

Molendyk in NHL Top Prospect game

Seniors lodge suffers broken boiler, burst pipe over Christmas

By Laura Keil

Some Valemount seniors had to rely on space heaters to keep warm over the holidays after a boiler at the Valemount Golden Years Lodge went kaputt a few days before Christmas during the cold snap.

The frigid temperatures—down to -40—and lack of heating then led to a frozen pipe bursting in the lodge basement.

Edna Plamondon and Marg MacKenzie said they were provided with space heaters which was enough to keep them warm in their suites.

"We were good in our rooms," Plamondon said. "The rest of the building was cold."

Mackenzie said Valemount Senior Citizen's Housing Society board member Vern Mickelson went door-todoor checking on tenants.

"They were right here with heaters and everything for us so we were never cold," MacKenzie said. "The rooms were small so it didn't take much to keep them warm." She said it wasn't the whole building that was affected by the boiler, just the wing closest to the creek. The flooding from the burst pipe was only in the basement hallway and down by the shop, she said.

"They got on that right away and got it fixed," MacKenzie said.

The heating system took a little longer. She said it took about a week for the heating system to get fixed due to it being the holidays and contractors being away or busy.

The Goat reached out to Donnie MacLean, chair of the Valemount Senior Citizen's Housing Society, but did not hear back by presstime.

Rocky Mountain GOAT

Pizza shop changes hands	P3
Wolf moon	P14
Dire avalanche warnings	P8-9
Low annual bird count	P10

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McBride's first baby of 2023 was born at 9:48pm on Mon Jan 2. Mom and Dad, Sean and Joy Proktor were thrilled to announce the arrival of their 6lb 8oz, 49.5cm long baby girl, Aurora Grace. Aurora was born in Hinton due to the lack of delivery services in McBride. The couple were in Jasper, planning to make the trip to Hinton for an induction when Joy went into labour. They made it to Hinton in time for a safe delivery. The family returned to McBride only a few days later and were out for a slow family walk by Friday along with Suka, the dog. "It is really exciting for us to bring her home to McBride," said Sean. "It will be a cherished memory." /ANDREA ARNOLD



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Molendyk headed for 2023 NHL Top Prospects game

By Andrea Arnold

The 2022/23 season is developing into an exciting one for Western Hockey League player Tanner Molendyk, who hails originally from McBride.

The 17-year old was one of 40 hockey players selected for the 2023 Kubota Canada CHL/NHL Top Prospects Game to be held on Jan 25 at the Langley Events Centre.

"I feel really honoured and proud to be selected to play in the top prospects game this year," said Molendyk. "It's a great opportunity to be able to go play with this group of guys and to be able to showcase what I can do."

The top prospects game was reintroduced in 1996. Since then, 15 players in the game have gone on to be selected first overall in the NHL Draft. The players for the game are chosen following a survey conducted with NHL teams.

Molendyk, a defenseman, was a first round pick for the Saskatoon Blades in the Western Hockey League three years ago. He has played in 34 games this regular season, scoring four goals and assisting on 18.

Molendyk does not plan to do anything different or special in preparation for the upcoming game.

"I am going into it thinking of it just as any other game and making sure I prepare the right way," he said.

Blades Head Coach Brennan Sonne reported on the team website that Molendyk's skating ability and speed is notable, and continues to improve. Sonne has also been impressed at Molendyk's ability to play the right side, as Molendyk is a left-handed player.

In the past few years, Molendyk has seen an increase in playing time for teams other than his WHL Blades lineup. In August 2022 Molendyk was a part of the gold medal team at the Hlinka/Gretzky Cup in Red Deer. He also helped Team Canada Black U17 bring home the gold in overtime at the Capital City Challenge in 2021. Following this WHL season, Molendyk and all those close to him are awaiting the 2023 NHL Draft at the end of June. Sportsnet listed Molendyk as one of the "Top 10 WHL players to watch for 2023 NHL Draft." Listed at #6, they call him a 'mobile defenceman who has an eye for creating offence. Plays with more bite than your typical offensive-minded d-man.'

Another site, NHL Entry Draft, has listed Molendyk as #21 in the NHL Draft Rankings for 2023. This puts him in the position of the first WHL defenseman in the lineup.

Tickets for the Top Prospects Game are almost sold out. They are available online, by phone 604-882-8800 and in person at the Langley Events Centre. Players will be divided into two teams, red and white, closer to game day.

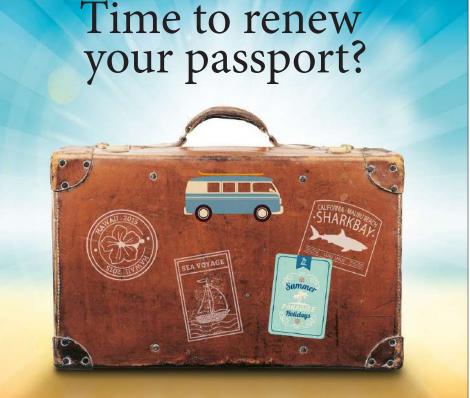
Those interested in seeing Molendyk in action at The Top Prospects game can watch it live on TSN, TSN.ca, the TSN App and RDS on Wednesday Jan. 25 at 7:00pm pacific time.



McBride native Tanner Molendyk has been selected as one of 40 players to play in the 2023 Kubota Canada CHL/NHL Top Prospects Game on Jan 25. /PHOTO SOURCED - Saskatoon Blades







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Local family takes over Glacier Fire Pizzeria

By Laura Keil

Over the coming weeks, you'll see new but familiar faces in the kitchen at Valemount's wood-fired pizza shop on 5th ave.

Local couple Jacki Lussier and Cam Bell recently purchased Glacier Fire Pizzeria from Ryan Halliday and Jess Way.

Lussier has worked in the restaurant industry since she was a kid, getting her start at the Great Escape restaurant at the tender age of 11.

"I was so little that they had to pour out half a pot of coffee for me to be able to carry it around. I couldn't handle a full pot."

For the past 16 years, she's worked at the Moose pub, and managed it in recent years. But with her daughters now in their teens, and her older daughter also working in a restaurant, she saw the pizza shop as a way to bring her family together, similar to the way she helped out her parents at Valemount Sporting and Clothing.

"It will be a little family business like what I grew up with."

Lussier says they plan to keep the same menu, but will add items down the road once they get on their feet, things like pasta and donairs.

"We are hoping to open for lunch for personal pizzas, plus donairs, soups, salads, pizza subs, italian sandwiches."

While they take over the business Jan. 16th, they will close for a couple

weeks to learn the ropes, and "how to not burn and serve raw pizza," Lussier says.

During her second day of training last week, Lussier was amazed at the amount of care that goes into the food Jess and Halliday prepare. The only oven is the birch wood-fired oven.

"There's no deep fried foods. Everything is freshly sliced daily. This was my second morning and it's amazing what they do. It's kind of wild. She's in there slicing a fresh pineapple to put on the pizzas, it's not canned."

They are planning their grand re-opening the first weekend of February.

Lussier says her partner Cam Bell, a former oil rigs worker, will be helping out at the restaurant in addition to his new role at CIBC as financial service rep.

"I honestly don't even know what to expect going forward, which is a scary thing but kind of a fun thing," she said. "I just want everyone to know that we're super excited to serve the community and be local faces and have it family-oriented - to be able to serve other families and friends."

As far as taking the plunge into becoming a restauranteur, she says the answer is really quite simple:

"I know I'm never going to leave the restaurant industry so I may as well own one."



Cam Bell, Jacki Lussier and her daughters Rilah & Brooklyn are going to make Glacier Fire Pizzeria into a family business. /COURTESY TAMARA CINNAMON





This curious young deer was not bothered by the presence of dogs or a human as it strolled into a McBride yard in search of food. /ANDREA ARNOLD



Corporation of the Village of McBride Invitation to Tender

Lagoon Cell #1 Liner Replacement

Project/Contract: Project/Contract No.: Invitation to Tender - Village of McBride Lagoon Cell #1 Replacement 403-013-11

The Corporation of the Village of McBride invites tenders for installation of a new lagoon liner and associated works for cell #1 at the community's lagoon treatment system.

Submission Deadline: February 1, 2023 3:00pm

More information and Tender documents (and any amendments) can be found on the new BC Bid website (opportunity ID 11920) - <u>https://new.bcbid.gov.bc.ca/page.aspx/en/rfp/request_browse_public</u>

And on the Village website - https://www.mcbride.ca/business/village-of-mcbride-tenders

Editorial



Post office security vs. convenience

By Laura Keil, Publisher/Editor

My family was one of the ones hit by the recent post office box thefts.

While it was certainly a shock and a nuisance, the worst part about it is the severe reduction in post office hours as a result. The reduction will make it very difficult for a lot of people to pick up their mail now.

Apart from new security features like security cameras, which act as a deterrent more than a failsafe, it would be great if Canada Post invested in a key-pad for the door similar to other communities in Canada, as suggested by one local.

No solution is perfect, but what Canada Post needs to do is remove the low-hanging fruit. Many thefts are thefts of opportunity because the risk is so low. When there are no security cameras the chances of being ID'd are practically zero. But when cameras are up? Now there's a big enough chance that some people may reconsider thieving at all.

What has to happen is a happy medium between security and convenience. Where is that line? It will differ according to each person, but I hope Canada Post can ensure that people who work long-hours still have the opportunity to pick up their mail.







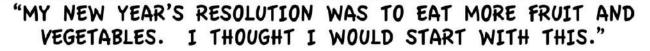
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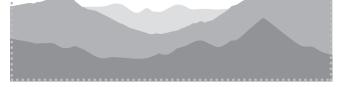
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Surveying its kingdom from high in a tree, this well provided for, and not overly skittish squirrel takes a break from raiding it's seed supply. /ANDREA ARNOLD

Global Thoughts

Letters / Op-Ed

About Letters to the Editor

The Goat welcomes all letters to the editor and values diverse opinions in our newspaper. Letters should address something that appeared in the newspaper or a current event. Recommended letter length is 400 words or less due to space constraints. Longer letters may be rejected or the author asked to reduce the length. The Goat formats letters and grammar according to Canadian Press style. No substantive changes are made without the author's approval. All letters are factchecked and reviewed for clarity and libel. Letters must be submitted with a phone number for verification purposes and the location of the author, but only the name of the author and location will be published. We do not publish anonymous letters. Write to us! goatnewspaper@gmail.com. We ALWAYS confirm receipt of letters. If you have not received a reply from us, please call us at 250-566-4606 so we can make sure we receive it. Our letters deadline is Sunday 5pm the week of publication. Letters received after our deadline may still be included if space is available, otherwise they will be bumped to the following week.



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

A Shocking Disclosure

BY GWYNNE DYER

Where do you look when somebody says: "In the age of Apaches and laptops, everything I did in the course of two combat tours was recorded, time-stamped. I could always say precisely how many enemy combatants I'd killed. And I felt it vital never to shy away from that number.

"So, my number: Twenty-five. It wasn't a number that gave me any satisfaction. But neither was it a number that made me feel ashamed."

That was Prince Harry fulfilling his contractual obligation to spill his guts in his new book 'Spare'. ("An heir and a spare": he is second-in-line to the British throne.) And to my surprise, I was shocked by what he said. Not by what he did, but by the fact that he put a number on it.

I have been in close contact with the

about their experiences in war – and none of them ever mentioned how many people they had killed. Well, almost none.

There is no formal ban on talking about your 'kill count', but it's in extremely bad taste. As retired Col. Tim Collins, formerly of the British Army, put it: "Harry has badly let the side down. We don't do notches on the rifle butt."

Enough about Harry, but what an extraordinary thing! The whole business of soldiering, when you get down to basics, is efficient killing– and yet that is the one and only aspect of their profession that soldiers will not talk about. I don't think they are ashamed of it, but that's not what they were brought up to do. Nobody was.

Many years ago I interviewed William Manchester, an American writer who fought as a Marine in the Pacific War in 1944-45. He told me about the first time he killed a man. knew there had to be a Japanese sniper in a small fishing shack near the shore....And there was nobody else to go, and so I ran towards the shack and broke in.

"I was absolutely gripped by the fear that this man would expect me and would shoot me, but it turned out he was in a sniper harness and he couldn't turn around fast enough. He was entangled in the harness so I shot him with a .45 and I felt remorse and shame.

"I can remember whispering foolishly 'I'm sorry', and then just throwing up...I threw up all over myself. It was a betrayal of what I'd been taught since a child."

In almost every other walk of life, killing somebody is the ultimate crime; in war, it is the soldier's duty. And in ground warfare, you are actually aware of the humanity of the people you are killing. Even if you are in the artillery and rarely see the enemy, you see the consequences of what artillery does to human flesh and bone. It creates at the very least a discomfort, an uneasiness that is best dealt with by not talking about it. So while soldiers will talk about other aspects of battle quite frankly, at least among themselves, only a few misfits would ever mention how many people they have killed.

Insert a little distance into the equation, however, and everything changes. Fighter pilots are happy to talk about their 'kills', and even have a system where five 'kills' makes you an 'ace'. An infantryman who talked like that would be viewed as a head-case.

And perhaps this can be Harry's excuse. He was flying a helicopter gunship, and viewing the results on a screen. The distance between him and the men he killed wasn't very great, but in practical

military world for much of my life, as a naval officer, an academic, a journalist, and a documentary film-maker. I have interviewed at least a hundred veterans

"I was utterly terrified - petrified - but I

terms his insulation from reality was almost total.

Gwynne Dyer's new book is 'The Shortest History of War'.



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We acknowledge the financial support of the Government of Canada.

Nous reconnaissons l'appui financier du gouvernement du Canada.

Canada

Canada Post Break-in

By Laura Keil

Canada Post isn't promising any new security features despite a second break-in to Valemount PO boxes in an eight month time period, but it is further reducing hours for the public to access their mail.

Canada Post says it's working to repair the affected compartments as soon as possible and the RCMP is investigating the incident. Some Valemount residents were disappointed to learn their packages had been stolen just days before Christmas, sometime between the evening of December 20 and the morning of December 21. Blue River was also hit by thieves during the same time period.

Thea Thorn initially thought her parcel had been stolen and contacted Canada Post. They informed her that because she didn't request extra insurance when I shipped it I would only be reimbursed \$100 plus the cost of shipping if her parcel could not be located. Luckily it turned out that her parcel was merely hung up in transit and eventually arrived.

"I think an alarm system would be a good idea; having the building secured may deter thieves," she said. "Security cameras may also help, a lot of thieves seem to be aware of them and cover their faces or park their vehicles out of view but they may still help."

Despite calls by many residents for Canada Post to install security cameras after the last break-in in April 2022, none were installed. The McBride post office, meanwhile, does have security cameras.

When asked what Canada Post will do to discourage this from happening again, the company would not lay out any specifics.

"We don't divulge specific security measures or broader information related to our facilities or equipment publicly as doing so would hamper their effectiveness." Charlene Walker says post offices in other parts of Canada have dealt with the same issue by granting after-hours access only with a code to get into the building.

"I know of two communities in particular that have adapted this and it has solved this issue completely."

She says her former home in Portage la Prairie, MB and her parents post office in Neepawa, MB both use this system.

"They have had this in place in Portage for, I would estimate, two years, and the break-ins stopped. It's a very rough community." She says in Portage, PO box users must enter a 4 digit pin to enter after-hours, then it locks behind you. You press a button to unlock it to get out.

In Valemount, the post box lobby is now accessible Monday to Friday 8:15am to 5:15pm, and Saturday from 8:15am to 12:45pm, when staff are on site. Previously the postal box lobby hours were Monday to Sunday from 7 am to 9 pm.

The new hours mean many people working 12-hour/day pipeline jobs will be hard pressed to collect their mail.

Valemount Councillor Pete Pearson says he's requested that Mayor and Council contact Canada Post to discuss a solution.

"No reason for the lack of cameras and an after-hours alarm system," he says.

Canada Post suggests the public follow general preventative tips including collecting mail daily, using the Hold Mail Service when away, and using Canada Post's tracking app.

"We encourage anyone who witnesses any suspicious activity to immediately inform the authorities and call Canada Post Customer Service. If customers have questions regarding their postal services, they can contact Canada Post at canadapost.ca/support or 1-866-607-6301." BOOK YOUR ADWITHUS! Contact us at 250-566-4606 or ads@goatnewsmedia.com

REGIONAL DISTRICT of Fraser-Fort George

NOTICE OF MEETING

The Regional District of Fraser-Fort George Board of Directors will commence 2023 budget deliberations at 1:00 p.m., Wednesday, January 25, 2023. The Committee of the Whole agenda containing budget matters will be available at www.rdffg.bc.ca beginning on January 19, 2023. Individuals or organizations who wish to provide comment on Regional District budget matters may do so as follows:

by commenting by email to <u>budget@rdffg.bc.ca</u>
by commenting thru the Regional District's

- Facebook page
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REGIONAL DISTRICT of Fraser-Fort George Main Office: 155 George Street, Prince George, BC V2L 1P8

www.valemount.ca

Notice Disposition of Land: <u>Robson Valley Community Services &</u> <u>Valemount Entertainment Society</u>

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease to **Robson Valley Community Services** at a monthly rate of \$3972.19 plus GST per month (approx. 5700 sq. ft of leased space) for a sixmonth term (amended from the previous notice stating a one-year term), and to the **Valemount Entertainment Society**, at a monthly rate of \$426.61 plus GST (approx. 700 sq ft of leased space) for a one-year term.

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The subject property is situated at 1380 5th Avenue, legally described as Lot 1, District Lot **7356, Cariboo District Plan 10449** and is to be used for firefighting and rescue purposes, for a term of 5 years from January 1, 2023 to December 31, 2027.

For more information please contact:

Eric Depenau CAO, Village of Valemount 735 Cranberry Lake Road PO Box 168 (T) 250.566.4435 (E) <u>cao@valemount.ca</u>

2023 Animal Licenses

As of January 1, 2023, all animal licences are due for renewal. When you license your pet with the Village, you receive a tag which identifies your pet and allows for a speedy return if they end up in our care. All dogs over the age of 3 months require an animal license.

The 2023 dog license fees are as follows:

- Unaltered dogs \$20
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Failure to licence dogs may result in fines in addition to the cost of licensing. Please license your dogs by January 31, 2023

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Regional District of Fraser-Fort George

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease to **the Regional District of Fraser-Fort George** at a rate of \$1.00 per year.

\mathbf{X}

2023 Business Licenses

As of January 1, 2023 all business licenses are due for renewal. Please renew your business license as soon as possible.

Please note if you are a business with a commercial kitchen, you must prove that cleaning of the grease interceptor has taken place at least once within the past calendar year prior to issuance or renewal of a business license.

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Cat licenses are available but not mandatory. We encourage every cat owner to license their cat so that if your cat is found, we can get it back home to you as quickly as possible. There is no fee to register and license your cat.

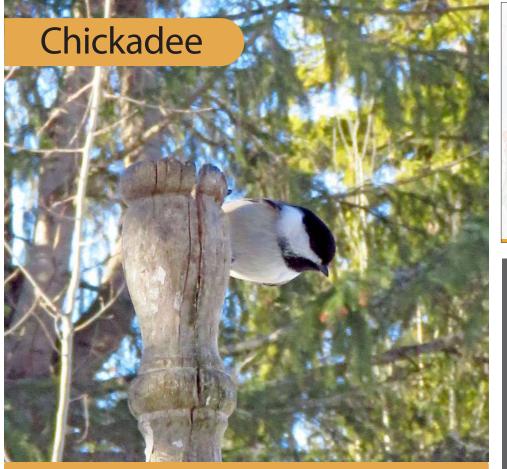
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Consignment Artists

Consignment agreements for 2023 are due by January 31, 2023. Drop by the Village office to renew your 2023 business license.



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Checking to make sure the coast is clear, this chickadee clings to a post above a bird feeder before venturing down for a snack. /ANDREA ARNOLD



Books of the week!

THE RESCUE OF BELLE AND SUNDANCE

The Rescue of Belle and Sundance takes the reader into the heart of the struggle to save two horses. In this account, which guickly became a regional bestseller and a bookseller favourite, Stutz and Scanlan recreate the rescue that sent a message of hope and compassion around the world

BY BIRGIT STUTZ & LAWRENCE SCANLAN

BY NEIL DEGRASSE TYSON

ASTROPHYSICS FOR PEOPLE IN A HURRY While you wait for your morning coffee to brew, for the bus, the train, or a plane to arrive, Astrophysics for People in a Hurry will reveal just what you need to be fluent and ready for the next cosmic headlines: from the Big Bang to black holes, from quarks to quantum mechanics, and from the search for planets to the search for life in the universe



BRAIDING SWEETGRASS

Drawing from her experiences as an Indigenous scientist, botanist Robin Wall Kimmerer demonstrated how all living things—from strawberries and witch hazel to water lilies and lichen—provide us with gifts and lessons every day. With informative sidebars, reflection questions, and art from illustrator Nicole Neidhardt, Braiding Sweetgrass for Young Adults brings Indigenous wisdom, scientific knowledge, and the lessons of plant life to a new generation.

BY ROBIN WALL KIMMERER, MONIQUE GRAY SMITH, NICOLE NEIDHARDT

CAMBIUM BLUE

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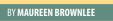
Rich with unforgettable characters and set in the Interior hinterland of British Columbia, Cambium Blue is a masterful and compassionate illumination of the human politics of a small town, and the intersection of individual lives with political agendas and environmental catastrophes.



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Canada

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Spooky snowpack

Avalanche Canada warns the first sign of trouble could be a high-consequence avalanche

By Mike Conlan, Avalanche Forecaster, Avalanche Canada

This year's snowpack is different from most previous years. Professionals with decades of experience suggest this weak of a snowpack is only seen once every ten to twenty years for much of western Canada. Some professionals are comparing this snowpack to 2003, which was one of the worst years on record for avalanche fatalities. This winter presents a very different set of problems than normal and we need to adjust our mindset to remain safe.

We experienced lengthy periods of drought and cold weather that created numerous problematic layers in the snowpack. The map below shows the status of these weak layers, with the caveat that there are small-scale variations which are better described in the daily avalanche bulletins. The setup of the snowpack varies across the provinces but there is a similar theme for most areas – riders have triggered large, scary avalanches with high consequences.

Avalanches can be triggered from a distance

One commonality we've seen is that many of the avalanches were triggered by riders from tens to hundreds of metres away from the slope that avalanched. This indicates that the buried weak layers are widespread and spatially connected, meaning you could trigger the layer anywhere on or near a slope. This is known as remote triggering and is a clear sign of an unstable snowpack. It also means that it is difficult to anticipate where avalanches may be triggered from.

There may not be strong evidence that the weak layers exist

We often suggest looking for signs of snowpack instability to provide evidence that your riding area could be problematic. The complication with this snowpack setup is that the layers are deep enough that we are a lot less likely to see clues, like nearby avalanche activity, whumpfing, or cracking snow. If you do experience any of these then of course it is a strong sign to keep things tame, but right now we must remember that the first sign of trouble could be triggering a high-consequence avalanche. our stresses are absorbed by the upper snowpack. Where we are most likely to trigger deep layers is where they are shallow, or within that upper metre, which often can be found in windaffected, rocky terrain.

Getting caught in an avalanche on this layer could be fatal

Given the widespread nature of these layers and their location deep in the snowpack, a triggered avalanche is likely to be large to very large (size 2 to 3 or more). We've seen several near misses of riders triggering large avalanches on these layers and narrowly escaping a fatal outcome. Professionals are treating the snowpack with an abundance of caution given the high consequence of being caught.

A weak snowpack will stay around for a while

There's uncertainty in how long these layers will persist, but it is likely that it could be a season-long problem in some areas.

The weak layers have large grain sizes with poor bonding, and it can take months for them to shrink and start bonding as a cohesive snowpack. The season may not be long enough to experience this slow transition, meaning we could see large avalanches from these layers for months to come and even into early summer in the high alpine.

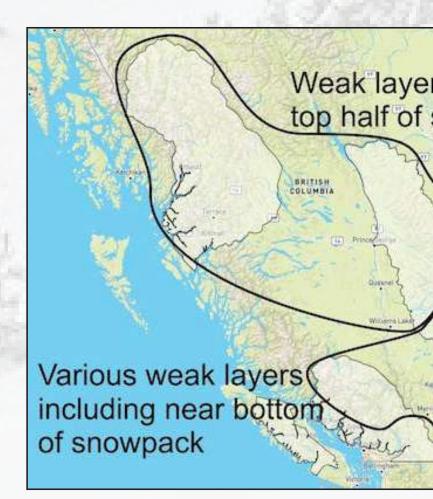
How to manage the risk

Professionals are stressing the absolute importance of "terrain, terrain, terrain" given the high consequence of triggering these layers. This is the year to be highly conscious about the terrain rather than the snowpack. Discipline and patience will be required to not step out when there is new snow or during a beautiful sunny day. A snowpack like this is unforgiving and cannot be micromanaged. Step back, think of the big picture, and ask yourself if you should be there in the first place. Remember that managing this risk doesn't mean we can't have fun. There are a lot of safe terrain features to play in, such as mellow slopes and dense trees. The avalanche forecasts are an essential part of planning for a safe trip. The nuances of the snowpack layers are described in the details tab of the daily avalanche forecasts and offer more information on safer terrain. Until we have clear evidence that this problem may be healing, we highly recommend a disciplined mindset focused on terrain selection. Stay safe everyone.



The avalanche was remotely triggered from riders on the ridge above in the

"There's uncertainty in how lo is likely that it could be a sease



Many avalanches are triggered where the layers are shallowly buried

We may see a decline in the number of avalanches triggered by riders on these layers as they get deeper. Triggering is less likely when weak layers are buried deeper than about a metre because



e Selkirk Mountains (Eric Johnstone photo)

ng these layers will persist, but it on-long problem in some areas."



A wide-propagating avalanche that released on a layer near the base of the snowpack in the Monashees (Vincent Jauvin photo)



A rider escaped being caught in a large avalanche in the Monashees (MIN user MLDUQ)





If you're among BC's approximately 2 million property owners, you should receive your 2023 property assessment in the mail early in January. If you haven't, call us toll-free at **1-866-valueBC**.

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

The 2023 assessments are based on market value as of July 1, 2022.

If you have questions or want more information, contact us at **1-866-valueBC** or online at **bcassessment.ca**.

The deadline to file an appeal for your assessment is January 31, 2023.

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

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BC ASSESSMENT

Annual Christmas Bird Count

By Andrea Arnold

The annual Christmas Bird Count for the McBride area took place on Sunday Dec 18, 2022. It was a windless, sunny and very cold day. Organizer Elsie Stanley reported that three birders in two groups drove through the count circle, and

19 people reported their bird feeder sightings.

"The species count tallied 20, an all-time low," said Stanley. "There are 89 species on our cumulative tally since 1991."

Some of the species that were noticeably absent on count day were Bohemian waxwings, resident house sparrows, bald eagles, hawks and owls. A local McBride resident had spotted approximately 60 waxwings and 12 house sparrows only a week earlier.

Among the unusually short list of species were a few rare sightings. The American tree sparrow was spotted, last seen during the count in 2002, 1995 and 1992.

Other birds not normally seen in the valley included a fox sparrow, three white-breasted nuthatch, including one out at LeGrand, and one eastern blue jay. Glen and Sheilagh Foster made the trip to Prince George and reported groups of Common Redpolls totalling at least 180 eating seeds on the highway between McBride and Slim Creek. Another counter also reported six mallards.

"Four song sparrows were found, and a record 70 dark-eyed junco," said Stanley. "Two pine siskins were confirmed, and the flocks on the road included five red crossbills, and six pine grosbeak. One yard had six evening grosbeak, and a total of 13 Eurasian collared doves were reported." Information gathered through the Christmas Bird Count is sent to the National Audubon Society. The annual count began in 1900 is the longest running wildlife census.

"It is always fun, even when the weather is chilly," said Stanley. "Every volunteer who braves the elements to take part in a count contributes to the study and conservation of birds."

The data collected is used by scientists to monitor the health and status

Our Team



A female hairy woodpecker bounces from branch to branch looking for just the right spot. /ANDRÉA ARNOLD

of resident and migratory birds. It also helps in the development of conservation strategies to help prevent the decline of various birds.

The Christmas count is an annual event that includes the area from the McIntosh to the Holmes, and they rely on local volunteers. This year there were only three individuals driving around the McBride area identifying and counting birds. They would welcome more willing participants for next year's count.

There are several different counts that occur throughout the year. The next one is the Citizen Science event - The

Great Backyard Bird Count held Feb 17-20. This fourday event collects bird data from all over the world.

Participants are asked to watch birds at one site for 15 min at least once over the four days. Interested individuals can visit https://www.birdcount.org/participate/ for more information.

"It is lovely how many folks are feeder watchers," said Stanley. "I hear about birds throughout the year. If people



The Corporation of the Village of McBride

The Mayor and Council of the Village of McBride is searching for its next Chief Administrative Officer. The ideal candidate will have a degree relevant to the nature of municipal work, 3-5years' experience in a municipal government environment at the Chief Administrative Officer or Senior Management level, or equivalent education and experience in a related field.

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> would like to be a part of the Robson Valley Naturalists informal reporting process, they can get on the list by emailing glen.elsie.stanley@gmail.com."



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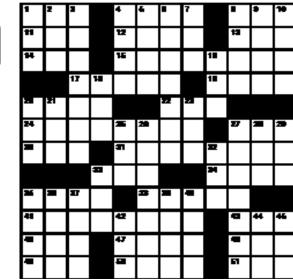
Studio location: Valemount Goat office 1170 5th ave, Valemount, BC Valemount | McBride | Dunster | Blue River



CROSSWORD

Across

- Family dog, for short 1
- "Now hear 4
- 8 Favouring
- Prima donna 11
- problem 12 Alleviate
- 13 Tarzan "parent"
- 14 Moreover
- 15 Checked
- 17 Family head
- 19 Egg producers
- 20 Degree
- 2.2
- Genesis woman 24
- Easily moved Manhandle 27
- 30 Agreement
- 31 Standards
- "Wow!" 33
- 34 Gives support to
- Thief's obstacle 35
- Home security 38
- warning
- 41 Advocate
- 43 Now, I see!



- Dweller along the Sea of Galilee
- "Get the picture?"
- 8 Kismet

46 Slippery fish

49 Pops

Down

51

1

2

3

4

5

6

50 Eye piece

come!'

words

Ruin

Tennis call

Significant

generation

The Dream _

Have _____ at, 2

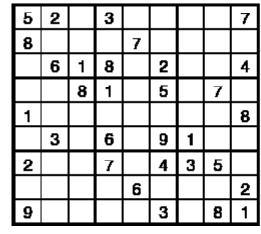
47 Detective's query

48 Unbroken series

"The best is ____ to

- 9 Available, as in a job
- 10 Some M & M's
- 16 Miss
- 18 Fitting
- 20 Mole 21 Foot part
- 25 Bullet 26 Inhale 27 Main 28 Stand by 29 Befell

- 33 Sparkler 35 Flew
- 36 Zone 37 Go out of business 39 Economical 40 Liberal pursuits
- 42 Harry Potter's
- 45 Organized insect



52. Tamandua meal

53. Situation where

59. Cause of some

shivers

60. Big furniture

retailer

63. Beginner

center

thoughts rule

61. Mozart is on some

Austrian ones

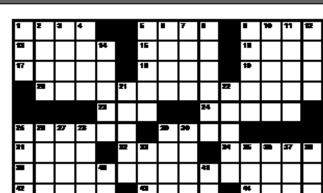
64. Roger of "Cheers"

Answers on P13

The Toughie by Myles Mellor

Across

- 1. Scratch
- 5. German lady
- 9. Wishes undone
- 13. Eagle's home
- 15. New Year's Eve song word
- 16. Michigan town or
- its college 17. Dutch pottery city
- 18. Court grp.
- 65. French champagne 19. Isabel Allende's
 - _ of My Soul"



HOROSCOPES		
BY HOLIDAY MATHIS		
Mars and Mean Girls		

The end of a retrograde starts a war march by Mars through the social realm of Gemini. Social wars are the stuff of Jane Austen classics and cinematic comedies from "Mean Girls" to "Bridgerton" and beyond. The spotlight centers around school or other structured societies where status maneuvers, though not matters of life or death, certainly can feel like it! On the bright side, it's a chance to learn where we fit in and what makes us feel important.

ARIES (March 21-April 19). You set the tone and people treat you accordingly. The confident assertions you make now signal to the world that you're a force to be reckoned with. Later you'll find it easy to be generous and nurturing because you won't feel like you have to prove or defend yourself.

TAURUS (April 20-May 20). This is a common problem for many people. We all want to be our best selves, lose the things that bother us about ourselves and shine in the ways we think we could. But it's hard to do the work of changing, if we even know what that is. This is why models are essential. You'll seek and find excellent ones this week.

GEMINI (May 21-June 21). Some memories swagger proudly to mind, others sneak in unwelcome and proceed to do cringeinducing dances in your psyche. Some memories don't come back at all. It's why you make the extra effort this week. You want the things you're involved in to be extraordinary enough to make the round trip.

CANCER (June 22-July 22). It's hardly ever the case, but strangely often true this week: Unpreparedness is the key to success. Say yes even if you suspect you're not ready. It's amazing what you can come up with on the fly. You can trust yourself to say and do the right thing, so just get in there and start acting and reacting to life.

LEO (July 23-Aug. 22). No one can prove the demise of the cat was its curiosity. It's more likely that curiosity is the quality that made the cat king. To watch and learn in stealth -- to silently track a subject before the pounce -these are the habits of a fearsome thriver. You'll use your curiosity well, learning what you need to know to succeed. VIRGO (Aug. 23-Sept. 22). There is no zero-sum game here. You can get all the points you want this week without taking points away from anyone else. You'll work within a diverse group -- the luckiest kind! You can all succeed together, and, because you take the time to understand the strengths of everyone involved, you absolutely will.

with others. The way to figure things out is to interact naturally with others and take both the awkwardness and the wins as good information to grow on. You'll become masterful because you have the courage not to be.

SCORPIO (Oct. 24-Nov. 21). You'll ask yourself a question you already know the answer to and you'll get a different answer than you had before, proving once again that as humans, we often operate from guesswork, so convincingly we believe it ourselves. This is natural and keeps us moving. Just don't be afraid to change your mind.

SAGITTARIUS (Nov. 22-Dec. 21). It's not always easy to find bright people like you, but it's worth the effort to try. No one becomes sharper alone. Supporters and competitors, teammates and enemies all help you become your best self. It may surprise you which category people fall into. Bottom line: You can't go wrong aligning with vibrant minds.

CAPRICORN (Dec. 22-Jan. 19). To overcome the fear of rejection, one must risk the dreaded feeling and accept what comes. It helps to be rejected and it also helps not to be. So there is no downside of taking small, manageable social risks. Practice in low-stakes environments where you will not be judged harshly.

AQUARIUS (Jan. 20-Feb. 18). No one said growth was comfortable, but the discomfort can certainly be managed and paced. You are intrigued this week by the versions of yourself you might become. You'll be inspired to tinker with your appearance, habits or environment. It's a wonderful high when you find something that works for you.

PISCES (Feb. 19-March 20). Everyone wants to talk to you this week, and you're not sure you want to hear what they have to say. Your trepidation is well founded. Everything you pay attention to that doesn't contribute to your purpose is stealing something from you. You'll get extremely good at guarding your time and directing your efforts.

Thursday January 12th 2023 11



23 Dog doc

- - 32 Cup handle
- mailman 44 Colour

Answers on P13

SUDOKU

HOW TO PLAY

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember. You must not repeat the numbers 1 through 9 in the samee line, column or 3x3 box.

20. Connect with an ideas factory? 23. Class A trucker 24. Outmoded 25. Withdraw, in a way 29. Headliner 31. Nabokov heroine and others 32. Defaulter's comeuppance 34. Highly skilled 39. Experience a sudden flash of genius 42. Trite sentimentality 43. Beauty products provider 44. Plate place 45. Condor's quarters 47. Epoch 50 million years ago 49. Lubricate once more ..

66. Yemen's Gulf of 67. Calls upon 68. Warp Down 1. Awful guy, lovely design capability? 2. "12 Angry Men" star, Cobb 3. "Alice's Restaurant" singer ____ Guthrie 21. Sharp 4. Wireless medium 5. "Peter and the 25. Cheers Wolf" bird 6. Foolhardy 27. Vena 7. Opposed to 28. Habitue 8. African republic 9. Country singer, Bonnie 10. Humerus's neighbors 11. Edit 12. Mont. neighbor 14. Lab heaters

milk

attire

36. Actress Falco of 22. Gold measure "The Sopranos" 37. One of the Ivies 38. Partner of "give" 26. Dutch cheese 40. Ob-gynadministered test 41. Laughing dog 29. Like proverbial 46. "Don Giovanni" 30. Fraternity party soprano 48. Playful aquatic 33. Amorous archer animal 35. Kind of brake 49. Unbending 50. Season

51. Cineplex (theater chain) 52. Assemble 53. ____ Hari (spy) 54. Manages, with "out" 55. Smell real bad 56. Calendar column, abbr. 57. Composer Satie 58. European capital 62. Capt.'s heading Answers on P13

LIBRA (Sept. 23-Oct. 23). Don't fall prey to the common myth that you need to figure yourself out before you interact effectively

THIS WEEK'S BIRTHDAYS: This year brings many a wonderful and lucky day in which unexpected and indeed unexplainable things happen. A bright, younger influence comes into your world. Together you'll investigate new places, eat different kinds of foods and enjoy a relationship that's free of tired, old rules. You'll be given a valuable item or job. Try it out to decide if it's worth the energy of maintenance. There are proud family moments, too. It's wonderful how you can help someone succeed in the same ways you have.

Write Holiday Mathis at HolidayMathis.com.

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ROBSON Community Events

VALEMOUNT

MON JAN 9, 16 & 23 from 2:30-3:30pm it's the **Physical Health & Wellness Series for Seniors** with local physiotherapist Vanessa McGibbon! Vanessa shared topics such as healthy aging, fall prevention, pelvic floor health & more. Location: RVCS (99 Gorse St). Registration is NOT required. 250-566-9107 for more info.

TUE JAN 10 beginning at 11:45am with a free luncheon sponsored by the Valemount Seniors Citizen Housing Society and partnered with RVCS it's a new and shiny edition of **Seniors TECH CAFÉ!** High school students will be on site at the Golden Years Lodge (1300 Main St) to assist you with your basic tech questions, which is set to begin after lunch at 12:15pm until 1:35pm. Registration is not required. 250-566-9107 for more info- just stop by

WED JAN 11 1-3pm it's the **Winter Painting with Leaha** at the Golden Years Lodge (1300 Main St). Supplies are provided and this workshop can be adapted for those with mobility limitations. Registration is required: 250-566-9107 / events@rvcsbc.org.

THURs JAN 12, 19, 26 & FEB 3, 16 from 1:30-3:30pm is a 6 week, free **Digital Literacy Course** that teaches seniors the basics of android tablet and iPad use along with online safety. Different topics each week and the workshop series is held at RVCS (99 Gorse St). Registration is required: RVCS 250-566-9107 / events@ rvcsbc.org.

TUES JAN 17 from 11am-1pm RVCS is taking part in the **Transportation Project** alongside the BC Society of Transition Houses and we hope others will join in on the discussion in both McBride and Valemount (either RVCS office). You are welcome to join virtually as well. To register please contact Negah Alapour at Negah@ bcsth.ca.

WED JAN 18 from 12:30-3pm it's **Knitting for Wellness** Wednesdays at Valemount Secondary School (201 Ash St) where seniors and youth are joining forces to work on projects and learn from one another. There will be someone available to teach knitting basics, all skill levels welcome. Bring an old project or start something new! Perhaps make toques for those in need. No registration required. 250-566-9107 for more info.

WED JAN 18 from 10:30-11:15am each week until March 29th our **WorkBC team is holding Drop-In Information Sessions** where they will share what resources and training opportunities are available FREE to clients. We can help you increase your skillset and gain meaningful employment! Drop by the office (99 Gorse St) and no registration is required. 250-566-9107 for more info

FRI JAN 20 from 8:30-10am it's a **Cribbage Tournament** at RVCS for seniors who will be taking on the Grade 8 high school math students!! Registration is not required-so just pop by RVCS (99 Gorse St). 250-566-9107 for more info.



MON JAN 30 is a fun **Who 'Dun It? A Mystery Party** held at RVCS (99 Gorse St) from 1-3:30pm for local seniors. Decode the clues and solve the crime. Registration is NOT required. 250-566-9107 for more info

Ongoing Events

SUNs **Pancake breakfast at the Valemount Legion** Sundays 8 to 11. By donation!

SATs 10am-11:15am **Creative writing group** at the Rocky Mountain Goat office. Join us for writing and friendly conversation. Everyone welcome.

SATs 1-3 pm **Crafty Stitchers meet** downstairs at the Valemount Public Library everyone welcome! 250-566-4367 for more information.

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.

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.

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.

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

TUES JAN 17 from 11am-1pm RVCS is taking part in the **Transportation Project** alongside the BC Society of Transition Houses and we hope others will join in on the discussion in both McBride and Valemount (either RVCS office). You are welcome to join virtually as well. To register please contact Negah Alapour at Negah@ bcsth.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.

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

TUE JAN 24 from 3-4:30pm at the McBride Public Library, we welcome 5-8 year olds to come and share a story or two with a senior and enjoy health snacks and quiet time activities during **Elders & Children Reading Together.** In partnership between RVCS, the McBride Literacy Task Force & the McBride Library. Registration is required: RVCS 250-569-2266 / events@rvcsbc.org or the library 250-569-2411.

TUES JAN 24 from 1-3pm at RVCS (942 3rd Ave) seniors are invited to join a **Tin Can Upcycled Wall Art Craft.** All supplies are provided and registration is required: RVCS 250-569-2266 / events@rvcsbc.org.

TUES JAN 31 from 1-3pm seniors are invited to join us for a **snowshoe-** we have 6 pairs to loan out if needed. Meet at RVCS (942 3rd Ave) for 12:45pm before we head out. Registration is NOT required. Contact RVCS 250-569-2266 for more info.

Ongoing Events

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

The next **Men's Shed Meeting** in McBride will take place in the New Year after a small break over December. This program is led by men, for men. Call 250-569-2266 for more info.

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

WEDs **Seniors Drop-In Coffee House** 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.

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

MONs & WEDs it's time to **Dance during Community Fitness** with Jodie at the Elks Hall. Twice weekly from 7:15pm-8pm this drop-in program offers free admission to seniors and youth. Other age groups are invited to pay by donation or pay what you can. Call Jodie at 250-230-8035 for more info.

THURs JAN 12, 19, 26 & FEB 3, 16 from 1:30-3:30pm is a 6 week, free **Digital Literacy Course** that teaches seniors the basics of android tablet and iPad use along with online safety. Different topics each week and the workshop series is held at RVCS (942 3rd ave). Registration is required: RVCS 250-569-2266 / events@rvcsbc.org.





Green Manures And Cover Crops (Cont.)

Last week, I discussed the growing of green manure crops and how we usually don't use them enough to help improve our soil. This week I would like to point out some of the many advantages of growing green manure or "cover" crops. Imagine yourself ankle-deep in cow manure or knee-deep in a buckwheat crop.... which would you prefer? Also think of hauling two or three truckloads of manure from miles away and tilling it or digging it into your soil. Compare that to spreading ten pounds of buckwheat seed which will give you up to two tons of plant matter to work into your soil in only six or eight weeks.

If your soil is sandy, the tilled under green manure will hold the nutrients and water near the surface of the soil where your plants can get them. The green manure also gives great quantities of organic matter for the earthworms and soil life to feast on and change into usable nutrients for your garden crops. If your soil is heavy and full of clay, the decomposing buckwheat or other cover crop will stop the soil from crusting over and becoming like "hardpan" when it dries out.

When the green manure crop is growing, it stops the loss of your topsoil to wind and heavy rains. If you have a part of the garden not being used for the next few weeks or months, take a few minutes and sow a crop of buckwheat or peas.

Planting peas, beans or other "legumes" will pull nitrogen out of the air and put it into the soil waiting for your next garden crop. You can plant a mixed cover crop of peas and buckwheat. The buckwheat grows very fast and covers the bare ground and the peas will fix nitrogen in the soil. Another advantage of planting buckwheat is its speed of growth. A few days after sprouting, the leaves cover the soil so weeds are smothered. Two or three buckwheat crops in a row will beat almost any weed problem. A fall cover crop will keep the soil warmer and let the worms work much later in the year producing food for next year's crops. If the soil is bare, the worms move deeper and their castings are not available for your first spring crops. The best fall cover crop is fall rye that grows well in cool weather and forms a dense mat to cover the soil throughout the winter. It can be tilled or dug under in the spring a few weeks before planting.

As mentioned in many other columns, never underestimate the value of the roots going deep into the soil and bringing up trace minerals and other nutrients. Also as the roots rot, they leave paths for the worms and vegetable roots to follow deep into the soil.

Next week, I hope to talk about a few green manure crops that can also be eaten!

Wolf Moon

The first full moon of the new year, January's Wolf Moon, was I'm sure enjoyed by many last Friday night. It's thought that it came to be known as the Wolf Moon because wolves were more likely to be heard howling in January. Also, it's known as a "micromoon" because of it being at its farthest point from Earth, more than 25,000 miles further than its average closest approach. This is due to its orbit path that is not in a perfect circle. /LEON LORENZ



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The new Health Career Access Program (HCAP) gives you the opportunity to receive paid education to become a registered Health Care Assistant.

Course fees and books will be covered, and you'll also be paid for your time while you study and work.

Health Care Assistants provide personal care in a variety of health care settings including acute care hospitals, assisted living facilities, group homes, long-term care, and community care.





How to apply:

Scan the QR code with your phone and look under the job category "Support services".

Applicants must meet Northern Health's job requirements and the program requirements at the applicable college. Location of education with a college is dependent on geographical location of successful applicant.

Questions?

Email: HCAP@northernhealth.ca





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