same time smaller than 2mx3m, grass or stubble burning over an area smaller than 0.2 hectares and is not a campfire. Category 3 open fires require a burn registration number be obtained prior to burning. If there are three or more piles burning at the same time not exceeding 2mx3m, one or more piles that exceed 2mx3m, one more more windrows, or stubble or grass over an area bigger than .2 hectares, then the burn is classified as category 3. More information on the details of each category can be found at <https://tinyurl.com/289xjhwe>. If you are unsure of which category your burn falls under, questions can be directed to 1-888-797-1717. Although the control and regulations of these burns are not controlled by BC Wildfire crews or locally based fire departments, they will respond to fires within their jurisdictions if they get out of control. /ANDREA ARNOLD

himself at the age of 20, settling in McBride and working as a carpenter before enlisting in March 1916.

Atherton joined the Canadian Expeditionary Force (CEF) with the 63rd Canadian Infantry Battalion (Edmonton). He fought in several battles and was wounded but recovered from his injuries. Then on Aug. 15th, 1917, Atherton fought with the 10th Battalion during the first day of the Battle of Hill 70 near Lens, France. The 10-day battle cost the Canadians almost 10,000 casualties (killed, wounded and missing), 1300 of whom have no known grave.

Atherton was reported wounded Aug 15th but later

reports said he had been killed in action. He was 24 years old.

"Though it has been more than a century since we lost Private Atherton in the Battle of Hill 70 during the First World War, I'm proud that we were able to identify his remains and provide him with a proper burial," said The Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence. "His contributions to Canada will never be forgotten."

Veterans Affairs says there are no known photos of Atherton.



Annual General Meeting

New board members welcome!

November 17th, 12pm
The Caribou Grill
(1002 5th Ave)

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or Ph: 250-566-4610

**Submission Deadline is set for
Friday November 18th, 2022**

Local Makers

In the weeks leading up to Christmas we will be highlighting local makers. If you or someone you know create a

Farmstead Naturals - Soaps, salves and aromatherapy

By ANDREA ARNOLD

New McBride resident Crystal Ferenczi did not start out with the goal of selling natural soaps, salves and aromatherapy products.

When the kids were born, her husband Tanner wanted to use cloth diapers. “I thought he was crazy,” said Ferenczi. “I came around to the idea, but then needed a diaper cream that washed off the diapers and was natural. I started to figure out how to make it.”

Her production of items was dictated by need. One

day they ran out of vapour rub and the kids were sick. She looked at the supplies she had and figured out how to make an alternate more natural option.

After a run-in with a populated wasp nest she created a remedy for bites and stings, and following a mishap that caused her to throw out her back, she made a muscle salve.

“The need for pain relief products comes out of a need for pain relief,” she said.

Ferenczi said her mother-in-law taught her how to make soap. The family uses hard bars for most every

task, including homemade hard dish soap bars.

“The kids pump liquid soap like crazy. We were going through it way too fast. Now we hardly have any in the house.”

Ferenczi began her journey approximately 12 years ago, and established the business Farmstead Naturals in March of 2017. Her products use all-natural, almost food-grade ingredients, but she wouldn’t recommend eating them as they are mixed with a variety of scents.

The Ferenczi family moved to the Robson Valley this past summer and she is having to be creative and inquisitive in sourcing ingredients. She would like to use locally sourced items as much as possible; where she’s unable to, she is looking for others to order alongside to cut down shipping costs. The items she has not been able to find locally, she stocks up on when she visits family in the lower mainland.

Several of Ferenczi’s products have been registered with Health Canada. In order for them to meet Health Canada requirements, the products have to be proven to have health benefits. Usually, this process takes a few months, but most recently, the Activate Muscle Lotion took about three years to pass. The lotion was made with consultation with Ferenczi’s physiotherapist in Mission BC. Delays due to COVID drastically slowed the registration progress.

“It is always exciting to get notice that a product has been approved, but it was extra exciting when we received the approval paperwork for the lotion.”

This lotion is not the first muscle pain relief item that Ferenczi has made. When she threw out her back, the salve she created at that time has heating qualities and this second, a cooling.

“I can’t use the cooling one in the winter, it’s too cold,” she said. “So, one is better for the winter, and one is for the summer.”

One of the aspects of this business that Ferenczi really enjoys is the ability to talk to people, and help them figure out what it is that would be the most effective.

“Talking directly to people and being able to work with them,” she said. “Being able to suggest different options, and the possibility of creating something new that is needed, when my opinion is asked.”

Ferenczi has learned that not everyone responds to aromatherapy scents the same way. For example, she has gotten feedback from customers that her “Serenity now” product that was created to help alleviate stress has also been used as a sleep aid, and the “Lights out,” sleep aid product has helped with stress relief.

“It depends on how the client processes the scent,” she said.

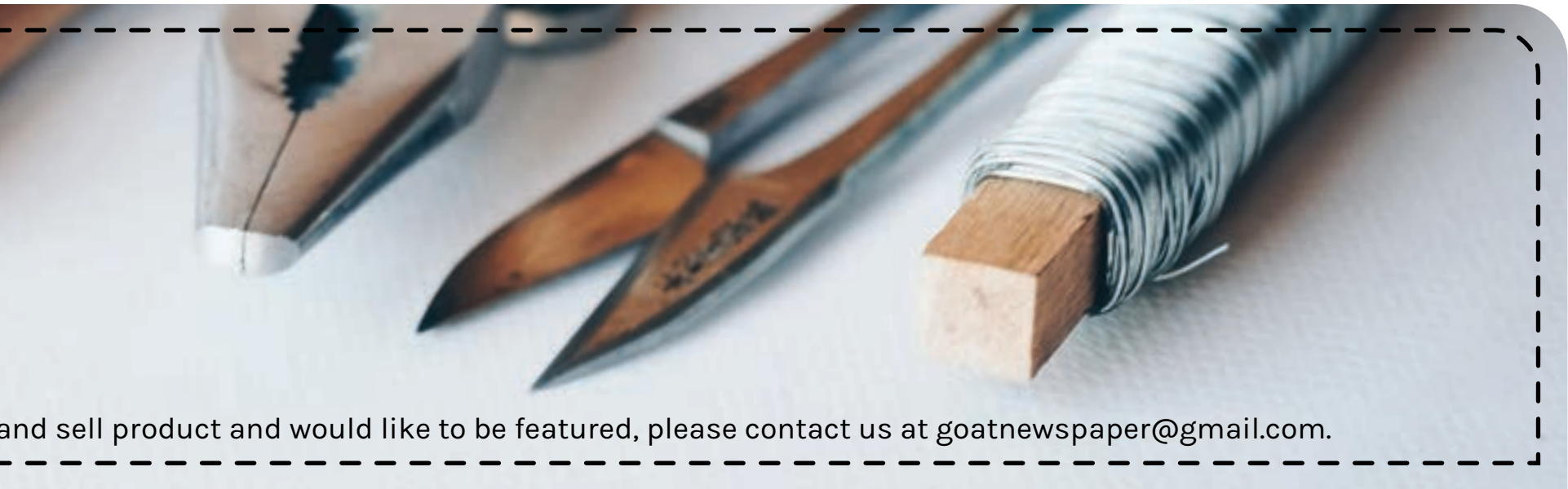
Farmstead Naturals has been selling products to individuals and small businesses around the world through online platforms. Ferenczi had just received an order from a small shop in Switzerland. She is working towards selling wholesale and would like to see the business continue to grow.

Ferenczi has been pleased with the interest that the residents of the Robson Valley have shown in her products. In the past she has set up ways that groups can use Farmstead Naturals for fundraisers, and would like to do that again.

She plans to attend Christmas markets in Valemount, McBride and Dunster in the coming weeks.



Backdropped by dozens of her hand made soaps, Crystal Ferenczi carefully portions out her Activate muscle lotion in preparation for distribution in her home based workshop. /ANDREA ARNOLD



and sell product and would like to be featured, please contact us at goatnewspaper@gmail.com.

Country Knits & Quilted Bits

By ANDREA ARNOLD

Normally at this time of year Dunster resident Theresa (Terrie) Lewis would be preparing items for sale at Christmas Markets across the valley. This year she is recovering from a bout of pneumonia and was not sure how she would be feeling, so she did not commit to any sales. However, she is very much still open for business.

Lewis loves fibre arts and has been learning and creating for most of her life.

“I started when I was eight or nine,” said Lewis. “I was interested in what mom was doing, and I picked threads out of zippers.”

Her mom taught her and her siblings many of the skills Lewis has developed a passion for. At times it was tricky due to the fact that she is left-handed. Knitting and crocheting patterns are usually set up for right-handed people. Her mom was also left-handed.

“The mirror method worked the best,” said Lewis. “I sat across from her and mirrored what she was doing.”

Years later when Lewis was teaching her own right-handed kids the same skills she taught herself how to knit and crochet right-handed instead of using the mirror method her mother had used.

In the years since she learned sewing, crochet, knitting, and quilting she has also dabbled in cross stitch, dried flower arranging and jewelry making.

When she was 23 she began attending craft fairs. The first one was in the foyer of the arena in McBride, and she continued to build from there. She has attended markets in McBride, Valemount, Dunster, Hinton, Prince George and Jasper.

“All the markets are opportunities to network and learn from other vendors,” she said.

In addition to markets she also sewed clothing for her two oldest daughters.

“I wore out three sewing machines,” she said.

Throughout the year, there are certain times she focuses on different types of projects. January and February are months when quilting projects take over. The other cooler months are consumed with knitting and crocheting. Her smaller projects can be carried with her and worked on when she has free time wherever she is. When the days get warmer she tends to set aside her projects to dedicate time to being outside.

Her favourite project at the moment is small stuffed animals.

“They have so much personality,” said Lewis. “The eyes and noses are embroidered on and I check to make sure all the pieces are stitched on securely.”

She has a variety of other machine washable items in stock: towels with hangers, either crochet or quilted, sewn bowl cozies, hand warmers, mittens, slipper socks, dish clothes, baby blankets, trivets, kids toques and some small sweaters.

This past summer Lewis was a vendor at both the Dunster Farmers Market and the Lemonade Stand sale. Following the farmers market season she was really pleased to see how many new vendors participate in the market each week. She really appreciated the opportunity the Lemonade Stand provided to see the other vendors.

“It was exciting to see people recognize my stuff,” she said. “I really like interacting with people at the sales.”

Lewis has a Facebook page, Country Knits & Quilted Bits, where many of her projects can be seen. Any of the items on the page can be ordered and Lewis is willing to take on requests for “one off” projects providing it is something she is able to do. She is able to combine patterns when needed. However, sometimes the availability of a pattern and the supplies needed can prevent a project. Orders can be placed through Facebook and Lewis is willing to ship her products.

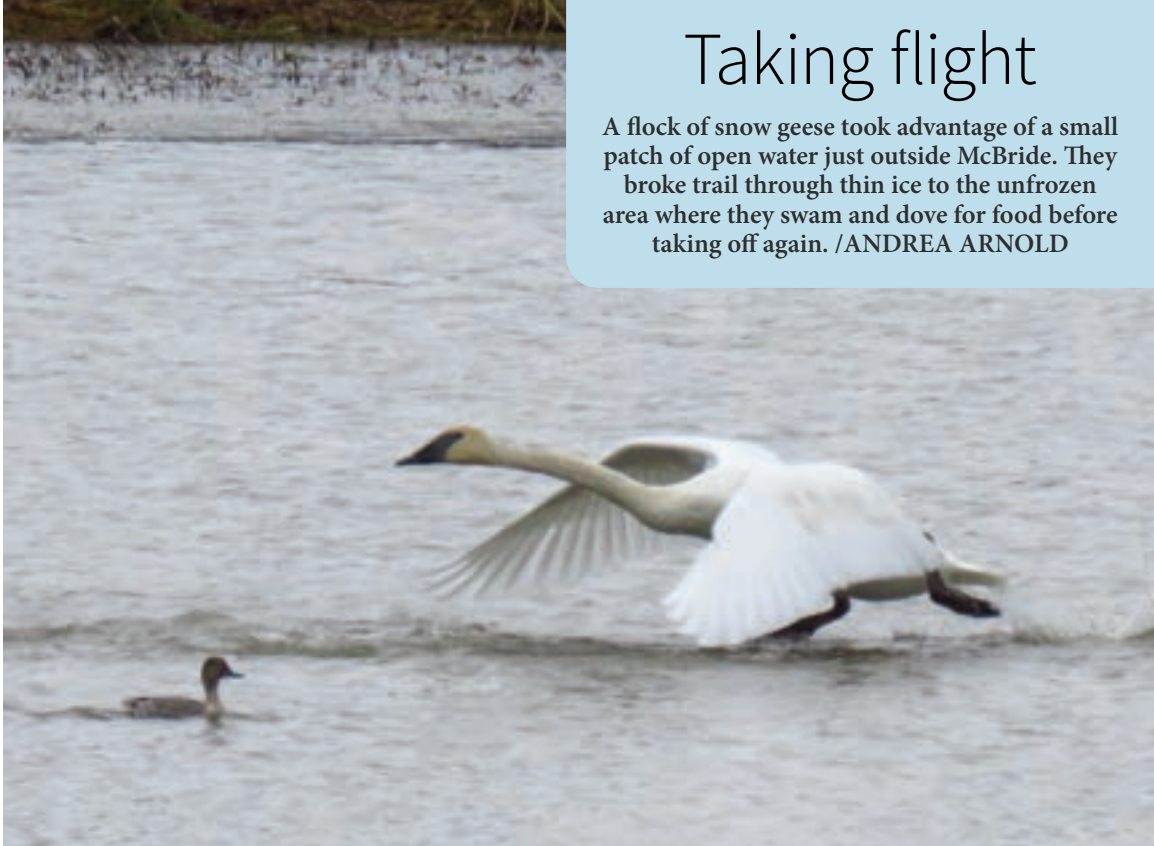


Theresa Lewis works as a one person assembly line carefully attaching legs to small crocheted animal bodies in preparation for sale. /ANDREA ARNOLD



Fire dept visits school

During Fire Prevention week, McBride District Fire Department members Christine Monroe, Denika Lipke and Charlotte Rauter visited the McBride Centennial School. Monroe and Rauter also visited Robson Valley Jr Academy on Nov. 3rd along with Daniel Pepper. The trios presented a Fire Safety Prevention presentation to students at both schools. /SUBMITTED



Taking flight

A flock of snow geese took advantage of a small patch of open water just outside McBride. They broke trail through thin ice to the unfrozen area where they swam and dove for food before taking off again. /ANDREA ARNOLD

Village meetings to be livestreamed

GOAT STAFF

Those who watch the Village of Valemount’s Council meetings will soon be able to watch in real time, thanks to internet upgrades at the village office.

Valemount Community Television manager Michael Peters says they tested the system during the Village’s inaugural Council meeting Nov. 1st. The livestream goes directly to viewers via the TV station’s YouTube station here: tinyurl.com/vctv-tube

Peters says viewers will be able to tune in to VCTV’s YouTube Channel at 7 pm on the second

and fourth Tuesday of the month and watch the meetings unfold live from the comfort of home. The recording will be archived on YouTube so they can be watched any time.

He says the archived livestreamed videos are found under a LIVE menu tab on VCTV’s YouTube page.

“We’ll also still be recording the meetings with our cameras as a back-up, and will continue to air the Council meetings Tuesday, Thursday, and Saturday at 8 pm on VCTV Digital Channel 7/653,” Peters says.

If you have any questions, please call Michael at VCTV at 250-566-8288, or by email at tv@vctv.ca.



November 18th
7:30pm
Valemount Community Theatre

Tickets at Infinity Office & Health

GA: \$35.00
Student/Senior: \$30.00
\$40/\$35 at the door
Cash only

Northern Health flu and COVID-19 clinics

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Wednesdays and Thursdays
(Booked appointments: 9 am to 12 pm,
Drop-ins 1:30 pm to 3:30 pm)
Valemount Health Centre (1445 5th Ave)
To book call **1-833-838-2323**

McBride flu clinics, by appointment and drop-in:

Wednesdays
(9 am to 3:30 pm, closed 12 pm to 1 pm)
McBride Health Centre (1126 5th Ave)
To book call **1-833-838-2323** or **250-569-2026**

COVID-19 clinics are also by appointment only.

Register and book through
getvaccinated.gov.bc.ca
Or call **1-833-838-2323** (toll free)

Love to write? Want to join a supportive writing community and get more done?

Join us every Saturday at 10a.m. at the Valemount Rocky Mountain Goat office (1170 5th avenue). We will do a short writing exercise followed by time for freewriting of your choice. All genres welcome - fiction, memoir, non-fiction. For questions contact Laura at 250-566-5135. Hope to see you there!



For more information, visit:
northernhealth.ca/health-topics/flu
northernhealth.ca/health-topics/covid-19



PUZZLES



CROSSWORD

- Across
- 1 Didn't act

4 Clothes-closet culprit

8 Marsh area

11 Tracks connector

12 Info in a real estate ad

13 Whopper, so to speak

14 "Classified" listings

15 Panel reading

16 Tree or street name

17 Prerelease software version

19 Expanded

21 Nordic runners

23 Person on a poster

26 Out of bed

29 "Tommy," for one

30 Pooh's love

31 Matched by twos

32 Combines

33 "I wasn't _____ yesterday!"

34 Web browsers

36 Star-studded fete

40 "What's up, _____?"

42 Entryway
- 44 Got the pot

45 Attribute

46 Common locket shape

47 Unwanted kitchen visitor

48 Final cause

49 Freudian concern

50 Ouija board reply
- Down
1. Blind guess

2. Assistance provider

3. Evaluation method

4. On the warpath

5. Source

6. Sign of joy or sadness

7. Angel's accessory

8. Bartender's appliance

9. Salad-dressing ingredient

10. Little treasure

18. Put a price on, perhaps

20. Rubbing

22. One of 88 on a piano

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
40	41				42			43		44	
45					46					47	
48					49					50	

24. Essay sample

25. Irish boy

26. Brainstorming cry

27. Divining device

28. Brought about

29. Crew team member

31. Part of USPS

33. Intrepid

35. Narcissists' problems

37. Absent
38. Sole

39. Hill builders

40. Litigation name

41. Control

43. Will Ferrell comedy

Answers on P13

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

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.

Answers on P13

The Toughie

by Myles Mellor

- Across
1. Love

5. Letters at Camp Lejeune

9. Queen's entourage

14. Small road

15. Wind catcher

16. Inspired Hindi sage

17. Squeaked (out)

18. Fulmar's kin

19. Part of Nasdaq , abbr.

20. Risk a catastrophe

23. Dispute

24. On bended _____

25. Reddish purple

28. List of errors
33. The "greatest" boxer

36. Chicago five

39. One of TV's Waltons

40. Kings' battlefield

44. School near Hollywood

45. Elicit

46. Born as

47. Develop canines, say

50. Dutch cheese

52. Approximately

55. Only

58. Legal schedule

63. Desktop links
65. Resistance units

66. Japanese instrument

67. Musketeer number

68. Antifur org.

69. Grandiose

70. Must have

71. Formerly, in days of yore

72. Sweater tug
- Down
1. Smart-_____

2. Some sharks

3. Slightly ahead

4. Pick another card

5. Brought into play

6. Delhi dress

7. Belarus city

8. Spic-and-span

9. Cup shaped depression

10. River in N France

11. Former country

12. Density symbol

13. First "O" of O-O-O

21. Group of people

22. Watch

26. Pecan or almond

27. Czech river

29. Antique auto

30. Give _____ for one's money

31. Grow weary

32. Opening bet, in poker

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						71					72			

33. Go up against

34. Add spirits to the punch

35. Part of an archipelago

37. Sonny

38. Swing around

41. Krazy _____

42. Digital readout, for short
43. Put an end to

48. Monopoly buys

49. Do wrong

51. 60s dance

53. Mining excavation

54. Iron oxide

56. Parkinson's treatment

57. Dine at home

58. Crux

59. Linear
60. Nos. on checks

61. Future atty.'s hurdle

62. Gibraltar feature

63. BBC rival

64. Narrator of "Evita"

Answers on P13

HOROSCOPES



BY HOLIDAY MATHIS

Solar Transformations

It's the point in the Scorpio solar journey where things change because they must. Saturn gets testy, first with Venus and then with Mercury. There's a sense of nature taking over, of no longer being entirely in control or learning that you never really were in the first place. It will be harder to project the illusion of having everything together, as feelings come up that are surprising and compelling. Urgency drives the action.

ARIES (March 21-April 19). Pay attention to the way you feel around people. Whether you feel bigger, smaller, funnier, duller or sharper, it's what you're making of their response, not a reflection of who you actually are. Even so, these feelings matter and will sway your decisions. Make efforts to be near those you feel good around.

TAURUS (April 20-May 20). Destiny takes no pleasure in tripping us up, though her path is rich with rocky paths. Treacherous stretches are opportunities to be a little more careful or skillful. Stay upright and keep moving forward. The secret to success in both these aims is sturdy shoes and steady company.

GEMINI (May 21-June 21). Even though there are many welcoming souls around you, you may still feel like an outsider at times this week. One reason is that there's so much on your mind that you don't quite know how to share. Once you sort it through and accept all the different parts of you, it will be much easier to connect with others.

CANCER (June 22-July 22). It's fantastic to be able to control where you go and love it when you get there. But when you have to be somewhere you don't prefer, that's when it gets interesting. This week brings a chance to become clever, solve problems and develop coping mechanisms. You'll meet good people in unexpected places.

LEO (July 23-Aug. 22). Do you really want something or do you just think you want it? Maybe it's too early to tell. Either way, a bit of acting will be involved in this acquisition. You won't know what you can pull off until you try. One theme that runs throughout the week: What you pretend for an extended period of time will become real.

VIRGO (Aug. 23-Sept. 22). You can accomplish much on your own, though sometimes it's better to be part of a team. You'll have choices in this regard. Directing a group can include a lot of extra work you don't need to deal with when you're working solo. Seize the opportunity to experiment with different styles to find your success zone.

LIBRA (Sept. 23-Oct. 23). You'll serve the ones you love, and your love is part of what makes you a servant. When

you adore a person or believe in an institution, a position of helping is a great joy. Be sure to let others take care of you, too. And if there is a relationship imbalance, it can be righted this week before it becomes a problem.

SCORPIO (Oct. 24-Nov. 21). People go to great lengths to avoid feeling afraid. You can save yourself the trouble by opting to be brave. Working through uncomfortable emotions is a skill that opens your horizons. There's so much more for you to experience when you're not running from the possibility of an unpleasant emotion.

SAGITTARIUS (Nov. 22-Dec. 21). You'll act out of a desire to benefit others, and your eyes will be opened to the opportunities in the situation. You will witness tenderness and give it. Your heart will soften, not just for your main people but for the whole world. You'll be generous with attention, forgiveness and affection.

CAPRICORN (Dec. 22-Jan. 19). Just because there are obvious issues on this path doesn't mean you're on the wrong one. Every road has features and obstacles, and the problems are a normal part of every life. You'll get the ones that make you better, and you never have to worry about making any more than would naturally occur.

AQUARIUS (Jan. 20-Feb. 18). You may seek advice knowing full well that each opinion is but one way of looking at things -- each fact, each rule a mere drop in an ocean of information. In the end, you'll be enriched by what others have to say, but you'll follow your gut instinct, which is as good an indication of what to do as any could be.

PISCES (Feb. 19-March 20). There are people who would love to be by your side, cheering you on, though it does take work and time to find them. In the meantime, self-encouragement is a worthy skill to develop. Confidence is a habit, and you welcome the chance to practice positive self-talk and cultivate your strong, can-do attitude.

THIS WEEK'S BIRTHDAYS: You have that "wow" factor, and people will want to know what's going on in your life and business. Because of this, there will be decisions to make about who needs to know what and how to present things to create a desired effect for those you entertain and care for. You'll be very good at organizing, and the way you order your world will bring ease. You'll explore different ways to move through exercise, dance or competitive sports. This releases stress and releases your mighty powers of attraction.

Write Holiday Mathis at HolidayMathis.com.
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1	S	A	T	4	M	O	T	7	B	O	G
11	T	I	E	12	A	R	E	A	13	L	I
14	A	D	S	15	D	I	A	L	16	E	L
17	B	E	T	18	A	19	G	R	O	20	W
21	S	K	I	S	22	I	D	O	23	L	
24	A	R	I	S	E	N	25	O	P	E	R
26	H	O	N	E	Y	27	P	A	I	R	E
28	A	D	S	29	B	O	R	N	30		
31	U	S	E	R	S	32	G	A	L	L	A
33	D	O	C	34	G	A	T	35	E	W	O
36	O	V	E	37	A	N	T	38			
39	E	N	D	40	S	E	L	F	41	Y	E

SUDOKU ANSWERS

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

TOUGHIE ANSWERS

1	A	M	O	R	11	U	S	M	C	21	C	O	U	R	31	T
2	L	A	N	E	12	S	A	I	L	22	R	I	S	H	32	I
3	E	K	E	D	13	E	R	N	E	23	A	S	S	O	C	
4	C	O	U	R	14	T	D	I	S	24	E	R				
5	S	P	A	R	15	K	N	E	E	25						
6	W	I	N	E	16	E	R			26	P	A	T	A		
7	A	L	I	B	17	U	L	L	S	27	E	R	I	N		
8	B	A	S	K	18	E	T	B	A	28	L	L	C	O	U	R
9	U	C	L	A	19	E	D	U	C	29	N	E	E			
10	T	E	E	T	20	H	E	E	D	30	A	M				
11	C	O	R	S	33	O				34	S	O	L	E		
12	C	O	U	R	35	T	C	A	L	35	E	N	D	A	R	
13	C	O	N	S	36	O	H	M	S	36	K	O	T	O		
14	T	H	R	E	37	P	E	T	A	37	E	P	I	C		
15	N	E	E	D	38	E	R	S	T	38	Y	A	N	K		

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Community Events

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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 (99 Gorse St) unless location otherwise stated! Call 250-566-9107 or email events@rvcsbc.org for more info. Nov. 28— Paint the Town Purple craft & info 9am-12pm at RVCS

MONs **Seniors Drop-In** is no longer running. Keep an eye out for a new program starting in the New Year called SOAP: Seniors Outreach Activity Program. Our Seniors Program Coordinator will be planning intergenerational programming, crafting workshops, cooking classes, digital literacy courses and more! Call 250-566-9107 or email events@rvcsbc.org for more info.

The Valemount Climbing Club will be hosting our AGM on November 15 at 7pm. The meeting will be held in our new gym space at 940 main street. We are excited to share what we have been working on. If you plan to attend please let us know at climb.on@valemountclimbingclub.org

TUEs It's **Winter Art Club in Valemount** for kids ages 8 -13 years! Beginning Nov. 22 and running for 4 weeks each Tuesday until Dec. 13 from 2:45-3:45pm, kids will learn new arts skills through a variety of mediums at RVCS (99 Gorse St). Contact 250-566-9107/events@rvcsbc.org to register.

THURs beginning NOV 3 join us for **Food Sense: Healthy Cooking on a Budget** at the Valemount Secondary School from 3:30-6:30pm weekly until Dec. 8th. This free cooking class is geared towards adults, though 13+ may join with an attending caregiver. Make delicious recipes, learn about nutrition, connect with others and eat your creations. Pre-registration required: Please call 250-566-9107/events@rvcsbc.org to secure a spot!

TUES NOV 15th **Valemount Climbing Club AGM** at 7pm at the gym space, Trading Post 940 Main Street.

SAT NOV 19 **Valemount Christmas Craft Fair** 10 am-2pm at Valemount Secondary school. \$25 /table. Valemount crafters, vendors, bakers.... Support Grad

2023. Cake walk. Munchie raffle. Concession. Call 250-566-1840 to book your table.

MON NOV 21 from 1-3pm RVCS Valemount (99 Gorse St) is offering **Tech Café for Seniors**. Come and get one-on-one support from our Seniors Program Supervisor! No registration required. Call 250-566-9107 for more info.

SAT NOV 26 from 10am - 2pm is the **Holiday Craft Market** at the legion, at 970 Main St. Bake table, local artisans, and home based creative crafters! Call/text 250-566-1976 to reserve your spot today!

The Valemount Seed Library is OPEN during business hours at RVCS (99 Gorse St). Stop on by to share seeds, save money, promote local adaptations, increase genetic diversity and select flavourful diversity. Contact Rebecca at 250-566-9107 or foodsecurity@rvcsbc.org for more information.

MON through FRIs the **Free Food Farm Stand** is available for anyone who would like some free, fresh produce. We accept donations of unprocessed fruits and veggies also. The stand is accessible in the front lobby at RVCS Valemount (99 Gorse St) and is available to everyone- just help yourself!

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 at the elementary school Strong Start room (3rd Ave entrance) AND 1pm-4pm at RVCS or Steve Kolida Park (Weather permitting). Join for connection with other families, parenting resources and fun for you and your 0-6 year old children. No registration required. Call 250-569-2266 for more info. Nov. 14— Play, colour & tumble (+ gym time in 10:30-11:30am) Nov. 21— Play, colour & tumble (+ gym time in 10:30-11:30am) Nov. 28— Play, colour & tumble (+ Puppet show with Sara Olofsson 10-11am)

THUR NOV 24 3-5pm join the crew during the next **Men's Shed Meeting** in McBride. We meet at RVCS, who has kindly offered to host the venue for the time

being. Let's discuss topics that matter to us and get this program fully set up! Led by men, for men. 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), unless the location is stated elsewhere. Call 250-569-2266 for more information.

Nov. 9 – Dot painting, Nov. 16 – Soup & Bun Nov. 23 – Board Games, Nov. 30 – Card Making

WEDs is **JUST DANCE**, a dance class for seniors every second Wednesday beginning Nov. 2 and running until Dec. 14 from 3:00-3:45pm at RVCS (942 3rd Ave) with facilitator Jodie! No registration is required and attendance is free! Contact Jodie for more info: 250-230-8035

TUEs & THURs it's time to Dance during **Community Fitness** with Jodie at the Elks Hall from 7:00-7:45pm. This drop-in program is grant funded by the Federal Government and in partnership with RVCS, and offers free admission to seniors and youth. Other age groups are invited to pay by donation or pay what you can. Call 250-230-8035 for more info.

MON through THURs, McBride RVCS now has a **FREE FOOD PANTRY** that's available to all! Emergency top-up food is accessible to our clients, preschool program and anyone who walks through the door. We share and accept donated foods that are safe and fresh for use. Contact RVCS at 250-569-2266 or email foodsecurity@rvcsbc.org. The local Food Bank is also available: 250-569-3186

SUN NOV 27 10am-2pm **Craft Fair** at the McBride Elk's Hall.

DUNSTER

SAT DEC 3 The Dunster Schoolhouse will be having its **Outdoor Christmas Market** from 2:00pm -6:00pm! Bake Sale, Chili and Chai, Vendor Tables. Tables are \$25 please call or email Kat 250-569-7401 or frankekattharina@yahoo.ca



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

Gardening
with **Pete**

Sharpening Tools, Oiling Handles, Winterizing Mower And Tiller

With the frost is in the ground and the cupboards full of dried herbs, peppers, tomatoes, and jars of preserves on the shelves and the crock full of sauerkraut what can we find to do on fine sunny days of fall? Why not consider using an afternoon or two to clean and sharpen all your gardening tools and get them ready for next year. There seems to be so much to do in the spring that many of us never get around to properly taking care of our trusty hoes, shovels, pruning shears, etc.

Maybe this year I will finally get to make a “handle tube” like I saw in a magazine many years ago. It is nothing more than a five-foot (1.75m) length of 2” (5cm) black ABS pipe that is used for drains under sinks. The bottom has

a cap glued on it and it is attached to the wall by a staircase in the shop or barn loft or the basement stairs with a few pieces of strapping. After sanding a shovel, hoe or rake handle it is inserted in the open top end and the tube is filled with boiled linseed oil or tung oil. The handle is allowed to soak up oil for a few days and the shovel is then tied up to a string further up the wall so the tip of the handle is just inside the top of the pipe. In this position, the excess oil drips back into the pipe. When the dripping stops, you can wipe the handle and store the shovel or rake or hoe away for the winter. Then in goes the next handle for its oil bath.

While one handle is soaking, the edge of another shovel or hoe can be put in a

vise and sharpened with a file. While it is in the vise, a good brushing of the whole blade with a steel brush will get of any remaining dirt and rust and a light coat of oil can be applied. What a pleasure it will be next spring to work with a smooth handled sharp shovel or hoe.

Don't forget to either drain your lawnmower and tiller tank of gas and then start them up and let them run until they are out of gas. The unleaded gas that we get now has a tendency to gum up the carburetor if it is let sit for more than a few months. The other alternative is to add some gas stabilizer to the tank and let the machine run for a bit before putting it away for the winter. This gas stabilizer is available at you local gas stations, hardware stores and

general store. This is also a good time to sharpen up the mower blades and give them a good coating of oil to protect from rust. All grass should be scraped from the under body of the mower and some oil sprayed or wiped on with a rag.

If you have time and the inclination you could also sharpen your pruning shears, grass shears and any other cutting tool and apply a bit of oil. In early spring, when it is time to trim back the fruit trees and roses, you will be happy you took the time this fall.

Sharp tools with smooth handles are a real pleasure to use but I never seem to have time to do this in the spring or summer.



Snow Days

Everywhere turned white over the past weekend with the Valley’s first real snow accumulation. A blanket of fresh snowflakes covered the Fraser River Bridge in McBride. / SANDRA JAMES

FICTION

ALL THE QUIET PLACES
All the Quiet Places is the story of what can happen when every adult in a person’s life has been affected by colonialism; it tells of the acute separation from culture that can occur even at home in a loved familiar landscape. Its narrative power relies on the unguarded, unsentimental witness provided by Eddie.

BY BRIAN THOMAS ISAAC

FICTION

PROBABLY RUBY
Relinquished as an infant, Ruby is placed in a foster home and finally adopted by Alice and Mel, a less-than-desirable couple who can’t afford to complain too loudly about Ruby’s Indigenous roots. But when her new parents’ marriage falls apart, Ruby finds herself vulnerable and in compromising situations that lead her to search, in the unlikelyst of places, for her Indigenous identity.

BY LISA BIRD-WILSON

FICTION

THE MOST PRECIOUS SUBSTANCE ON EARTH
Darkly funny, deeply moving, unsettling, and at times even shocking, Shashi Bhat’s irresistible novel-in-stories examines the fraught relationships between those who take and those who have something taken. The Most Precious Substance on Earth is a sharp-edged and devastating look at how women are conditioned to hide their trauma and suppress their fear, loneliness, and anger, and an unforgettable portrait of how silence can shape a life.

BY SHASHI BHAT

FICTION

Finding Edward
Cyril Rowntree migrates to Toronto from Jamaica in 2012. Managing a precarious balance of work and university he begins to navigate his way through the implications of being racialized in his challenging new land. A chance encounter with a panhandler named Patricia leads Cyril to a suitcase full of photographs and letters dating back to the early 1920s. Cyril is drawn into the letters and their story of a white mother’s struggle with the need to give up her mixed race baby, Edward.

BY SHEILA MURRAY

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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.

Berries

Some red frozen berries can be found amongst the snowglobe and winter wonderland outside. / SANDRA JAMES

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