

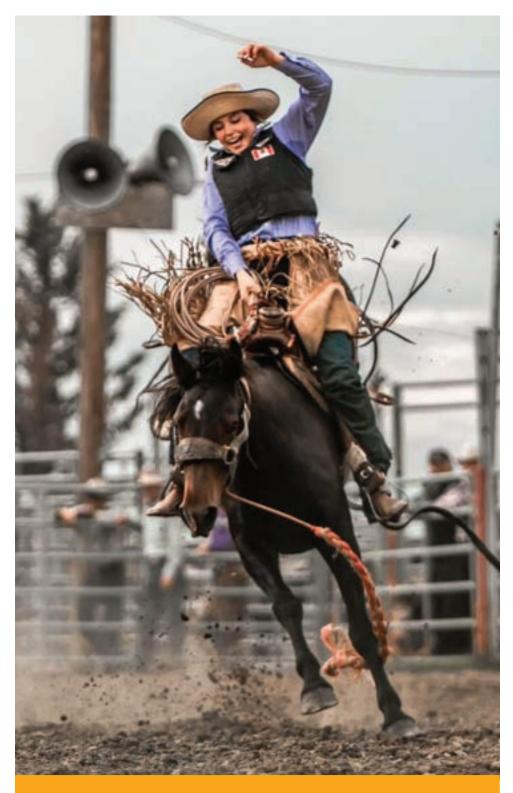
Rocky Mountain Goat

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.25 GST INCLUDED

Saving an endangered tree

Local gal completes summer of bronc riding



Not only did 22-year-old Diquita Cardinal stick to the saddle for a full eight seconds during this ride in Nanton, but she did so one-handed. As a Ranch Bronc

By Andrea Arnold

Diquita Cardinal has grown up around horses on her family ranch in Tete Jaune, but the idea to get on a bucking bronc was not one that she entertained—until this past summer. The 22-year-old has been riding horses

since before she was born. "I think I was about 10 before I really

got on a horse to ride alone," she said. Cardinal started training horses when

she was eight years old. She started with a pony. By the age of 10, she had graduated to a full-sized horse. As she grew up she knew she wanted to be her own boss and her draw to horses led her to found her business Diquita Cardinal Horse Training, where she buys, trains and sells horses.

As a trainer and rider who gets on colts at varied stages of training, Cardinal admits to wondering what it would feel like to get thrown, but hadn't had an opportunity to find out.

This past summer that changed. While attending a private exhibition convention rodeo in Kananaskis, Alberta, she seized an unexpected opportunity to ride in the Ranch Bronc division.

Ranch Broncs differ from traditional bronc events in that riders sit in a regular saddle and are allowed to have two holds—the reins and either a rope or a nightlatch, a device attached to the saddle to provide a hold to help them stay seated in the saddle. Cardinal prefers the rope as that is what she is used to using while training her colts. Often the saddles will have bigger swells and the stirrups will be located further forward along the horses side. Riders can also use bronc spurs. In the past, regular breed bucking horses were used for the event, but there is a switch in progress, and more often, Ranch bronc specific horses are being used. These horses buck with less predictability, and less rhythm.

before she was sent soaring through the air.

"I didn't plan on getting on another one," said Cardinal. "But, when I was bucked off at six-seven seconds it really bugged me. I thought to myself, I can do this. I had no idea what I was getting into."

In the Woman's Ranch Broncs event at the Ponoka rodeo she was persuaded by Canadian director of the Women's Ranch Bronc Association, Pearl Kersey to give it a go. She quickly discovered the horses were bigger, stronger and ranker, and she was bucked off right away.

"I decided that if I was really going to give this my full attempt, I needed to learn some skills," she said. "I signed up for a few smaller exhibition type events."

At another small event in Kananaskis, on her fifth ride attempt, she successfully completed the full eight second ride.

Ranch Bronc was started through small ranch rodeos. It was an opportunity for ranch hands to compete with a focus on stockmanship. This year, due to complications caused by COVID, many of the regulars that attend the big rodeos were unable to compete. The number of riders in both saddle bronc and

bareback events was limited, so in

CONT'D ON P2



rider, she was able to have two hand holds during her ride, but the horse pulled the reins out of her hand and she completed the ride with one arm in the air. / COURTESY JD PHOTOS BY CYNDA DIDIER

Cardinal rode the first horse for about six to seven seconds, just shy of the eight second ride requirement,



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Black Umfolosi

The Zimbabwean a cappella group Black Umfolosi regaled a Valemount crowd at the Valemount Secondary School last Friday. The Valemount Arts and Cultural Society (VACS) organized the show. The next VACS show will be in January. /LAURA KEIL

Bronc riding... CONT'D FROM P1

many cases the empty spots were filled with Ranch Bronc. Cardinal hadn't set out to compete, but she did enjoy it. Surprisingly, she says that getting tossed and even the impact of the ground doesn't hurt because of the amount of adrenaline coursing through a rider's body.

"I got kicked, but I don't actually remember any pain," she said. "However, the next day, that is when you feel the soreness."

The experience of riding each horse was a rush for Cardinal. She says she was never really scared of what could happen. As she started her very first ride she said she wasn't nervous at all. However, as she prepared for each consecutive ride following that first one, she became more and more nervous.

"I was building a healthy respect for the horse's strength," she said. She may compete again next year, but she hasn't yet decided. She holds a 50 per cent success rate on her rides, completing eight seconds on 10 out of 20 attempts. She sees a lot of value in the experience as she is now more confident and relaxed as she mounts her colts during the training process.

"When the rider/trainer is more relaxed, the horse is more relaxed," she said. "I wanted to gain the experience of being thrown from a horse in case I got thrown while I was training a colt, but now it seems less likely."

Cardinal is now headed to work at a facility in Arizona for the winter where she will continue to train and eventually sell some of the horses she has started working with.

Cardinal continues to live her dream, to run her own business and be able to work with her favourite animal.



Diquita Cardinal didn't quite make the required eight seconds on this ride before being ragdolled into the air. She claims being thrown doesn't really hurt. /COURTESY MARY DURANT PHOTOGRAPHY

Crafters' delight





Sandy and Gary Braun, and their daughter Tobi Reid worked a busy table at the craft fair. / LAURA KEIL

Mary Anne Watt and Tom Barlay sold preserves, handmade journals and other items. /LAURA KEIL



Camren picked up the Star West gas card won by his mom at the Valemountain Days raffle table. / LAURA KEIL



RCMP seek vehicle seen vandalizing inclusivity crosswalk



SUBMITTED BY CST MICHAEL HUNTER

The Valemount RCMP is seeking assistance from the public in identifying a vehicle, as well its owner and driver, that was involved in an incident outside Valemount Secondary School on the night of September 18, 2022. At approx. 9:10 pm a pickup truck was caught on surveillance video engaging in stunt driving on Ash St. Prior to leaving, the vehicle in question stops on the rainbow inclusivity crosswalk and does what appears to be a deliberate burnout before speeding off northbound. The vehicle that police are seeking information on is a white GMC Sierra with a Duramax Diesel, wide offset rims and an undercarriage light as seen from screenshots taken from the surveillance video. A second vehicle was also present, but has since been identified by police.

The Valemount RCMP would also like to remind the public that the area is under video surveillance due to multiple instances of stunt driving and vandalism in the area. Should anyone be caught participating in these types of behaviours, they could face charges under both the Criminal Code of Canada, the Motor Vehicle Act of British Columbia and the impoundment of any involved vehicles.

If anyone has any information that may lead to the identity of the white truck and its driver, please contact Valemount RCMP at (250) 566-4466 or Crime Stoppers at 1-800-222-8477 and reference the above noted file number.

Spreading Joy



BC drops self-isolation measures

By Laura Keil

As of November 17th, people who have COVID-19 are no longer required to self-isolate for a set time period. The BC Centre for Disease Control (BCCDC) warns however that it is still important for people with symptoms to stay home as much as possible to reduce any potential spread of illness until symptoms improve.

The BCCDC says people who work in settings with people at higher risk should consult their workplace-specific policies for guidance.

Before the recent changes, self-isolation was required for those who tested positive for COVID-19, with specific time frames depending on vaccination status. For those who were not eligible for a lab-based test, the BCCDC's previous guidance did not indicate a specific isolation period was required. The new, updated guidance encourages all British Columbians who have COVID-19 symptoms - regardless of testing or vaccination status - to manage the disease the way they would other respiratory illnesses. "Consider how you manage other illnesses that you do not get tested for like cold and flu," it reads. "Stay home if you are feeling unwell and resume your regular activities when you feel you are able to manage them. If you have a fever you should stay home until it is gone without medication."



NOTICE OF PUBLIC CONSULTATION

What: Public consultation meeting regarding Temporary Use Permit No. 269 When and Where: 6:00 pm, Monday, December 5, 2022

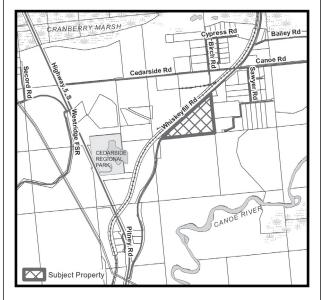
In-person attendance at:

Valemount Community Hall 101 Gorse Street, Valemount, BC

Owner: Valemount Community Forest Company Ltd.

Applicant/Agent: Trans Mountain Pipeline ULC. Proposal: The purpose of Temporary Use Permit No. 269 is to permit Work Camp use on Block E District Lot 7366 for a three (3) year period. The property is located at 4000 Whiskeyfill Road.

Proposal: The purpose of Temporary Use Permit No. 269 is to permit Work Camp use on Block E District Lot 7366 for a three (3) year period. The property is located at 4000 Whiskeyfill Road.



How can I participate and provide comment? Anyone who believes that their interest in land is affected by the proposed permit shall be afforded a reasonable opportunity to be heard at the public consultation meeting or to present written submissions prior to or at the public consultation meeting regarding matters contained in the permit. The public consultation meeting will be chaired by a delegate of the Regional District Board.

Written submissions will only be accepted in advance of the public consultation meeting until **12:00 pm on December 2, 2022**, and must be sent by:

Email: developmentservices@rdffg.bc.ca **Hand/Mail:** Attention Development Services,155 George Street, Prince George, BC V2L 1P8 **Fax:** 250-562-8676

Written submissions received before 12:00 pm on December 2, 2022, will be posted to the Regional District's website. No written submissions will be accepted after 12:00 pm unless they are submitted in person at the public consultation meeting. All written submissions must include the legible legal name of the author.

Any written submissions received before or at the public consultation meeting will become public record, be posted on the RDFFG website, and form part of the public Board agenda. By submitting a comment, you are consenting to the disclosure of any personal information that you provide. Personal information is collected and disclosed under the authority of the Freedom of Information and Protection of Privacy Act.

The McBride Public Works crew was hard at work hanging Christmas lights along main street on Wed Nov 16th, 2022. / ANDREA ARNOLD **Need more info?** Copies of 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 November 21, 2022, and December 15, 2022. Appointments are preferred. For more information contact Daniel Burke, Planner II, 250-960-4400.

Decision by the Regional District Board:

Following the public consultation, the Regional District Board will consider issuance of Temporary Use Permit No. 269 on Thursday, December 15, 2022, during the Regional District Board meeting which starts at 1:30 p.m. in the Regional District Board Room located at 155 George Street, Prince George, BC.

> REGIONAL DISTRICT of Fraser-Fort George

Main Office: 155 George Street, Prince George, BC V2L 1P8 T: 250-960-4400 TF: 1-800-667-1959 F: 250-563-7520 www.rdffg.bc.ca

Editorial



Accessible bus a testament to community spirit

By LAURA KEIL, PUBLISHER/EDITOR

While speaking with two members of a local non-profit that are working to start an accessible bus service in Valemount, I was touched by the empathy and gumption of this caring group of people.

The bus service will allow people who use wheelchairs and walkers to get around town, some of them for the first time in years.

"People don't know what it's like to have your independence taken away from you, until it happens to you," said one member of the association." You see a turn in people's lives when something medical comes in, and then they just kind of disappear. We don't always see it."

The local association (actually a member of the association) purchased the bus for a great price, but it still needs to be paid for. They have a long road of grant writing and fundraising ahead of

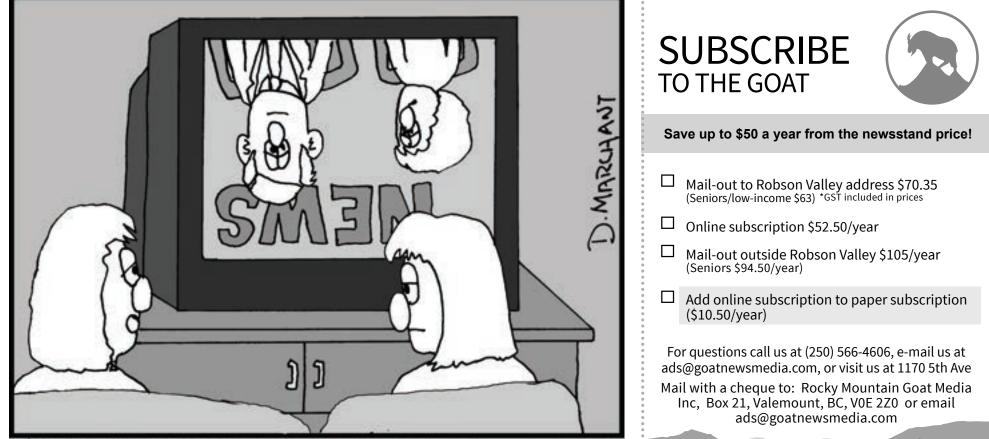
them. But the feedback from clients who have taken part in the drop-offs so far have spurred them on.

Last Friday, a woman was able to attend a concert at the high school and saw people she hadn't seen in five years.

With a new seniors housing project in the works, this transport option is going to become more and more important. Most of us don't give mobility a second thought, since we are able to jump in our vehicles or walk down the street. For those who can't, it is like being on house arrest. Sometimes for years.

In order to make Valemount a senior- and disability-friendly community, we must think big.

Thanks to this intrepid group of people, Valemount has become that much more caring a place to live.



SORRY ABOUT THE PICTURE. RALPH WON'T ADMIT IT, BUT I THINK HE INSTALLED THE SATELLITE DISH UPSIDE DOWN"

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



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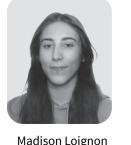
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Letters / Op-Ed

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 coll us at 250 566 4606 so we can make sure we receive it. Our letters deadline is Sunday 5pm 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.



Conflicting directives

As if the public isn't confused enough by conflicting advice from top level "experts," we have yet another announcement from our rulers to further complicate our lives.

We already know we are supposed to wash our hands for a set period of time, marked by those of us who can sing with renditions of Happy Birthday. However we are under instruction from the Environmental lobby to turn the water on and off during hand washing, thereby saving gallons of water. Meanwhile the Health authority tells us to keep the water running until our hands are dry, then turn off the tap using paper towel. Do these people even read each other's memos?

For weeks we have been beaten into depression by the Environmental announcement our laundry is killing the oceans as each load dispenses millions of tiny fibres deadly to sea life. So we must cut down on cleaning our clothes. And brushing our teeth joined the list of what not to do as toothpaste contains "microbeads" which also

kill sea life. But wait! Here comes the Health authority telling us to wash or dry clean our parkas, toques and mitts every two weeks to rid them of "the bacteria that grows on them during storage and use!" Evidently haven't clued in on the toothpaste yet, no word on that. We hear terrible tales of

overworked doctors and health care workers who cannot find bed space for severely ill patients. And at the same time we can see the thousands of square feet of "office space" for people doing who knows what and often outnumbering patient beds in every hospital. The justification here is that everyone must have a private office in case someone might look over their shoulder and see what their co-workers are doing.

It would probably be a good thing if the authorities did know what each other was doing. And more efficient. The public isn't to blame for not listening to "authorities;" the authorities are to blame.

D. Simpson McBride, B.C.



What: Public Hearing regarding Zoning Bylaw No. 2892, Amendment Bylaw No. 3277, 2022 When and Where: 7:00 pm, Thursday, December 8, 2022 Via telephone conference call or In-person attendance at: Regional District Board Room

155 George Street, Prince George BC

Applicant: Regional District of Fraser-Fort George

Proposal: Zoning Bylaw No. 2892, Amendment Bylaw No. 3277, 2022 is proposed to zone unzoned lands adjacent to 14 lakes and 2 watercourses within Electoral Areas 'A', 'C', 'D', 'G' and 'H'. The lands are within a development permit area and partially zoned. The unzoned lands will be brought into Zoning Bylaw No. 2892. Additionally, the proposed bylaw will repeal Punchaw Lake Area Zoning Bylaw No. 704 which regulates the use of land adjacent to Punchaw Lake. The land will be included in Zoning Bylaw No. 2892 with the creation of a new Seasonal Recreation 4 (SR4) zone.

How can I participate and provide comment?

Anyone who believes that their interest in land is affected by the proposed bylaw shall be afforded a reasonable opportunity to be heard at the public hearing or to present written submissions prior to or at the public hearing regarding matters contained in the bylaw. The public hearing will be chaired by a delegate of the Regional District Board.

Written submissions will only be accepted in advance of the public hearing until 9:00 am on December 8, 2022 and must be sent by:

Email: developmentservices@rdffg.bc.ca Hand/Mail: Attention Development Services, 155 George Street, Prince George, BC V2L 1P8 Fax: 250-562-8676

Written submissions received before 9:00 am on December 8, 2022, will be posted to the Regional District's website. No written submissions will be accepted after 9:00 am unless they are submitted in- person at the public hearing meeting. All written submissions must include the legible legal name of the author.

Any written submissions received before or at the public hearing will become public record, be posted on the RDFFG website, and form part of the public Board agenda. By submitting a comment, you are consenting to the disclosure of any personal information that you provide. Personal information is collected and disclosed under the authority of the Freedom of Information and Protection of Privacy Act.

Attending by telephone conference call: Contact the Regional District at 250-960-4400 or developmentservices@rdffg.bc.ca for the telephone conference number and instructions.

Need more info? A copy of the proposed bylaw and any relevant background materials are available for



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

Other Ma Murray Awards (BC & Yukon) 2nd place Online ad award 2022 3rd place Best Feature Photo 2022 2nd place Best Photo Essay 2021 3rd place Best Outdoor Recreation writing 2021 3rd place Best Ad Design 2021



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

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 November 14 and December 8, 2022. Appointments are preferred. For more information contact Daniel Burke, Planner II. 250- 960-4400.

REGIONAL DISTRICT of Fraser-Fort George

ee: 155 George Street, Prince George, BC V2L 1P8 -4400 TF: 1-800-667-1959 F: 250-563-7520 ww

VALEMOUNT HOURS MON 9am - 5pm TUES 10am - 3pm WED 9am - 5pm THURS 9am-5pm FRI 9am - 5pm

MCBRIDE HOURS MON 9am - 3pm TUES 12pm - 3pm CONTACT US CALL 250-566-4606 EMAIL ads@goatnewsmedia.com VISIT 1170 5th Avenue, Valemount 411 Main Street Unit 102, McBride

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Nous reconnaissons l'appui financier du gouvernement du Canada



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Two remaining councillors voted in

By Laura Keil

After a history-making process to fill the two remaining councillor seats in Valemount, Council has decided which two residents will be joining Village Council for the next four years.

The decision was reached after just one round of voting: Donalda (Donnie) MacLean and Hugo Mulyk. Valemount Council took a vote in a special meeting Friday Nov. 18th to select two people from a list of 13 possible applicants: Gordon Carson, James Hockin, Sharon Ireland, Eugene Jamin, Donalda Maclean, Shanon Manahan, Hugo Mulyk, Page Norton, Hope Norum, Rita Rewerts, Charles Simpson, Shona Thorne and Samantha Travers.

At the beginning of the meeting, Mayor Owen Torgerson thanked all the people who had offered to serve.

"On behalf of Council, I humbly thank all that put their names forward during this appointment procedure. Their offer to serve our community in this capacity regardless of their residential address is to be highly commended."

Torgerson said he hopes to see a similar passion from the community for sitting on Village committees and during the next general election in 2026.

Only the mayor and two incumbent members of Council put their names forward during the regular nomination process in September, and no new candidates, leaving Council short two councillors, which triggered a process whereby Valemount Council had to appoint the remaining two from self-nominated residents.

MacLean previously sat on Council for the last four years, but didn't put her name forward during the regular nomination period. However, once the Village solicited applications from the public to fill the remaining two vacant seats, she reconsidered.

"In September I had thought there would be a whole bunch of people who would step forward," MacLean told

Lawyers open up shop in Valemount

By Laura Keil

Two lawyers from Jasper-based McClelland Stolfa and Reed are accepting clients out of a newly-opened Valemount office.

Jessica Reed and Adam Parsons are operating out of an office in Peak Physiotherapy in downtown Valemount. Reed is there every Friday and Parsons will be available a second day each week soon.

Their services include real estate, notary services, wills and estates, and business law. They do not do criminal law. Reed, who completed her law degree in B.C. in 2013, has been reinstated to the B.C. bar which allows her to do real estate transactions. Reed says she's been practicing law in B.C. in other areas over the past nine years. McLelland Stolfa and Reed also have offices in Hinton and Edson.

The expansion to Valemount came about for several reasons.

"It's just so close to Jasper, and it seemed underserviced," she said. "Then Adam was also keen to expand. And so with our combined energies, and a lot of Adam's energy, we figured out the systems and were able to come over and set ourselves up to start practicing."

The expansion also jived with Reed's personal life. She bought a house here with her boyfriend last summer

the Goat. "I was really surprised when no one stepped forward."

"At the time I was busy and I just thought, 'Well other people will step forward, there are so many new people in town.' I had no idea there wouldn't be a lively election."

She was concerned that no applicants would apply for the appointments, because she didn't know anyone who had put their name in.

"I was afraid we were going to end up with a provincial (government) appointment."



Jessica Reed and her associate Adam Parsons will be able to meet with clients in-person at their newlyopened Valemount office. /LAURA KEIL

and loves to hit the mountain bike trails. She lives in Valemount half-time and can't wait to explore more, including via ski touring, something that's new to her. "I love the pace of things," she said. "It's remarkably relaxing. And just the immediate sense of community." Jessica and Adam can be reached at Jessica@msrlaw.ca / adam@msrlaw.ca or by phoning 780 852-2242.

She was heartened to see there were many people who applied, but said she didn't know that when she offered to run again.

"I'm very pleased to have been chosen."

Hugo Mulyk is new to Council. He is a retired BC Parks ranger, former Search and Rescue manager and currently sits on the Valemount Seniors Citizens Housing Society board and the Valemount Entertainment Society.

"Valemount's been very good to me. I've enjoyed it in the years that I've been here. I thought that in my other volunteering I've brought something to the table, so I

www.valemount.ca



CBT CIP/AAP Adjudication Committee -

Call for Members

The Village of Valemount is seeking volunteers to fill vacancies on the Columbia Basin Trust Community Initiatives and Affected Areas Program Adjudication Committee (CBT CIP/AAP). The Adjudication Committee's role is to make recommendations to Council regarding which community organizations should receive funding from the CBT CIP/AAP.

Results of Council Appointments

At the close of the extended nomination period for the Local General Election which ended on September 21, 2022, fewer nominations had been received for the Office of Councillor than available positions. This triggered a seldom used portion of the *Local Government Act* that states Council must appoint community members to those remaining vacancies.

On November 18, 2022, at a historic special meeting, Council held a balloted vote to appoint two individuals to the Office of Councillor.

The individuals appointed to the Village of Valemount Council for the 2022 -2026 term are:

Donalda MacLean

Call Out for Clean Air Task Force Volunteers -

November 2022

The Village of Valemount Council is currently seeking Expressions of Interest from community members who wish to serve on the Clean Air Task Force.

The Clean Air Task Force is a Select Committee of Council whose mandate is to explore all options to improve air quality in the Village of Valemount, and to make recommendations to authorities having jurisdiction to take positive actions to reduce negative influences on air quality in the valley.

The task force currently consists of Council members and resource persons from affected public sectors. The

There are 4 positions available, each for a 2-year term.

Committee applications are available on the village website at: <u>www.valemount.ca</u> or at the Village Office, 735 Cranberry Lake Road.

Contact Tracey Dennis at 250.566.4435 or email grantclerk@valemount.ca for further information.

The application deadline is December 6th at 12:00 pm.

Bollarda Illacecall

Hugo Mulyk

We thank all of those who expressed interest in this process.

Plaid Friday – November 25th

Check out the Love Valemount and Village of Valemount Facebook pages for store promotions and contest details.

✓ VALEMOUNT

Village wishes to add up to two members from the public to provide input to the Committee.

For further details of the committee's mandate and composition, please read the complete Terms of Reference, available on the village website at <u>www.valemount.ca</u>

To apply for a position on the Clean Air Task Force, please forward a brief letter outlining your relevant interest and experience by email to <u>corporate@valemount.ca</u>, or by mail to Village of Valemount, PO Box 168, Valemount BC, VOE 2Z0. <u>The deadline for applications is Monday,</u> <u>December 5th at 4 PM.</u>



735 Cranberry Lake Road 250-566-4435 PO Box 168

Local tree planters help rescue Whitebark Pine

By Laura Keil

A team of local tree planters is at the forefront of an effort to rescue the whitebark pine tree from extinction and they are replanting a forest fire burn while doing so.

Whitebark pine is known as a keystone species and is the primary source of food for the Clark's Nutcracker. It's also an important fat source for grizzly bears, especially in years when other foods are slim, and it regulates snowpack melt in watersheds and reduces erosion with its root system.

But threats such as climate change and a fungus called white pine blister rust have been decimating the tree population.

This is a problem for the entire ecosystem, says Randy Moody, founder of the Whitebark Pine Ecosystem Foundation of Canada. Moody says the Foundation is halfway through a five-year project to restore the endangered whitebark pine to ecosystems around the Columbia Basin, including in Valemount.

"It's kind of the tree equivalent of the grizzly bear, or the wolverine, because when you see these, you know you're in the sub-alpine," Moody said. "They've got a remarkable form. If you hike the same trail and you hike it again in five years, it's very likely a whitebark pine will be memorable on that route, because they just have that distinct look."

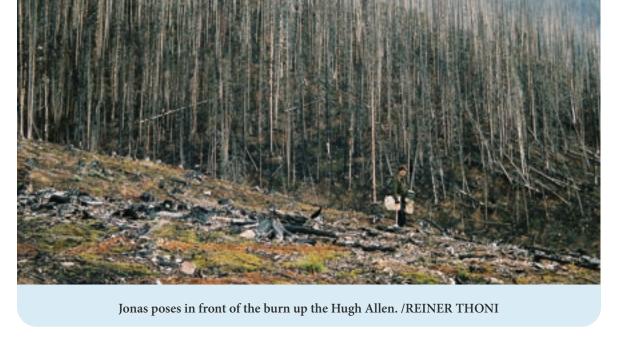
Local tree planter Reiner Thoni was one of the planters tasked with recovering cones from existing healthy trees as well as planting seedlings in host areas. Last year the crew comprised of Tristan Kimmel, John Crowley, Liam Gustafson, Ross

Crowley, Liam Gustafson, Ross Mckirdy, Alan Lerches and Jonas McKindsey, and Thoni planted 10,000 seedlings in the burned area up the Hugh Allen. This year they planted 10,000 seedlings on McKirdy Mountain in the area hit by a forest fire in 2018, or what they refer to as the



The Clark's Nutcracker, the species that whitebark pine rely on to disseminate their seeds. /SHELBY ANNE HOLT





"McKirdy Burn." They planted at an elevation between 1700m and 2000m, an area where whitebark pine thrives.

"That entire burn's been planted so it should be a nice whitebark pine forest," Thoni said. Last summer Thoni also harnessed up and climbed healthy whitebark pines to source the cones from healthy trees for new seedlings. Once up the tree, he placed cages over the developing cones.

"This allows them to mature and then you go back in the fall and you take the cages off and pick the cones to germinate within the nursery," he said.

The primary way whitebark pine grows naturally is thanks to the forgetfulness of the Clark's nutcracker. The nutcracker cracks open the seeds and caches them, but forgets about some of the caches, allowing some seeds to sprout. Without the nutcracker, the seeds remain locked inside. But whitepine blister rust is killing trees both young and old. Whitepine blister rust was accidentally introduced from

accidentally introduced from Eurasia, and made it to Alberta in 1952. Infection rates are now up to 60 per cent of trees, and mortality is 50 per cent and increasing. Damage to the tree's trunk and branches can create entry points for the fungal spores. Moody, who has a Master's degree in Forest Science from UBC, says the solution to the blister pine rust is found in nature, among whitebark pines themselves.

"What we do is we only find the sickest forests we can—so high infection by this disease. That means a tree in the forest has likely had an opportunity to be exposed to the rust. And then we will find the healthy ones in there, there's usually the odd one or two in there or more, and collect cones from those trees, kind of assuming that the genetics are superior to the



Tristan surveys a ridge where the crew is planting. /REINER THONI

genetics of the affected trees." He says the Americans have found rust resistance in some trees but planting all the same variety can backfire.

"You don't want to put all your eggs in one basket and make all your next set of seedlings from one parent tree; we need to have that genetic diversity so the trees can be adaptive to changing climate, changing everything really."

Whitebark pines thrive in harsh, open environments, areas that are open and get full sun. This makes forest fire burns an ideal place to plant them.

"Burns are really nice for whitebark, because it's a slow growing tree, very slow growing. So they like these open areas where there's not a lot of competition." Whitebark pine is also a long– lived species, often living 500-1000 years. Trees don't typically produce cones until 30–50 years but no sizable crop is produced until 60–80 years and cone production is irregular with some years lacking cones at all.

"It's actually quite unpredictable," Moody said. "There were cones this year. But we have no idea when the next

cones will be." Moody says they'll be planting again next year and each year for the remainder of the program.

Moody grew up in the prairies, but fell in love with whitepark pine around the same time he fell in love with the alpine.

"It's a really enjoyable species to work on because of the landscapes you work in. And it has these fantastic connections with wildlife."

Thoni placed cages over the cones of healthy whitebark pines to ensure some mature seeds would be available to harvest for the nursery. /REINER THONI Thoni says the best place to see whitebark pine near Valemount is along the Swift Mountain hiking trail.

For more information on the effort to save whitebark pine, visit www.whitebarkpine.ca

Councillors voted in... CONT'D FROM PG

thought I may be of use."

He said he has a great deal of respect for anyone who puts their name forward to serve in local government.

"I look forward to providing whatever help I can give in helping the village achieve its goals," he said. During the special appointment process, the BC government initially said candidates were limited to those residing within Village limits, but after petitioning from Council, they enlarged the eligibility criteria to people living within Area H of the Regional District of Fraser-Fort

George.

According to government officials, this is the first time this section of the Community Charter has been used to fill vacant council seats in B.C. If no clear decision had been made by Council after three rounds of voting Friday, the Village CAO would have had to "draw lots" (draw a candidate name randomly) to decide the final pick. Since Council selected their teammates in a single round of voting, this did not occur.

Local Makers

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

Riverview Crafts Co. Handmade copper and semi precious stone jewellery

By Andrea Arnold

When McBride resident Dawn Hickerty set out to make a friend a bracelet in memory of her dog a few years ago, she had no idea it would become a new passion.

"I bought the beads, dog charm and the other supplies needed," she said. "When I was done making it, I had leftover items and it snowballed from there."

From that newfound passion, Riverview Crafts Co. was born about three years



A variety of Hickerty's items can be seen in local shops, but the pendants she creates can only be purchased from her directly. The small pendants at the top of the photo are a new addition this winter. She accidently bought the stones a while ago and decided to create a smaller and more affordable pendant option leading up to Christmas. /ANDREA ARNOLD ago. The first part of the name came from the view out her workspace window, overlooking the Fraser river. The second part, Crafts, gives her freedom to branch out to other products if she desires. Over the last three years Hickerty has used youTube videos, Pinterest and handson experience to hone her craft and grow her business.

She creates earrings, bracelets, rings and pendants using copper wire as the wrapping and weaving medium. Weaving takes a lot more time, so she is focusing on wrapped products. When the projects are assembled, she antiques the copper using a process that leaves her work station smelling like boiled eggs, and hand polishes it to create more depth. On occasion she uses silver, but finds it more cumbersome to work with. The stones she most often uses are authentic semiprecious stones called cabochons. They are cut stone with a flat back. She also uses beads made out of semi precious stone and wood.

At first she advertised using Facebook buy and sell as well as her personal page. In January 2020 she started her Riverside Crafts Co. Instagram account. Welcome Home in McBride started carrying her earrings and a few bent wire items. In February 2020 she expanded her creations to include hammered copper bracelets, earrings and rings. Some of her designs were inspired by products she saw other people wearing.

"The Bohemian style is my own personal style," she said. "I saw a coworker wearing a necklace. I asked her if I could take a picture of it. She brought in several more items and I got photos of them as well."

Although she gets inspiration from items she sees, each one of her products is unique. As she hand twists, weaves, or hammers the metal for her items, it is impossible to get two exactly the same. sees a completed item," she said. "They ask for exactly the same stone, and wrap. But it never turns out the same twice."

Hickerty has always been crafty. She can knit, crochet, macrame, embroidery, and paint. She admits to being fidgety, especially during the winter. Although she likes doing all the other crafting, she has discovered that she likes the quick turn around of the jewellery products. Paintings can take weeks, but with a piece of jewellery her creativity can switch gears every few days as she moves on to another item. She retired from her 35-year career as a lab technician in June, and now has more time to focus on her art.

This summer, like most, she didn't do a lot of production. With amazing weather into October, she didn't create the same amount of stock as she has in past years, so she is not participating in any markets this Christmas season. She has some stock in both the Whistle Stop and Welcome Home in McBride. At this time, her pendants are only available through Hickerty directly. Through a client connection she was also approached by a shop in Williams Lake that now often stocks some of her products.

Riverview Crafts Co. has grown and she has been kept busy creating custom orders. She has shipped products to customers across Canada, and to a few locations in the United States.

Each pendant comes with a leather or copper chain, a gift or storage bag,



Dawn Hickerty sits at her Riverside Crafts Co desk where she creates many of her jewellery items. From the window she looks over the Fraser River, the inspiration for her business name. /ANDREA ARNOLD

properties of the stone or crystal in the item. Hickerty tries to keep her products affordable, but also sets them at a price that covers her costs. Shipping costs are not worked into the listed cost. She discusses with customers the method of shipping before adding in the amount.

"These items bring people joy," said Hickerty. "Getting feedback from perfect strangers is rewarding. I have been able to continue to help people following retirement. I am helping facilitate healing in a different way, doing something that I enjoy that brings people joy."

Although she has been busy, she does have time to take on a few more custom orders. You can contact her through Riverview Crafts Co. on Instagram or Facebook, or by phone at 250-569-7268 or email bdawnhickerty@gmail.com

"I sometimes get requests after someone a polishing rag and a card listing the





Valemount IDA 1214 5th ave 250-566-4594

REGULAR MON -HOURS Sunda

MON - SAT: 9AM - 6PM Sunday: *10am - 4pm*



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



Live Edge Mountain Woodworks Unique all sided live edge products

By Andrea Arnold

Valermount-based carpenter and contractor Steve Smith doesn't completely hang up his tools when he gets home from work. Smith runs Live Edge Mountain Woodworks out of his home shop where he creates live edge wood products. Smith uses mostly use fir, cedar and pine from dead standing timber and has specific criteria for the wood that he brings home. There has to be enough wood with live edges to create the projects he has in mind. His goal is to use the same piece of wood for all sides of the finished product. He says that anything beyond 30" x 30" becomes difficult.

Although Smith creates multiple types of products using a variety of wood species, he does have a favourite material.

"Knotty denim pine with its blue colouring under the bark has lots of character," said Smith.

Smith moved to the valley in 2016, and began creating the picture frames in 2018. He was making live edge headboards for a lodge in Jasper and saw all the waste that was leftover. He realised he could make frames using that wood.

The business and his creativity have continued to gain momentum. His shop doubles as a display room for completed projects: picture frames, coat racks and coffee tables.

He enjoys the challenge of custom requests. He remembers one frame that was a unique challenge.

"I needed to match the look of mountain sheep horns," he said. Each project requires artistic

flare, and he enjoys the process. He has built some much larger tables, as big as 60"x30", with each side showing off a live edge. These tables were a custom order from a restaurant. Since beginning the process of turning his hobby into a business, he has shipped custom orders to locations in Florida and California, as well as more local destinations. For customers that come to his shop, he has adjusted his pricing, offering his best possible pricing.

He can be contacted through ssmithcontra@telus.net, and some of his products can be seen through his Etsy store liveedgemtnwoodworks. Smith can be contacted and he will make arrangements for customers interested in visiting his shop.



Smith's home-based studio is where he carefully assembles his live-edge works of art. /LAURA KEIL



Smith creates photo frames of various sizes, coat racks and coffee tables. / LAURA KEIL



The wood Smith uses is standing dead, much of it from his acreage just north of Valemount. /LAURA KEIL





You are invited to Tourism Valemount's Meet & Greet!

Tuesday, November 29th, 2022 7pm at the Caribou Grill. Enjoy an evening of socializing and networking. There will be appetizers and a cash bar.

If you are interested in joining the Tourism Valemount Board of Directors, please contact Executive Director, Marcie Down at execdirector@visitvalemount.ca or call 250-566-3335.

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Accessible bus offers new freedom for some residents

By Laura Keil

It was still dark the morning of Nov. 15th when a small bus carrying four passengers parked in the Valemount Health Centre parking lot. Inside, Linda Hicks sat in her wheelchair waiting for her transfer to arrive - the Northern Health Connections bus. After it pulled up, the doors to the small bus swung open and the ramp unfolded, with several people assisting Hicks safely onto the ramp.

It was one of a handful of "trial runs" this month of Valemount's new accessible bus that will soon be noticeable around the community. Starting January 2nd, Valemount-area residents using a walker or wheelchair can call this local bus to shuttle them to appointments or even the grocery store. It is the only one of its kind in the community, as the Valemount Community Bus does not have an accessibility lift.

It will also improve safety for the friends and family members supporting those needing assistance.

"It's difficult to get (the person in a wheelchair) up into a truck or down into a car," says Derek McClure. "As a community paramedic I was witnessing this all the time ... Their partners or friends are being hurt trying to get them in and out of vehicles."

The bus is an initiative of the Valemount Ambulance Association, an independent non-profit that is not associated with BC Emergency Health Services or the local ambulances. Several members of its board are paramedics, however, and they've seen how isolating it can be for locals who have limited mobility, especially in winter.

"People in wheelchairs get locked down in the winter," says board member Penny Waechter. "It also keeps the community at large from realizing what kind of difficulties they run into because they don't see them around."

McClure, who has spearheaded the bus initiative, says many assume that people who are mobility compromised can simply call an ambulance if they need a lift but that's not always possible and certainly not ideal.

"Wheelchair and walker clients are virtual prisoners of their own homes and I've had some feedback that they could just use the ambulance. But they want to go to the clinic like everyone else. They don't want to be forced onto a stretcher, forced to be on a bed. We're taking away what little mobility they have."

McClure says passengers will need to be referred to them through their doctor confirming their mobility needs. They estimate there are at least eight people who will use the service initially. Their intention is for the bus to run twice a week - Tuesdays and Thursdays - to link up with the Northern Health Connections bus. The bus will offer rides to other places clients may wish to go, such as the grocery store or the library. Insuring the bus for collision and liability is taxing, McClure says, but they are actively applying for grants and seeking donations, and hope to keep the service free of charge. The volunteer drivers will be properly trained and licensed, he says, and they plan to run a restraint training



Linda Hicks was the beneficiary of one of the bus' test runs done to iron out kinks in its operation. Hicks was picked up last Tuesday morning and brought to the Northern Health Connections bus so she could travel to Prince George for a medical appointment. Derek's dog Niko and helpers stood at the ready. /LAURA KEIL

day soon for those interested and who already hold a Class 4 license.

The bus - a handidart - was purchased for just \$10,000 from a company that used to run a similar business in Prince George, and has a robust restraint system and in-floor safety tracks, McClure says. The bus has the capacity to move two wheelchairs and two scooters at a time (four total). It also has room for companions, including companion dogs. While already purchased by an ambulance association member, the bus still needs to be paid for.

The dream has been a long time coming. The association first used a lift-fitted van donated by a local person, but they quickly realized they needed a larger lift to accommodate the new style of wheelchairs.

"It was an outstanding way to see what we needed," McClure said. "Several trials and several clients it became obvious we needed a safer and more robust vehicle to help the clients in our community."

McClure says a large study looked at happiness, especially later in life, and found that having a social network and giving back to others were key. and operate it during 2023. For more information, call Derek 250-613-6905. Those wanting to book the van for a ride will first need a referral from their doctor. The bus can pick people up within a 21km radius of Valemount, according to their license.



"This service benefits both our clients and those who volunteer," he says. After transporting Hicks to the Umfolosi music show Friday night, he received a message from a friend relaying Hicks' gratitude.

"Linda had such a wonderful time seeing people she had not (seen) in five years. She can't believe how white everyone's hair got. She said it was so great."

Anyone wishing to donate can make out a payment to the Valemount Ambulance Association, a registered charity, and mail it to PO Box 487 Valemount. The association needs to raise \$15,000 to pay off the van

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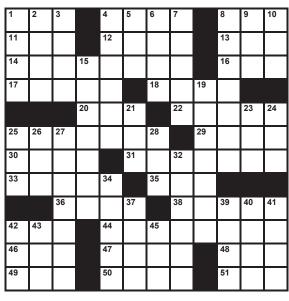
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- **SUDOKU** 3

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

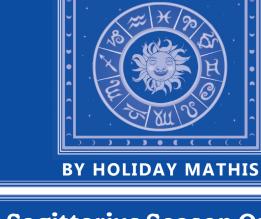
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67. Recycle

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HOW TO PLAY

42 admiration 43 Non-clerical 45 Tout's offering Answers on P13



Sagittarius Season Opens

HOROSCOPES

Bad decisions are often products of people not knowing any better -- an easy thing to forgive. But what about when people do know better and still choose badly? It's a sign that there are deeper reasons at play than are readily apparent. With the open of Sagittarius season, those reasons are worth digging for. Choosing the right course of action can be more complex than it seems, but the North Star shines for open hearts and minds.

ARIES (March 21-April 19). It's easier to be sure-footed when you're walking the stability of a known world. While there may be a lot that needs to change, when you think about all the systems and routines that have to go right to keep things marching along, you feel grateful for whatever is happening smoothly in this part of life.

TAURUS (April 20-May 20). The week goes well if you don't get too wrapped up in winning. That would make your game tight and vulnerable to mistakes of tension. Back off and consider two ways to relax into your play. Pretend like you have so much advantage you'll never run out, or imagine instead that you have no advantage and therefore nothing to lose.

GEMINI (May 21-June 21). It's a good time for social strategizing. For instance, you may want to decide ahead of time what and how you will share with people. It is both kind and smart to consider the expectations of others. When in doubt, go for a pleasant state of neutrality. Avoid inspiring envy and controversy or giving people a reason to focus unhelpfully.

CANCER (June 22-July 22). Financial demands seem affordable when someone else is paying. Chores and maintenance go faster when done by others. As true as this may be, you still prefer to take care of things on your own. Your reward for this is that you become incredibly capable, confident, vital, attractive, forward-thinking and unstoppable.

give them more attention than you think they deserve. They have potential to advance you, perhaps delightfully so. It is the details -- the glorious, captivating details -- that will provide the magic of the week.

SCORPIO (Oct. 24-Nov. 21). As much as you'd like others to focus on the same things that matter to you, it won't happen often this week. There are benefits to the diverse energies, though. You'll get more versions of the story, and multiple viewpoints will be interesting, broadening the scope of your project and causing you to learn more, and quickly.

SAGITTARIUS (Nov. 22-Dec. 21). In the animal kingdom, there are not enemies, just creatures competing for resources. Humans tend to see the competition as sinister, and yet the same principle applies. Take moral bias out of the equation and you will see people in terms of what they need or want, not in subjective terms of good and evil.

CAPRICORN (Dec. 22-Jan. 19). You are good at many things and great at something that is rare. Too much time has passed since you gave much-deserved attention to your talent. Use your exceptional gift this week, or at the very least, plan to use it soon, building the schedule, training or environment to make this possible.

AQUARIUS (Jan. 20-Feb. 18). You have powers so terrifying and awesome you wouldn't dare use them regularly. That would be like using a lightning bolt to do the work of a stapler. You don't need to deploy these powers this week, though the thought will cross your mind. It's a confident feeling just to remember what you are capable of.

PISCES (Feb. 19-March 20). You embrace duty, knowing it's not likely to change. People say it gets easier, but "it" actually remains about the same. What happens is that (SET ITAL) you (END ITAL) get stronger, as well as smarter, more innovative and capable until one day, the task that used to make

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24 Finish 25 28

20. Subject of a Van Morrison song 23. R and B and rap star 24. Plug away ?" 25. "Is it soup _ 26. Strong cleaners 30. Carpenter's friend 34. Nutrition author Davis 36. Can be pointed or drooping 37. Subject of a Beatles song 42. ____ Mountains (Eurasia divider) 43. Ornament with raised design 44. Rage 47. Now, see here... 48. H.S. math 51. Flip pages 53. Kidney-related 55. Health food shop offering

19. Fiddler's place?

Down 1. Jurisdiction of a monastery 2. Girl's doll 3. Eye with bad intent 4. Miscalculation 5. Rhett's shocking word 6. Protected 7. Minuscule 8. Like liquidy jello 9. Hay field 10. Spooky movies 11. Churl 12. Absent without leave, for short 13. Call, as a game 21. Ralph ____ Emerson 22. Angelina's title role in a 1998 biopic 27. Tree 28. Other

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LEO (July 23-Aug. 22). You'll speak words of kindness if they come to you, but you don't have to. The way you hold yourself open to the world, the nice things you think to yourself about the strangers passing by and the friendliness of your smile contribute more than you know to the spirit of gentleness that would ideally prevail in a better world. VIRGO (Aug. 23-Sept. 22). The act of creating a fantasy is like giving yourself a gift. The right fantasy can do more than entertain you. It can give you the clues about the life you might create for yourself. It can be the vision that shows you where you could go and pulls you into a future that would delight you.

LIBRA (Sept. 23-Oct. 23). This week's to-do list contains items that are less than fascinating, but

you sweat will be a piece of cake. That day is coming sooner than you think.

THIS WEEK'S BIRTHDAYS: It's wonderful to know yourself this well. Past lessons braid together, and things you didn't understand will suddenly start making sense in a way that applies directly to the main challenges of your life. New relationships are the effervescence of the year, and though delightful and breezy, you'll be surprised at how supportive these ties can be. Ask for the help you need to better position yourself in the professional realm. A mentor will be key. Also, a financial issue will be set right.

Write Holiday Mathis at HolidayMathis.com.

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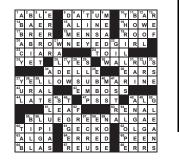
CROSSWORD ANSWERS

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SUDOKU ANSWERS

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TOUGHIE ANSWERS



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Commissionaires BC are hiring casual Detention Guards to work at the RCMP Detachments in McBride and Valemount. Must be 19 years and older.passtheRCMPEnhancedSecurityClearance. Email detguardapplicants@commbc.ca Apply online at commissionaires.bc.ca/careers or call 250-826-8247.

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ROBSON Community Events

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 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.

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!

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!

FRIs & SATs **Drop in curling at the Valemount Curling Club.** \$10.00 plus a \$10.00 membership fee for the season. 7:00 pm, clean shoes required.

NOV 25 – DEC 10 show your solidarity for the **16 Days** of Activism Against Gender-Based Violence by displaying purple décor, lights, hearts, etc. on you, your home or business. You can also show your support by taking part in the virtual social media campaign. Keep an eye out for RVCS posts daily during the 16 days where we will share and honour women, take a stand against violence and hopefully inspire the fire from within to make change within our world

FRIs is **open mic at the legion!** Looking for a place to perform? Book a Friday spot on the legion stage. Available from 7 - 9pm. Sound equipment onsite. For more info, or to book a Friday, contact Pete Pearson at 250-566-1115.

WEDs at 7pm the **old timers are playing live music** in the Golden Years Lodge

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. 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,

Send us your event to ads@goatnewsmedia.com or call 250-566-4606. Use 40 WORDS or less and we will publish it FREE up to a month before

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. 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 for this drop-in style program. 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 topup 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 frankekatharina@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.



Growing Christmas And Easter Cactus

With Christmas coming in another

humid forests of Central and South

a jungle plant, it needs regular and

month, I thought this might be a good time to discuss Christmas cactus and its close relative the Easter cactus. The Christmas cactus (schlumbergera bridgeseii) and the Easter cactus (Rhipsalidopisis gaertneri) are not like most other members of the large family of cacti. The cactus is the largest family of succulents, all of which store water in their tissues during rainy seasons and draw on it in times of drought. Cacti store water in their stems while most other succulents store water in their leaves (e.g. the Jade plant). The majority of cacti grow in hot

The majority of cacti grow in hot dry desert areas. However, both the Christmas cactus and the Easter cactus are found growing in debris that collects in the crotches of trees in the

America. This is why they do best if kept away from full summer sun and kept moderately moist except for a brief rest period of about 4-6 weeks in the fall. If they are kept warm and in the bright light on a year round basis, they may not bloom for years. Cooler temperatures and long dark nights bring on bud set. It seems to do well if you keep it away from heat vents and near a window where it will be cooler at night. Covering the plant to keep it away from the lights in the house from 6pm to 8am will usually bring on the buds in 8 to 9 weeks. A little less water at this "rest time" will also help set buds. Many people are misled by the name "cactus" and think that it doesn't need to be watered regularly. Because it is

deep watering during its active growth period. It is best to water as soon as the top ¹/₂ inch (1.25cm) of soil is dry. If the leaves (stems) are wrinkling, you are not watering enough. Water a bit more each week until the leaves are plump and firm but be careful that the water drains quickly through the pot and that excess water in the saucer is dumped out. Most people who lose their Christmas or Easter cactus lose them to rot because the potting soil is too dense and heavy or the container does not have good drainage. They cannot be left in a soggy state or the roots and lower stem will rot off. Most books suggest that the true Christmas cactus don't have the sharp teeth on the sides while the Easter cactus does, but different "experts" seem

a plant from a supplier who gives you the Latin name on a tag, you may find it difficult to tell the difference. The main thing to remember is to keep them moist but not soggy, keep them out of the hot summer sun and put them in a cooler and darker spot about 8 to 10 weeks before you want them to bloom.

The best time to repot or take cuttings is in the early spring when the plant is in active growth.

If you treat your plant well and don't over water, you may be rewarded with a plant like the one I saw at Dorothy Simpson's in McBride last week. The plant was over 4 feet (1.25m) across and I would estimate it had over 200 blooms and buds on it. It was a real joy to see!!

Volleyball zones

On November 18-19th, 10 senior girls volleyball teams from across northern BC competed in Zone finals at Mackenzie Secondary School. McBride and Valemount teams made the trip to participate in the fun wrap-up to the 2022 volleyball season. Friday evening, the teams participated in a Disney-themed costume dinner and celebration of the teams, and especially the girls who will be graduating from grade 12 in the spring.



Kyra goes up for the block against Northside. /SUBMITTED



McBride chose to dress as characters from Peter Pan/Hook. / SUBMITTED



Following the final game that pitted the McBride Mustangs against the Valemount Timberwolves, the cross-valley rivals joined together while extending congratulations and best wishes for safe travels home. Valemount finished in 9th place and McBride wrapped up 10th. /SUBMITTED



Abigail sends over a solid hit. /SUBMITTED



Due to numbers, the Valemount team had to invent new dwarf names to fit with their Snow White and the Seven Dwarves theme. /SUBMITTED

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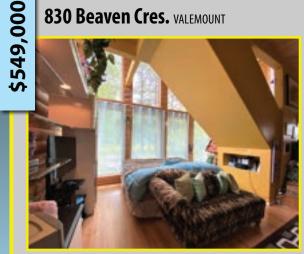




Hot Off The Press! You will be wowed upon entering into this modern living space. Bright open concept, huge island, lots of cupboards and amazing pantry. 4 bdrms (3 up - 1 down), just under 2500 sq ft on two floors. Enjoy the BBQ year round on the covered deck! Large lot with fenced back yard, good sized garage and just a short walk to the downtown! Best Bang for your Buck!

ROYAL LEPAGE DIAMOND AWARD 2021

830 Beaven Cres. VALEMOUNT









Custom Details Throughout! Looking to be wowed by this super unique home then you must take a look! This 3 bdrm 2.5 bath home packs a lot of punch in 1.5 stories, over 2000 sq ft of completely finished space. Gorgeous Master Suite could also be another living space boasts floor to ceiling windows, fireplace, 30ft vaulted ceilings and more. The studio/loft can be utilized as another bedroom or study and leads onto a private deck with glorious mountain views! Skylit open concept kitchen has new counters and 2 pantries giving tons of storage. Updated main bath w/vessel sink and a fabulous "Spa" Bathroom. Fantastic .69 acre lot beautifully landscaped and truly is your own park! 16' x 24' garage w/ 200 amp service & 2pc bath. Zoned for 2 dwellings and vacation rental!

W W W . V A L E M O U N T R E A L E S T A T E . C O M



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