

Winter Fest returns

# ROCKY MOUNTAIN GOAT

Your weekly source of news, views and entertainment

#### Council notes P3, 6 Thank you for thankless jobs McVale Tykes plays in Jasper Locals urge local control of facilities P15

Thursday February 23rd 2023 Volume 17 Issue 07 PM42164515

2.25 GST INCLUDED

# **Family Day**

# **Land Trust** formed to save local property

By Laura Keil

A 72-acre property along the Fraser River will be preserved ecologically after being purchased by the newly-formed Kiyooka Land Trust Foundation.

Hanae Kiyooka was 12 years old when her parents moved their family from Hinton to Tete Jaune, to a rustic property along the Fraser River. Some of the land had been cleared, and a photograph taken in the 1970s shows a joyful Frank and Ann Kiyooka in a field.

Today the property still bears a small field, but changes are apparent: many more trees, both ones they planted and ones they allowed to grow in. Older buildings have collapsed back into the earth. Still holding its ground is the Kiyooka family's three-story house with a wall of east-facing windows, the house where Hanae and her siblings spent many formative years.

"My father and mother both, from the beginning, understood the value of land for its own sake, you know, that it didn't need to be monetized or commercialized - that its value was in it, in and of itself. And I think, as I grew into my adult years, I have become more and more conscious of that, an appreciative of my parents' understanding."

It wasn't the most exciting place for Hanae to live as a teenager - looking out the window you wouldn't catch sight of another house. But the property adjoined the Fraser River.

"I learned to live in a very quiet environment, to just be comfortable in nature," she said. "I got to see black bears coming up in front of the window and the birds and walking down to the river and seeing the salmon spawning, not knowing I was getting an education. I was immersed in it on a day-to-day basis, and that just can't help but influence you."

Hanae and her husband Jeff Gusdal recently purchased the property from her parents' estate, with some help from Hanae's siblings. Together with a grant from the federal government and private donations, it was possible to transfer the property to the Kiyooka Land Trust to be preserved as a natural area in perpetuity. It honours Hanae's parents' wish that the land remain a natural protected area, the natural and human history be recognized, and

the property serve as a community resource.

CONT'D ON P2

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photos P8-9. /ANDREA ARNOLD

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#### Kiyooka Land Trust... CONT'D FROM A1

"We hope, possibly, that it'll be a catalyst for more conservation," she said. "We could potentially have the capacity to help conserve other properties as well."

The land is primarily a wetland riparian area, with a section bordering the Fraser River. It also has mature stands of white spruce, cottonwood, and aspen. Kiyooka says valley-bottom land is important for wildlife habitat and rarely conserved because it tends to be inhabited by people. But it's is crucial to provide wildlife corridors and also for grazing areas and habitat for different species. She says this property has a lot of ungulate activity. Other wildlife - such as toads and salmon - have declined significantly in recent

She says mammals with large territorial needs like grizzly bears and lynx are reliant on the corridor and two species at risk, the western toad (special concern) and the great blue heron (special concern), have been observed on the land. Environment and Climate Change Canada also established wetlands as a high priority conservation habitat. Wetlands improve climate change resilience, acting as carbon sinks and providing services such as natural flood mitigation, preventing erosion, recharging ground water aquifers, and potential to slow wildfire progression.

Kiyooka says they chose to create a new land trust rather than donating the property to an existing one for several reasons - one is a locally-famous case of a land trust re-selling a local property that had been donated. And the second was that the property still had a mortgage, which made it difficult to donate outright. Local control was also important.

"Decision making that happens close in the community really appealed to us." Kiyooka hopes that this move will inspire



others to look at how they can preserve their properties ecologically down the road, for instance, by registering covenants. She says land owners can hold conservation covenants jointly with a land trust.

"We're in an age where, you know, we need to be mitigating the effects of the human impact, by balancing that with the wildlife and biodiversity, and recognizing we are in a biodiversity and climate crisis right now. How can we all encourage one another to work towards living more in harmony in nature?"

In her own life, it has often been a struggle to be positive.

"I can get kind of despairing about the state of the world. Kind of helpless. But working on something like this is so tangible, that is really uplifting and

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research. They hope to partner with universities and Indigenous people and offer the house as a place to stay to visiting researchers, Indigenous partners

> and artists whose work aligns with the Trust's mandate and vision.

Previously the house on the land was rented out to artists and families as the Living Arts

Kiyooka says they are looking for more local directors for the Trust's board and invite people to get involved either at a board or volunteer level.

"We want to make this something that really benefits the local community," she says. For Kiyooka, the property transfer is a dream come true.

"I just see my parents smiling," Kiyooka. "I know there's a lot of people that knew who my mom and dad were, and I'm just so grateful that we were able to do this ... They loved their community and they also loved the land."

She says the land trust will benefit wildlife and improve the health of the planet. "And I include humans in that we're all interconnected."

To learn more visit kiyookalandtrust.org



energizing."

The Trust's board is planning an event for the last weekend in May to celebrate the new Land Trust and opportunities it could bring. They are inviting locals to share their ideas on how the property might be used for conservation or





Above: the boundaries of the protected land. Two purposes of the Kiyooka Land Trust Foundation are to conserve and protect Canada's environmental heritage by acquiring land for conservation purposes and to advance education and enhance awareness about the importance of supporting ecological integrity of natural areas in the Robson Valley region (through educational programs, workshops, signage, self-guided tours, interpretive trails, and public demonstrations on environmental sustainability among others). /SUBMITTED

# McBride Council: Facility management, housing complex update, committee appointments

By Andrea Arnold

Mayor Gene Runtz called the McBride Council meeting to order at 7:00 pm on Feb 14,

2023.

Community facility management

Dale Stephens from the McBride Community Consultation Committee presented to council. Stephens came to the meeting looking for support from Council to back the committee's initiative to return oversight and management of the arena, curling rink and community hall back to the community and out of the hands of the Regional District.

Following Stephens' presentation, Council made and passed a motion to provide Stephens and the McBride Community Consultation Committee with a letter of support.

#### Robson Valley Legacies Development update

Doug Monroe from Profor Management Inc. presented an update on activities, progress and direction of the Robson Valley Legacies Development. Monroe began by giving some background on the development of the multiple residences on the old highschool property on 2nd ave in McBride that was first proposed in 2019. He said that they have been using the existing building space on the property, as well as stockpiling supplies and purchasing equipment so they are ready to break ground as soon as it is possible and allow for quick construction. Monroes have been in contact with UNBC, making plans to form a partnership that would provide housing (through the development) to nursing students needing to complete practicums.

students needing to complete practicums. Profor has recently purchased an adjacent property with an existing residence. Initially, this property will be used as office space, laundry facilities, communal kitchen option and gathering place as buildings specific to these uses will not be the first constructed on the development site. The focus will be on building the housing complexes first. Although there is some funding in place, they are continuing to look for more funding possibilities and will be submitting rezoning applications for some of the properties in the near future.

Monroe concluded by saying that he is looking for a political advocate through council and a good partnership.

#### Grant application

Council directed staff to submit an

application to Northern Development Initiative Trust's Economic Development Capacity Building Program 2023 for \$50,000 and agreed to support overall grant management.

#### Committee re-appointments

Council discussed and voted to fill committee appointments following Councillor Diane Smith's resignation. Mayor Runtz is appointed as a Delegate to the McBride Community Foundation

Endowment Fund Committee. Councillor Pete Caputo is appointed as the Delegate to the Robson Valley Region

Steering Committee.

Councillor Caputo is appointed as the alternate to the Regional District of Fraser-Fort George Board of Directors.

Councillor Joe Kolida is appointed as the delegate to the Robson Valley Recreation Centre Community Consultation Committee.

Councillor Glen Frear is removed as the alternative and appointed as the delegate to the Ancient Forest Working Group.

Councillor Kolida is appointed as the delegate to the Village of McBride Community Revitalization and Beautification Committee.

#### Hockey tournament beer gardens

Council approved an application from the Veneer Kings hockey team for beer garden endorsements during their tournament on March 4, 2023.

#### **Budget schedule**

Council voted to receive the 2023 budget schedule for consideration and discussion. Council also approved the schedule as presented. Budget meetings will begin on March 7 and conclude at a special council meeting on May 2. The public consultation meeting will occur on Tuesday April 18 at 7:00pm at council chambers.

#### In-camera

Council moved to an in-camera meeting for consideration of matter of the community charter related to section 90 (1) (i) the receipt of advice that is subject to solicitor-client privilege including communications necessary for that purpose; and negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stage and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public.

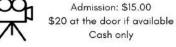
The public portion adjourned at 7:58pm.

#### Vancouv Mounta Frida 7:30p Valemount

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Friday, March 3rd 7:30pm/Doors @7pm Valemount Community Theatre

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# **Editorial**



Andrea Arnold Associate Editor/Reporter goatnewspaper@gmail.com

# Thankless jobs we need to be thankful for

By Andrea Arnold Associate EDITOR/REPORTER

The topic of road conditions, especially in the winter, is a heated one to say the least. I cannot speak to what happens in the Valemount area, but around McBride, the crews that take care of the roads, especially in the winter, can't catch a break.

I have noticed it isn't just a problem for the highway maintenance crews either. The Public Works crew responsible for the village streets have taken a beating this year. As soon as the snow accumulates, they are out there clearing streets and removing snow. They are a small crew with limited resources. The village does have an order of importance for snow removal, starting with streets used regularly for emergency vehicles,

school access and Main Street. The process of clearing some areas is hindered by parked vehicles, or the accessibility of a space to pile the snow out of the way. It all takes some time.

The frequency of blowing snow and warm temperatures this winter have created village-wide skating rinks a few times. These conditions are hard for crews to combat and I for one have appreciated the effort they have put in to keep citizens safe.

The crews that take care of the highway and other roads covering all the way from Crescent Spur to past Avola, get more than their fair share of criticism too. This stretch of highway covers over 280 km, plus the countless secondary roads. Anyone who has travelled this area knows that the weather can vary drastically from one community to the next. As I said,

I am not as familiar with the southern portion of this coverage, but having made the trip to and from Prince George a few times in the last month, I really appreciate the work put in by crews covering this stretch. It was amazing to see the difference between the McBride end of the trip as opposed to closer to Prince George.

I have seen so many complaints about conditions on facebook, or heard people complaining when things aren't perfect.

Where are the kudos, the atta boys and thank yous? When the snow flies, and even before, around-the-clock crews are out on the roads trying to come up with the perfect combination of snow removal, sand and salt products to keep residents and visitors safe as they navigate the winter roads. Thank you.

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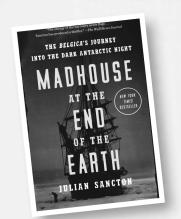
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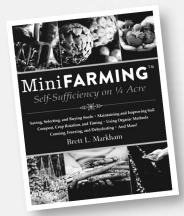


#### **MADHOUSE AT THE END OF THE EARTH**

**NEW YORK TIMES BESTSELLER •** 

The "exquisitely researched and deeply engrossing" (The New York Times) true survival story of an early polar expedition that went terribly awry—with the ship frozen in ice and the crew trapped inside for the entire sunless, Antarctic winter

BY JULIAN SANCTON



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BY BRETT L MARKHAM

**FARMING** 



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BY MICHAEL CHRISTIE

Gwynne Dyer is a Canadian-born independent

journalist whose column is published

Located at 1170 5th Avenue, Valemount, B.C. (ACROSS FROM THE IGA DOWNTOWN)

# Global Thoughts BY GWYNNE DYER

## **Earthquakes and the Blame**

If you are trying to dodge the blame for a great disaster, the best policy is to say that it was God's will. So Turkey's President Recep Tayyip Erdoğan, visiting one of the 6,000 buildings that collapsed on their sleeping residents in eastern Turkey last week, said: "Such things have always happened. It's part of Destiny's plan."

A very angry Turkish woman on the television news had

a simpler explanation for the 33,000 dead already found under the wreckage and the many more to come:

"Earthquakes don't kill people! Buildings kill people!" To be precise, cheaply built high-rise housing that flouts the regulations about making dwellings earthquake-proof kills people – by the tens of thousands.

But it is possible to construct high-rise buildings that will not 'pancake' down on their residents in an earthquake.

Turkey, like most earthquake zones, has strong regulations on building safety. However, it also has 'construction amnesties' that register and legalise buildings that are put up without planning permissions and ignore fire and seismic codes. So build whatever you want without permission, and wait for Erdoğan's next amnesty to approve it.

Politicians and developers have a mutually beneficial

relationship in most countries, but Turkey is special. It's not just kickbacks; Erdoğan's government favours the industry with amnesties, low interest rates and the like because construction produces a quick hit of economic activity that helps him through the next election or other crisis.

The Turkish president also clings to the deluded belief that a low interest rate stops inflation. This is nonsense, but his determination to keep the interest rate low has had the opposite effect: it has raised inflation to almost 100% a year, and the consequent cost-of-living crisis has already made his victory in the upcoming election doubtful.

Erdoğan has tried all the usual tricks - doubled the minimum wage, increased pensions by 30%,

subsidised domestic energy costs, let two million extra people retire immediately – and still the polls show a very tight race.

On top of this, there is now growing public anger about Erdoğan's role in enabling the developers to get rich by ignoring the building regulations, especially in the southeastern cities that are mourning tens of thousands of earthquake victims. These cities normally vote strongly for his AK party, but probably not this time.



in more than 175 papers in 45 countries.

Turkey is still a democracy, despite having been run by a

ruthless populist strongman for twenty years. He could actually lose the election. He will therefore need to make a great show of summoning help from his rich friends abroad for the immense task of rebuilding the region devastated by the earthquakes.

His problem is that he no longer has any rich friends abroad. Russia certainly can't afford to bail him out, nor can Iran. The rich Arab regimes don't trust

him because they see him as an Islamist.

Turkey's Western allies in the NATO alliance have the money, but Erdoğan has alienated them with his games too. To get the reconstruction aid he needs, he would have to lift his veto on Sweden and Finland

joining NATO, stop selling drones to Russia, stop threatening NATO ally Greece with a Turkish attack "suddenly one night", and a good deal more. That might be too much for him to swallow - or he might swallow it and still lose the election.

As for the real victims, the people trapped in the pancaked buildings, the death toll may double by the time everything is cleared.



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# Valemount Council: Childcare and housing update, **TUP renewal, Strongest Town contest**

By Andrea Arnold

February 23rd 2023

The Valemount council meeting was called to order by Acting Mayor Pete Pearson. Councillor Hollie Blanchette attended remotely. Mayor Owen Torgerson and Councillor Donnie

MacLean were not in attendance. Pearson started by acknowledging that it is Chamber of Commerce week and wanted to recognize them for all the work is working to support RVCS they do in the community.

Brought out from January 24, 2023's in-camera portion of the meeting, Council concluded the agreement with Megan Vicente as Subdivision Approving Officer and appointed Krista Etty (small subdivisions).

#### Housing update

There was a delegation from M'akola Development Services re the Robson Valley Community Services Childcare and Affordable Housing Project. Hillary Morgan presented on behalf of M'akola. She gave an overview of what services the building will provide, childcare and affordable housing for women and children. She discussed the importance of funding partners both through land and capital funds. For example, BC Housing, Columbia Basin Trust,

the Ministry of Education, and the Village of Valemount are all working together on this project. The project is in the construction phase, and the building is approximately 75 per cent complete and is on schedule to be finished in June 2023. The childcare centre will be called Roots of Life Childcare Centre, and hopefully will open in Fall 2023. RVCS is working with Simpcw First Nations to incorporate Indigenous language into the names for each childcare room. A local childcare consultant with the opening of the centre. A Residential Coordinator has been hired to take the lead on policies, procedures and tenanting for the housing sector. Morgan drew attention to the four main points of the funding agreement between the Village of Valemount and the Ministry of Education and Childcare: quarterly reports provided by M'akola, Final reporting provided by M'akola, 72 licensed child care spaces and childcare services must continue for 15 years.

#### Grant application

Council moved to support Tourism Valemount's application to the Northern Development Initiative Trust Marketing Initiative grant.

> **Building Inspector Report** January 2023

Permit Values - Estimated construction values for January Building Permits: \$8000 New Solid Fuel Appliances:

Total: \$20,000 This total reflects an accessory building and 2 new wood burning appliances.

Permit Fees Collected Building Permits: \$142.00 New Solid Fuel Appliances:

Total: \$402.00

Permits issued **Building Permits: 1** New Solid Fuel Appliances: 2 New permit numbers are typically low at this time of year

#### **Bylaw Enforcement Summary** January 2023

In January, the following contractions were reported: three animal protection violations, two good neighbour bylaw violations, one open air burning bylaw violation and two zoning bylaw violations.

#### **Temporary Use Permit**

Council granted initial approval to temporary use permit 23-01 (a renewal of TUP-21-05) for 1070 14th ave for a period of three years. This is a one-time renewal allowing RVs to be used as short term residences. This was one of the first applications received, prior to the duration of permits being for two-year

the renewal be for three years to be in line with the four years now permitted (two year initial approval and one two year renewal.)

#### **Bylaws and Policies**

Council adopted Fees and Charges Bylaw No. 869, 2023 as presented. The following two fees have been removed: Home Occupation - Rural as this is not a designation under the new zoning bylaw, and the Visitor Information Consignment Fee is no longer required. Those selling consignment goods pay a percentage of their profits to the

Council adopted Council Remuneration Bylaw No 870,2023 as presented. This adoption will correct minor errors within the bylaw regarding dates and a policy number that needed correcting.

Council gave third reading to Road Closure Bylaw No. 872,2023. Part of the planning involved for the Valemount Senior Citizens Housing Societies proposed housing development includes the closure of a portion of the road just south of the high school. This road closure has been identified as a requirement for the they were held in public subdivision of the land.

#### **Notice of Motion**

Councillor Blanchette would like

terms. The applicant is requesting the village to have a discussion with the RCMP to see what can be done about the amount of speeding occurring in town, before the winter season is over and speeds increase. She spoke of a personal observation where she saw someone go past going at least 80km/hr.

> Councillor Pearson made a motion to enter the Village of Valemount in the Strongest Town contest. The nominations are for those who are building stronger and more financially resilient communities. The contest wants to shine a light on communities that are in the process of becoming stronger. Council voted to have administration proceed with entering the contest

#### In camera

Council moved to an incamera council meeting for consideration of one item per section 90 (1) (k) of the community charter to discuss matters related to negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stages and that, in the view of the council could reasonably be expected to harm the interest of the municipality if

Thank you to VCTV for providing recordings of Valemount Council

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#### **Utility Notice Information**

Utility notices have been mailed out for 2023. If you do not receive your bill by mid-February, please call the Village office.

Any unpaid utility billings as of December 31, 2022 were applied to taxes in arrears on January 1, 2023 and are subject to interest charges.

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#### **After Hours Emergency?**

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water leaks, sewage backups, flashing lift station lights, to request that your water be shut off due to frozen pipes, or to report any other local emergency.

#### **Community Wood Smoke Reduction Program**

Exchange your old wood stove for a newer model or a cleaner, more efficient option. For information on rebate eligibility, visit:

www.valemount.ca/services/grants-funding



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Voyent Alert! is a multi-purpose communication service used to send alerts to residents, businesses, and visitors during critical events like extreme weather, fires or floods, etc. as well as for relevant day-to-day communications such as snow removal advisories, planned maintenance, water advisories, etc.

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Visit: <a href="https://register.voyent-alert.com">https://register.voyent-alert.com</a> to register for email, text, or landline notifications.



#### **Clean Burning**

In order to have good air quality, it is important for residents to practice clean burning. Using dry seasoned wood (20% moisture) is a simple way to ensure clean burning. It is recommended to let wood dry for about 6-12 months to reduce moisture. The larger the pieces of split wood, the longer it takes them to dry. If wood is not dried sufficiently, it burns at a lower temperature and releases more smoke. When lighting a fire, fully open-air controls (damper) and keep fully open until the fire is burning brightly. Keeping a fire burning brightly reduces smoke emissions. When re-stocking the fire, open the air controls (damper) for a few minutes to ensure fire is burning brightly. A flue or chimney should be cleaned every 6-12 months depending on usage and wood. For more information on clean burning visit https://valemount.ca/services/grantsfunding/community-wood-smoke-reduction-

program/













#### Everyone welcome!!

#### McBride Farmers Institute Banquet

Guest speaker: Vanessa Foord M.Sc., P.Ag.

Research Climatologist

When: March 25th, 2023

Where: McBride Community Center

441 Columbia St, McBride

Time: 2pm - Come check-out the product/display booths

5pm - Meet & Great

6pm - Dinner

Silent Auction, Door Prizes, Product Booths & Displays

Tickets at: Horse Shoe Lk Ventures & Welcome Home



The sled dogs got some extra attention from young animal lovers. /LAURA KEIL

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#### Safe Home, Information & Support Program

HOW WE CAN SUPPORT YOU:

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Available 24 hours, 7 days a week.

#### Sexualized Assault Response Program

HOW WE CAN SUPPORT YOU:

No cost services to people of all genders who have experienced sexualized assault within their lifetime.

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Valemount | McBride | Dunster | Blue River



3. Ashley Reinhard and her son Corbin participated in the kids snowmobile pencil races inside the cabin. The kids raced the toy snowmobiles across the table by winding string around a rod. /SUBMITTED.

4. Rick Schafer serves up one of many burgers prepared for those who attended the Lucille Family Day event. /SUBMITTED

5. The people on Lucille were not the only creatures being fed during the Family Day event. The persistent whisky jacks took advantage of the food supply as well. Tiana and Cohen sat still trying to hand feed the birds. /SUBMITTED

6. Visitors from Vegerville pulled off a suprise gender reveal while celebrating family day. Justin, Megan and Macie Saskiw made the announcement through a piller of pink smoke. /SUBMITTED

7. Eli and many others took advantage of snowmobile rides up the hill provided by Willy and Darla Undiks allowing them countless toboggan rides down the slippery slope. /SUBMITTED

# **Congratulations!**

The Valemount Community Forest and the Board of Directors would like to congratulate Alana Duncan on earning her RPF accreditation.

Her hard work and dedication has paid off, Alana is now a Registered Professional Forester.

Way to go Alana!



# ROCKY MOUNTAIN GOAT

#### **MARCH BREAK**

There will be no newspaper March 16th to accommodate staff holidays. Thanks for your understanding and support! We will continue to post breaking news on our website during that time.



# Submit your best **WINTER PHOTOS**

from the region in the following categories:

**Winter Fun Animals** Landscapes



One grand prize winner will receive a framed print of their photograph and \$30 gift certificate to the Goat store. Existing Goat contributors are not eligible for this contest.



2023

**Submit photos to** goatnewspaper@gmail.com with PHOTO CONTEST 2023 as the subject line by March 16th at 11:59pm. Include your first and last name and a caption that describes the location and content of the photo.





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 In Winter Greenhouse

In previous columns I have talked about how I grow my winter salad greens in a small greenhouse near the house for only a few dollars per month. In the middle of January it is a real pleasure to have a crisp, tasty salad picked only minutes before you sit down to eat. If you don't have a greenhouse but would like to have some fresh greens, you might want to try growing a few in pots or containers on a sunny south-facing windowsill. From mid-February onward the days are getting long enough to grow a few plants of the leafy salad greens which really seem to thrive on the cooler days of Spring. I have found that some of the Chinese and Japanese greens do much better than many of the more common lettuce family. My favourites are Mizuna, Tatsoi, Arugula (with it's peanutty taste), broad leaf Cress, Swiss Chard and of course, Spinach. I usually also plant a few varieties of leaf lettuce – especially the red ones for colour

The main thing to watch out for is getting carried away and planting too many seeds of each variety. You will end up with way too many plants and be tempted to plant them all over the house where they will not get enough

In a shallow container with good drainage, make mini rows of six to eight seeds of each variety in a good seed starting mix. I use one part peat, one part garden soil and compost, one part vermiculite and one part sand. If four sprout and grow on, it will be enough. Soak the container well and keep in a warm place until they sprout. They could even be covered with a plastic bag held off the soil with a chopstick. As soon as the first seeds sprout, be sure to remove any covering as you will be asking for that dreaded "damp-off" disease if the little plants are too moist and crowded.

When the plants have their first set of leaves (the seed leaves), I transplant them into larger containers. Once again, use a well draining mix or purchase some potting soil. The containers need to be at least 3"(7cm) deep to give the roots a chance to grow. I place the plants about

2"(5cm) apart in the containers. Eight-inch (20cm) bulb pots are a good size to use. This is closer than I would have them in the garden, but as they will be picked on a continual basis, they can be spaced closer together. Once they are watered in well, place them on the sunny windowsill and wait for your salad!

As soon as the plants have three or four leaves and seem well established, you can start to pinch off the outer leaf or two from each plant and use them for salad. The center of the plant will keep growing and producing more leaves for next week's salads. Be careful that you pinch off the leaves and don't pull them especially when the plants are young or you will uproot the plant. Mizuna can be cut off a bit above the ground and will grow back in a week or two. In the garden, I have cut Mizuna up to 10 times before it starts to run out.

You may not be able to have large salads every day from your little windowsill garden but the taste of fresh greens when the snow is knee deep is a true pleasure.



### CROSSWORD

#### Across

- Piece of PC software
- Bettable item
- "Tarzan" extra
- Circular veggie
- Shell peanuts 12
- Coffee holder 13
- 14 Obvious
- 16 Sward
- Forbidding 17 18 Put (away)
- 20 Back, in a way
- 22 Looks
- 25 Critiques
- Animal catcher
- "... happily \_\_\_\_ after" 31 Fundraising game
- Pant fabric
- 35
- Whom "Uncle Sam wants'
- 36 Zip
- Search, as for talent
- Cold-weather ailment
- 44 Balderdash

- 46 Pencil holder
  - Reed instrument Bedtime, for some
- Golf course builder
- 50 Cincinnati players
- 51 Strange

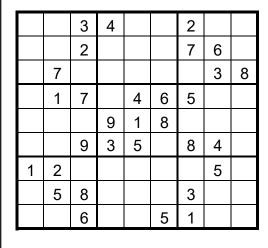
#### Down

- Smartphone buys
- It comes from moss
- Bloodless
- Modify 4
- 5 Focus
- Troubles
- They're entered in court
- 8 Spartan
- Ace
- 10 Tackle's teammate Grassland
- Mouse catcher 21
- Spray-paint, maybe 23
- 24 CIA operative
- 25 Checkers colour
- 26 Actress Arden
- Risky undertaking

47

- Tofu base
- Coin flips English country
- home
- 37 Choir attire
- Able to see right
- 40 Ran through
- 41 Watch
- Banking group, for short
- 43 Not clerical
- Go-ahead

Answers on P13



#### Answers on P13

# SUDOKU

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started.

#### 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.

Remember. You must not repeat the numbers 1 through 9 in the samee line, column or 3x3 box.

# The Toughie by Myles Mellor

#### Across

- 1. Scratch
- 5. Don't exist
- 10. Execute perfectly, in slang
- 14. Shirking working
- 15. At no time
- 16. 60s hairdo 17. James of jazz
- 18. Northern forests 19. Subjects of Men-
- delian experiments
- 20. Jockey's dream
- 23. Plants in a dry place
- 24. Scaloppine, usually
- 25. Letters on the North Sea
- 26. Let fall
- 30. Lithe 34. Caught, as a dogie 7. Demonic
- 36. Stove chamber 37. Not going to win
- 42. Alphabet book
- phrase
- 43. Souls
- proverbially 47. Unwanted e-mail
- 48. The Buckeyes' inst.
- 51. Set, as stone 53. Big name in cor-
- porate iniquity 55. Racing venue 60. Cries of disgust

- 61. Suri's mother 62. Milk source
- 63. Raison d'
- 65. Countertenor
- mally 67. Small change
- 68. Palm hit Down
- 1. Feather an arrow 2. The original
- baseball", Walter
- 3. San Diego State University team name
- 4. English poet Sir Thomas
- 5. Pro's foe
- 6. Realize
- 8. Israeli desert
- 9. Remnants
- 10. Ice creams
- 11. Not many
- 12. Rug source 44. Tempest container, 13. Lonely Boys
  - 21. Free from 22. Toyota SUV
  - 27. Baloney 28. Government
  - safety org.
  - 29. Hammer parts 31. Year in Nero's
  - 32. Widely used base

- 64. Critic Roger 66. Aircraft, infor-
  - - 33. Coll. major
    - 34. Stumped 35. Let drops fall 37. Tidbit for Seattle
    - Slew 38. Don't waste 39. Hispanic aunt
    - 40. Thurman of "The Avengers" 41. Set, as a price
    - 45. It fits in a lock 46. Teed off
- Farm"
- 49. Beethoven work
- 54. Less 55. Commercial prefix with bank
- 56. München mister 57. Collector's thing
- 59. Tennis serves,
- 58. One-time Italian
- - 48. He wrote "Animal sometimes 60. Winter month
  - 50. Clear 52. Abu

  - capital
- Answers on P13
- are in good standing. You'll go out of your way to make sure others are comfortable

BY HOLIDAY MATHIS Venus of Arc Joan of Arc, a patron saint of and feeling good about any

**HOROSCOPES** 

France, was a peasant girl who heard voices and heeded signs leading her to fulfill a warrior's destiny. Valiant in battle, the defender of the French nation was honored and dishonored, burned and, ultimately, canonized. This week's alignment of Venus and mighty Jupiter in the realm of Aries, the warrior, favors the bold and calls many to step out of their usual work and into the fight for a collective vision.

ARIES (March 21-April 19). We live in an age of endless influence. You're ready for a fresh muse, an area of study or a teacher to open your eyes and guide your experience. Whether you find it in the natural world or through the infinite offerings of education and media, claim your muse and begin seeing through a new lens.

TAURUS (April 20-May 20). You were standing out from the crowd, and now you'll find you are actually standing in front of it, leading the charge. It's a strange sensation: You're not entirely sure where to take the group, but they are definitely following. Don't worry, something inside you knows, even if you don't consciously realize it yet.

GEMINI (May 21-June 21). Instead of backing out of strong feelings, consider a change of venue. Being in a safe place where you can express your feelings will be better for you than trying to suppress them. Catharsis is a quick way to restore emotional balance. The week offers you healing moments of contemplation and reflection.

CANCER (June 22-July 22). If you feel like saying "no" and saying it often, you absolutely will be on the right track. You will have tremendous luck picking one focus and being unfailingly tenacious with it. "Consider the postage stamp; its usefulness consists in the ability to stick to one thing till it gets there." -- Josh Billings

LEO (July 23-Aug. 22). There are times when even one step toward temptation is too much. You'll be dealing in matters of pleasure and guilt, weighing one against the other to determine just how much you're willing to pay or risk for a pleasurable moment. There's no answer that's right for everyone. It's a personal choice.

VIRGO (Aug. 23-Sept. 22). It's funny, but at times like this, when life's responsibilities drive you forward, your own pleasure can seem like such a low priority that your own delights and preferences slip your mind. Keeping track of your enjoyments with lists and other you-focused rituals will be the start of getting back to your joy.

LIBRA (Sept. 23-Oct. 23). You're happiest when your relationships and all deals, connections and interactions involving you. You'd rather err on the side of caution than risk disappointing anyone. Your thoughtfulness lands beautifully.

SCORPIO (Oct. 24-Nov. 21). The machinery of your life hums along, allowing for some fine momentum. You built this, and now you get to enjoy the wind in your hair as you sail on unimpeded for a stretch. You might take this opportunity to stockpile the product of your efforts so you'll have plenty when life brings you other kinds of weather.

SAGITTARIUS (Nov. 22-Dec. 21). Mental clarity has values beyond what most people can see. With a focused mind comes a directed being taking powerful action. This is how you get momentum toward a goal. The way hearts work is radiant rather than focused. In your zone and world, your heart feels free to radiate without trepidation.

CAPRICORN (Dec. 22-Jan. 19). In the eyes of another, you are capable, talented, resourceful, attractive and possessing of many other wonderful qualities. You won't know this, however, unless they convey their admiration. Tune into nonverbal expressions, like attentiveness, receptiveness and simply showing up for you time and again.

AQUARIUS (Jan. 20-Feb. 18). You've come so far. Stop and give yourself credit. You can be as generous and lavish as you want as you privately acknowledge and reward yourself; nobody is there to judge you. Spoil yourself! Fill yourself up. That will be a much better look than letting yourself get thirsty for praise from the outside world.

PISCES (Feb. 19-March 20). Whom you sit next to will determine your enjoyment of a meal, your transportation experience, the quality of your study, your reception of a movie and so much more. Don't worry too much about making the right choice, though, because the universe has a serendipitous seating chart for you this week.

THIS WEEK'S BIRTHDAYS: You crave new flavors -- of food, experience, emotion and location. You'll try much and cherry-pick a few enriching people, things and practices to add to your life. You'll strengthen your core on every level and be an anchor for your loved ones. You'll give your time and energy knowing what a precious commodity it is, and thereby be magnetized to the actions that make the most difference of all. Also featured: a wise investment, a graduation and a remarkable amount of cultural enjoyment.

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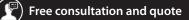
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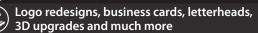
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#### CROSSWORD ANSWERS

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#### SUDOKU ANSWERS

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2	6	9	3	5	7	8	4	1
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#### **TOUGHIE ANSWERS**

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# Community Events

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#### **VALEMOUNT**

MONs Family Place Drop-In is on Mondays from 9am-noon with Hannah. This month it's Swimming at Best Western. One swim date booking per family and waivers required at hotel front desk upon arrival. To register: 250-566-9107 / events@rvcsbc.org. Swimming dates are currently waitlisting.

FEB 29 from 10:30-11:15am 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.

THUR FEB 9, 16, 23 & MAR 2 from 2:45-3:45pm it's Lego and Play at RVCS (99 Gorse St) for 8-10 year olds. Build cool structures and use your imagination! Registration is required: 250-566-9107 / events@ rvcsbc.org.

**TEEN TECH** Learn how to research, film, edit and produce your own video to go live on VCTC. For 12-15yrs January - March 2023 after school time TBA. Valemount Public Library To register for this free event email hblanchette@cbal.org or call/text 778-915-4934

FRI MAR 3 Valemount Community Theatre will be hosting a one night only showing of the Vancouver International Mountain Film Festival 7:30pm (doors open at 7). Tickets are \$15.00 when bought in advance at Infinity Office & Health. f not sold out, tickets will be \$20 at the door.

#### **Ongoing Events**

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.

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

MONs Seniors Drop-In is no longer running. Our Seniors Program Coordinator will instead 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!

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

WEDs **Telling Our Life Stories** Jan 25-Mar 1 6:30-8pm, on ZOOM. Introduction to guided autobiography process. To register email hblanchette@cbal.org.

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.

Tete Jaune Community Club AGM March 7th, 2023, 7 pm at the Tete Jaune Hall. New members welcome Available from 7 - 9pm. Sound equipment onsite. For more info, or to book a Friday, contact Pete Pearson at 250-566-1115.

WEDs **FEB 8 – MAR 8** from 3-4pm weekly it's Youth

#### **MCBRIDE**

Book Club at the McBride Public Library for 10-13 year olds. RVCS & McBride Public Library have partnered up to discuss great books, play games and enjoy snacks. Registration required: 250-569-2266 / events@rvcsbc.org.

THUR FEB 23 from 4-5pm is the next Men's Shed **Meeting** in McBride at 942 3rd Ave. Led by men for men! Let's discuss topics the group is interested in. Snacks provided. No registration required. 250-569-2266 for more info.

THURs FEB 23 Book Discussion Group - 1.30pm, at the library, with a theme of "Foreign Authors of Fiction". All welcome.

SAT FEB 25 McBride Flgure Skating Club Presents "CIRCUS" Doors open 4:00pm, Show starts 5:30pm Admission by donation. Silent auction, 50/50 draw & concession.

#### **Ongoing Events**

MONs Family Place Drop-In is on Mondays from 9am-noon and 1pm-4pm. 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.

February Schedule with hot chocolate provided:

FEB 27- Tobogganing at Johnson Pit

MON FEB 7, 14, 21 & 28 seniors are invited to

Dance Exercise with Jodie at the Beaverview Lodge (1084 5th Ave). Drop in and try out some seated dance moves and exercises each week. No registration required. In partnership with RVCS. Call Jodie for more info: 250-230-8035.

TUESs Chess Club - 5-6pm at the library. All ages and abilities welcome -

WEDs Seniors Drop-In Coffee House is every second Wednesday 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). Next dates are FEB **1st & 15**.Call 250-569-2266 for more information.

WEDs @ 10:30am Songs & Stories at the Library for children aged 0-5 and their caregivers.

WEDs Youth Book Club 3-4pm, starting on 8 February. Ages 10-13. A new weekly book club; discussion, games and snacks. Partnership with RVCS and Decoda Literacy. Register by calling RVCS at 250 569 2266 or emailing events@rvcsbc.org

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.

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

#### **DUNSTER**

THURs & FRIs Weekly Adults' Programs at the McBride Library: Fibre Artists (Thurs, 10:30am), Writing Group (Fri, 1.30pm). Call 569 2411 for details.

MAR 2&3 Food Business Planning Workshop 2 day, in person workshop at the Dunster Community Hall - Topics include business planning, marketing, operations and more. 9:00am-4:30pm both days. \$100 fee includes digital planning binder, templates and lunch. To register e-mail events@ farmfooddrink.ca

#### OTHER

FRI MARCH 3 Vancouver International Mountain Film Festival @ 7:30PM (doors open at 7:00) -Tickets at Infinity Office & Health in Valemount



#### **GOT AN EVENT?** LET US KNOW!

250-566-4606 or ads@goatnewsmedia.com

# Locals lobby for return to locally-managed community hall, rinks

By Andrea Arnold

The McBride Community Consultation Committee is working together and hopefully along with the Regional District of Fraser-Fort George to return oversight and governance of the arena, curling rink and community hall back to the community.

Dale Stephens presented at the McBride Council meeting on Feb 14 on behalf of the committee, and requested a letter of support for this current initiative.

Currently, the operation of these facilities are handled directly by the Regional District. This has been the case for some time, with a manager on site to implement procedures.

Stephens gave a history of how the community hall and arena have been managed and how it is currently being run, through Regional District management. He pointed out that the McBride centres are the only ones in the district being run in this manner. At this point, there is no onsite manager following the retirement of Lyle Lewis at the end of June 2022. There have been two calls for manager applications, but no one has been hired so far.

In the past year there have been instances when decisions were made by the RDFFG that negatively impacted some of the user groups that have historically used the facilities.

Stephens said that agreements affecting both the Old Age Pensioners Organization and the Curling Club were drastically changed and represented with no consultation with members of the groups and resulted in public outcry. Stephens and the committee believe that the decisions around these actions were made by people who are not present in the community and do not see the impact that the changes could have.

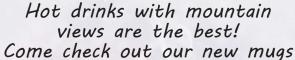
The group is working on consulting with user groups and members of the public to figure out what their next best course of action is.

Stephens said that one of the ways of bringing the management back to the community is to form a non-profit organization to maintain governance for the facilities. This could result in lower insurance costs and in turn, lower rental fees allowing the public to have more access to the spaces.

The committee has a meeting scheduled with Regional District CAO Jim Martin in March. Martin will be bringing with him examples of how the non-profit format is working in other parts of the region.

Dannielle Alan was present at the meeting and was asked to provide a statement. She said she was in favour of the proposed changes and that she would like to see the community work with the Regional District, not in opposition.







MON - SAT: **9 AM - 6 PM REGULAR HOURS SUNDAY: 10 AM - 4 PM** 



OPEN! A WEEK

Valemount IDA 1214 5<sup>th</sup> Avenue 250-566-4594



Wish-cycling – it's a bad habit where we try to recycle something without checking whether it is in fact accepted for recycling.

It can start with the best of intentions, but wish-cycling can actually end up creating more garbage in the long run when an unrecyclable item contaminates a load of otherwise acceptable recyclable materials. Wish-cycled materials can also damage processing equipment and cause workplace safety issues.

Stop wish-cycling by learning which items are accepted through local recycling programs. Full details are available online at sortsmart.ca, but here are some of the materials that are accepted, and not accepted, in the Regional District of Fraser-Fort George's multi-material recycling bins:

#### **MIXED PAPER BIN**

#### **Accepted**

- corrugated cardboard
- boxes (cereal, shoes, tissues)
- · paper (office, envelopes, bags)
- newspapers & flyers
- magazines & catalogues
- moulded boxes (eggs, take outs)
   Styrofoam
- empty toilet & paper towel rolls

#### **Not Accepted**

- food soiled paper (pizza box bottoms)
- · tissues & napkins
- books
- plastic bags & overwrap
- · bags with foil & plastic layers
- cardboard boxes with wax coatings

#### **CONTAINERS & CARTONS BIN**

#### **Accepted**

- aerosol cans
- aluminum cans
- milk cartons
- plastic bottles, clamshells, jugs & tubs

#### **Not Accepted**

- glass
- · plastic bags, wrap & blister packs
- Styrofoam
- biodegradable/compostable packages

**Let's put waste** in its place.



**MINIMIZING WASTE BY REDUCING, REUSING, RECYCLING AND COMPOSTING.** 

sortsmart.ca

Visit my website to see all of my featured listings: **www.valemountmcbridelistings.com.** A great resource for your property search in the valley.

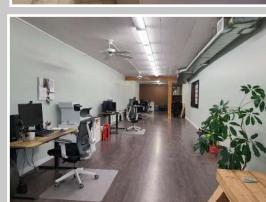
# Shelly **Battensby**

REALTOR





If you are a commercial investor looking to expand your portfolio, this income property is worth a closer look. With 2 long term, triple net leases in place, this is a turn-key investment with a revenue stream from day one. With approximately 2,100 sf of leasable office space, along with additional storage and utility areas, this building sits in the center of the business district and has dedicated side parking and lane access. GST is applicable on this purchase.



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