

ROCKY Mountain GOAT

Tiniest home	P2
Tour of Honour	P2
Massage clinic opens	P9
Thrift store fashion	P13

Thursday May 18th 2023 Volume 27 Issue 18 PM42164515

\$2.25 GST INCLUDED \$1.30 when you subscribe)

Your weekly source of news, views and entertainment

To all the First **Responders and** the wonderful people in our community.

We would like to convey our profound gratitude and appreciation for all you have done to keep us all safe and save our beloved village.

And for everything you are continuing to do every day.



Crema of the crop

Local coffee roasters travel to Guatemala and meet coffee growers — surprises abound



The coffee "bean" is actually a seed inside a fruit. The berries on a coffee plant ripen at different times. With lower quality coffee, the whole planted is harvested at once. High quality specialty coffee, which is primarily type of coffee VALE coffee uses, is hand picked, because you only pick the ripe bean. This week VALE plans to release a new Guatemalan roast sourced from Antigua, the same region they visited. It's called "Fuego" and the bean is processed using a different method called a "red honey process" which involves leaving some of the sticky layer on as the bean dries. It leads to sweeter tasting coffees. /SUBMITTED

VALE's Guatemalan blend is their bestseller at the coffee shop. During the last three weeks of March, Megan Vincente and Elliott Ingles set off to explore Guatemala and make new contacts in the coffee-rich country. See Story P10.





Katharina McNaughton

cell: (250)-569-7401 office:(250)-645-5055

e: kat@robsonvalleyrealestate.com

FOR SALE \$589,000

1131 2nd Avenue



SQ. FT.

MLS #R2775937 RE/MAX

WWW.ROBSONVALLEYREALESTATE.COM



As Lars rolled his e-bike into Valemount, he clocked his 1000th kilometre. He started out his journey in Osoyoos and left Castelgar heading north on the 10th of April. Lars used to work as a Glazier but was injured 12 years ago. What he receives on disability isn't enough to pay for rent. "\$640? What are you supposed to do with that in a month?" he said. For the last six, he's been living a "semi-homeless-type life." But despite his circumstances, he tries to find ways to improve his life. His most recent initiative is a bike-towed tiny house that he built himself in his storage locker over the winter. It has retractable solar panels and just enough space for him to sleep. This is the 3rd iteration of the trailer, and it's insulated with wool blankets and styrofoam. "People have been very generous. I don't ask for anything. I explain and if you feel, then give with your heart." Over the past six years, he's clocked 40,000 km on four different bikes. "I've learned over six years to live a different life. Simple. Believe in something you don't see. Have faith," he said. "You always got to move forward in life. Leave the shadows behind you." As far as his destination, he compared himself to Forest Gump. "I'm just riding," he said. /LAURA KEIL

BOOK YOUR AD WITH US!

Contact us at 250-566-4606 or ads@goatnewsmedia.com

Honour House fundraising tour will visit Valley

By Andrea Arnold

The Honour House Society has been providing free accommodation to all members of the Canadian Armed Forces, Veterans, Emergency Services Personnel and their families during medical care or treatment in the Vancouver area since September 2011.

"We view all visitors as family," said society president and Honorary Colonel Al De Genova. "We provide a home away from home."

The house, located in New Westminster is a heritage house that has been renovated to include 11 private rooms, each with their own ensuite. The kitchen, living room, media room, sunrooms and other common spaces, along with the bedroom spaces are fully modernised and wheelchair accessible.

The operating costs for the house are covered exclusively by donations and fundraising, with no government funding. The immediate needs of guests to the home are met by one full-time staff member and one part-time staffer. They are supported by the board of directors and the team of volunteers that work hard to keep the house operational. Many of the volunteers have served themselves.

"It is because of the volunteers and donations that we are able to keep our annual operating costs to \$190,000," said De Genova.

One example of ongoing donations that De Genova mentioned is that every paramedic in the province donates five dollars off their paycheck every three

On October 5th, 2019, the society started working on a second location to serve those who serve. Honour Ranch

is located 10km south of Ashcroft BC, west of Kamloops. The ranch is built overlooking the South Thompson River.

"We have 120 acres," said De Genova. "There are 10 log cottages and a main lodge, and we are ready to build 10 more cottages."

Guests are invited to stay at the ranch as long as they need. While they are there they have access to cutting edge strategies in the treatment of operational stress injuries including anxiety, depression, and PTSD. The Honour House website explains that the goal of the ranch is to empower the guests so they are better equipped to navigate the often debilitating emotional and physical stresses of selfless commitment to service.

The work done through the Honour House programs has saved lives, and De Genova is certain they will save hundreds more in the coming years. Although having to adapt to COVID regulations and protocols slowed down the construction on the ranch, crews adapted as needed and construction continued. Guests to the Ranch will have access to a diverse range of supportive programming including equine therapy, music, meditative practices and movements.

Both Honour House and Honour Ranch have a requirement of organizations that present workshops or retreats for their guests as well as providing a place for them to stay. These programs work on mental health as well as physical aspects. The organizations must be able to provide a support network of professional practitioners for participants to turn to when they return home.

The Tour of Honour was launched on April 3rd. The three month project will have representatives from the Honour House travel from one end of the province to the other and back again spreading awareness and raising funds.

Included in the tour is a Humvee that was donated by the Surrey RCMP that will be raffled off at the conclusion of the tour. Throughout the trip, tickets will be available for \$20.

The Honour House website says that the tour is a grassroots effort to bring attention to the illnesses and injuries

that face those who put on a uniform and keep us all safe from harm, each and every day. Funds raised during the tour will be used to support our charities' two locations, Honour House and Honour Ranch.

The Tour will be stopping at the McBride District Volunteer Fire Department Hall at 12:00 pm on Sunday May 28th, and then at the Valemount Legion at 5:00pm. They are inviting all members of the communities to join them at these events.

2023 COMMUNITY WOOD SMOKE REDUCTION PROGRAM

Change your wood stove to a cleaner option

Take advantage of the rebates!

- Non EPA/CSA Certified Stove to pellet replacement **\$2,000**. To electric heat pump \$3,500.
- EPA/CSA Certified stove (more than 5 years old) to pellet replacement \$2,000. To electric heat pump \$3,500.
- Non EPA/CSA Stove to Certified Wood Replacement: \$1,500
- Non EPA/CSA Stove to Certified Wood Replacement (secondary heat source): \$1,000

Please visit our website at <u>valemount.ca/services/grants-funding</u> for full program details or contact the grant clerk to determine eligibility.



Email: grantderk@valemount.ca

Phone: 250-566-4435 735 Cranberry Lake Road | PO Box 168



Students at the McBride Elementary school participated in a bike Rodeo on Friday afternoon. Constable Cooke and Corporal Bissel along with Jeff McNaughton and Courtney Lipke ran the students through activities that taught basic safety skills, basic bike adjustments, and hand signals. They also ran through a short obstacle course. "The bike rodeo was a huge success for McBride," said Constable Cooke. This is a very important event that teaches bike safety including wearing helmets. It also helps the students interact positively with the police." She also wanted to, on behalf of the RCMP, thank the local businesses that provide the prizes for the event. /SUBMITTED

Kinney Lake opening in June

By Laura Keil

The BC Government says the Kinney Lake campground will re-open this summer, even though the rest of the Berg Lake trail will remain closed for repairs.

The estimated opening date for the trail from the Trail Head to Kinney Lake Campground is June 27, 2023. Reservations can be made for the Kinney Lake Campground via the BC Parks Reservation website at camping.bcparks.ca

A government spokesperson says the June 27th opening date is designed to provide staff time to assess the trail after spring freshet as well as paving the parking lot at the Trail Head.

"During the summer of 2023 BC Parks staff and contractors will be completing assessments and work on the trail up to Whitehorn Campground, doing assessments and planning work for Whitehorn to Emperor Hill, and making repairs on the trail beyond Emperor Hill."

The Berg Lake trail suffered major damage during a flash flood in 2021. Several bridges require replacement, and parts of the trail were washed out.

BOOK YOUR AD WITH US!

Contact us at 250-566-4606 or ads@goatnewsmedia.com

Valemount council: Housing project update, road closure request and lift station contract

By Andrea Arnold

Mayor Owen Torgerson called the Valemount Council meeting to order on Tuesday May 9, 2023. Councillor Mulyk attended via Zoom.

Auditor's Report

The KPMG Auditors Report/Consolidated Financial Statement was presented by Micaela Roque using Zoom and a speakerphone. Roque reported that KPMG anticipates, based on what they have seen through the information they have been provided, a clean audit for 2022. Roque said that KPMG does

not do all the financial reporting, that they take the information given and make sure that the financials do not have any issues. She completed her presentation by complimenting the Village staff on all the hard work they put into the financials.

Ash Street housing project

A BC Housing update was presented by David Sheach. The Valemount Cares project was granted final approval a few days ago and the expectation is that they will begin construction around May 15th.

Road closure requests

Council approved the following road closure requests made by the Valemount Community Sports Day Association. Friday June 9th from 4:30 – 8pm on 5th Avenue between Birch and Cedar Street, and Saturday June 10th from 10:30 am to noon for the parade route closure. The approval is subject to road closures being advertised in the local paper the week prior to the event, the receipt of the required liability insurance by the Village no less than five days before the event, and a meeting with the Public Works Superintendent prior to the event to confirm details of the closures and Public Works availability.

Bylaw Enforcement Summary April

Council received the April Bylaw Enforcement Summary. The report showed that not only were no new complaints received over the month of April, but also, many of the existing files were closed due to further complaints after 30 days.

Updated Articles of Incorporation for COMFOR and VIP

Council adopts the updated articles of incorporation for the Valemount Community Forest Company LTD and directs staff to sign the attached special resolution. Council adopts the updated articles of incorporation for the Valemount Industrial Park Company LTD and directs staff to sign the attached special resolution. The amended portion explains that any asset of the company that values over \$100,000 shall be disposed of without the approval of the shareholders.

Lift Station Contract

Council approved Timbro Contracting for the Valemount List Station Project, in the amount of \$6,322,721, subject to the completion of the clarification period. This time is an opportunity for Urban Systems, Village staff and Timbro Contracting to discuss any uncertainty of the bid documentation and/or language and make sure they all have the same understanding of the project.

2022 Auditor's Report and Consolidated Financial Statements

Council accepted the 2022 Auditor's Report and Consolidated Financial Statements as presented by KPMG representatives.

Community Sports Day Association -Municipal Grant Request

Council approved a grant in the amount of \$367.50 to the Valemount Community Sport Days Committee for costs associated with the community hall rental for the June 9-11, 2023, Valemountain Days event.

Five-year financial plan

Council approved the adoption of the Village of Valemount Five Year Financial Plan Bylaw No 871, 2023 as presented. The plan was given third reading at the April 25th meeting and an online presentation was made to the public between April 5-19.

Reserve Fund Amendment Bylaw

Council approved the adoption of the Village of Valemount Reserve Fund Amendment Bylaw No 873, 2023 as presented. The amendment adds the Growing Communities Fund and amends the numbering of the Statutory Reserve Funds.

Tax Rate Bylaw

Council adopted the Village of Valemount Tax Rate Bylaw No 877, 2023 as presented. These rates are calculated using figures from the 2023 Five Year Financial Plan, District of Fraser Fort George and Fraser Fort George Regional Hospital District Requisitions and the BC Assessment Roll Totals.

Public Comment

Eugene Jamin addressed the distress felt by the seniors housing committee and the elder care committee on the issue of housing. He would like to see it resolved. He said that it was his understanding that although independent living was the goal, changes towards assisted living were to be considered and adapted to going forward using other sources of funding.

Claudia Frost thanked the Village for all the work they have put into the housing project.

Kurien Thomas said that he is excited about the housing project moving forward. Although there have been disagreements, he believes that is good for the community because everyone sees the final goal and it creates discussion. He said that he and others are looking for funding to make steps for assisted living. Mayor Torgerson closed the meeting as there were no

in-camera agenda items.

Thank you to VCTV for providing recordings of Council



This squirrel was hanging out in the park collecting a pine cone for storage, stopping to observe the photographer standing at the bottom of the tree. Squirrels feed on seeds, nuts, acorns, tree buds, berries, leaves and twigs. Pine cones are one of the squirrels' favourite foods, which are natural and healthy for them to eat and play an important role in the forest Ecosystem, providing food and shelter for many animals. They are also a valuable source of nutrition for squirrels, providing them with energy, minerals, vitamins, and fibre. Spruce trees have an abundance of cones and seeds which red squirrels find very appealing. / SANDRA JAMES



AS HE STRUGGLED TO CLEAN HIS TEETH, RALPH VOWED THAT NEXT TIME HE HAD TO EVACUATE, HE WOULD REMEMBER TO TAKE HIS TOOTHBRUSH.

SUBSCRIBE TO THE GOAT



Save up to \$50 a year from the newsstand price!

- Mail-out to Robson Valley address \$73.50 (Seniors/low-income \$66.15) *GST included in prices
- ☐ Online subscription \$54.60/year
- Mail-out outside Robson Valley \$110.25/year (Seniors \$99.23/year)
- Add online subscription to paper subscription (\$15.75/year)

For questions call us at (250) 566-4606, e-mail us at billingrmg@gmail.com, or visit us at 1170 5th Ave Mail with a cheque to: Rocky Mountain Goat Media Inc, Box 21, Valemount, BC, V0E 2Z0 or email billingrmg@gmail.com

REGULAR **CONTRIBUTORS:** Pete Amyoony **David Marchant** Sandra James Leon Lorenz



Publisher / Editor goatnewspaper@gmail.com



Andrea Arnold Associate Editor / Reporter ajareporting29@gmail.com



Admin/Distribution billingrmg@gmail.com



Ads/Graphic Design ads@goatnewsmedia.com



Feature Sales dmickelow@gmail.com



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. Letters are reviewed for clarity and libel, but are not fact checked and may contain errors or misleading statements. 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.



Effects of marijuana

We are so very fortunate to be able to live in such an amazing town and I have been happy to call this valley my home. We have lived with a minimal amount of crime which has always made it feel like such a safe place to live, work, play and raise our families.

The primary motivation for allowing a cannabis dispensary in our town is because of the taxes that will benefit the village of McBride. But, what will be the impact on the residents of McBride?

Cannabis is a mind altering drug and has been proven to increase domestic violence and crime and also rates of disease. A cannabis dispensary in McBride will attract the wrong type of people to our little town and will result in many more new users because of the ready availability. Not to mention the increase in school aged children becoming users as well which negatively affects their school attendance, concentration, memory, brain development and thus academic achievement. Marijuana is the gateway to using stronger and even more dangerous

drugs. Take a drive in downtown Prince George sometime and notice all the high, strung out homeless population that has increased dramatically in a short time. And ask yourself why. One of the reasons is the pot shops that seem to be on every corner now.

Look around and notice how quickly crime is increasing in our world. With the legalization of drugs and the ready access to cannabis dispensaries, the rise in crime is out the roof. We have never lived in such an unsafe world. McBride will be no exception if we provide ready access to drugs that destroy people's minds and bodies and hurt those around them. Allowing a cannabis dispensary is the first step. Then what.....a safe injection site?

Our country is becoming high on left wing, liberal, woke agenda ideology and it is destroying our society.

We need to stop this now. Let the McBride mayor and council know that you will not support a cannabis dispensary in our town.

V. Alvera McBride, BC



Lessons from the fire

Letter to the Editor:

I see a few lessons from the Teare Creek Fire of last week. A couple of pretty obvious ones are how careful we need to be when burning brush or grass, especially in hot, dry conditions and how generous, caring and capable our community is when needed.

But a third less obvious lesson is what a great firebreak green aspen provides. Not to take anything away from the efforts of the fire fighting crews, but looking from a distance, there is a wall of green aspen on the east and bottom edges of the fire. No doubt there is ground fire that penetrated the aspen somewhat, but the trees themselves are intact and prevented a spreading crown fire in those directions. Admittedly, some aspen stands within the centre of the fire succumbed and were totally incinerated, but the larger stands at the edges withstood it. If aspen works this well as a firebreak, why are industry and the forest service making such an extreme effort to eradicate it? It seems like this is yet another reason to not use Roundup/

glyphosate in the forest, in addition to all of the non-targeted life it kills, berries it contaminates, and cancers it causes. Roy Howard

Dunster BC

Updated Letters Policy

The Goat publishes a variety of letters and opinions, and it's important to us to allow freedom of thought and expression. As such, readers should be warned that facts presented in letters to the editor are NOT fact checked and may be incorrect or misleading. We hope that this spurs further discussion and debate on topics that are important so that people are exposed to a wide variety of views and values.

MORE LETTERS ON PAGES 6 & 7

Global Thoughts

BY GWYNNE DYER

Turkey: A Hundred Years of Culture War

Turkey's elections are fairly free, and there is going to be one this Sunday (14 May). President Recep Tayyip Erdoğan has been in power for two decades, and he should really lose by a landslide. Imagine what the United States would be like if Donald Trump had been in power for twenty years, and that's what Turkey looks like today.

The courts work for Erdoğan's ruling AK Party (Justice and Development Party), and it's a crime to insult the president. Tens of thousands of people are investigated for it every year, and the penalty if you're found guilty is one to four years in jail.

The jails are full of journalists and politicians, the media are no longer free, and the economy is a mess: inflation is over 100% a year, and most people are struggling just to get by. Five years ago the Turkish economy was sixteenth largest in the world, and forecast to be twelfth biggest by 2050. Instead, it has already fallen to nineteenth place.

All this is public knowledge, and yet this election is too close to call. Six opposition parties have finally got together (the 'Table of Six') and chosen a credible leader, Kemal Kılıçdaroğlu. Their project for economic recovery and the repair of Turkish democracy is plausible. So why are they still running neck and neck with Erdoğan's AK party?

For the same reason that Donald Trump is still a serious contender for the US presidency. As Turkish pollster Can Selcuki put it: none of Erdoğan's failings and failures will do him fatal harm politically, because "this election is not about performance. It's about identity. Those who want him, want him no matter what." Sound familiar?

It is now a full century since the founder of the Turkish Republic, Mustafa Kemal (Atatürk), abolished the Sultanate and made the country a secular state with a constitution based on Western models.

He was a soldier who had fought all his life to keep Turkey from being taken over and carved up by European empires. He was convinced that only by modernising in the Western style could Turkey successfully compete and survive, and he was probably right.

Atatürk's vision was to turn the country into a powerful, fully developed European

democracy that just happened to be Muslim, and to a

whose column is published in more than 175 papers in 45 countries.

Gwynne Dyer is a Canadian-born independent journalist

large extent that has come to pass. But it was bound to be resisted by the pious and conservative part of the population, and modern Turkish history has been a see-saw struggle between the secular and the devout elements. Erdoğan's genius was to mobilise all the devout – mostly

the old, the rural, and the less well-educated - into a broad political alliance. It currently controls none of Turkey's big cities, and it rarely gets much more than half the vote. But even a little more than half is enough to give you power in a democracy, especially if you start changing the rules in your favour.

This time might be different: the polling for the presidential election shows Kılıçdaroğlu slightly ahead of Erdoğan. But it's within the margin of error, and the parallel race for seats in parliament is even harder to call. Five more years of Erdoğan would not be good for Turkey's economy, but it would not be a catastrophe. The demographic trend in Turkey strongly favours the secular

moderni.



1st Place 2021, 2019, 2018, 2015, 2nd place 2022, 2016, 3rd place 2023 for Newspaper Excellence B.C. & Yukon < 2000

1st place Best Feature Photo 2023 2nd place Online ad award 2022 3rd place Best Feature Photo 2022 2nd place Best Photo Essay 2021

3rd place Best Outdoor Recreation writing 2021 3rd place Best Ad Design 2021

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

locally-owned community newspapers in BC. Thank you for helping to make this publication a success!

CONTACT US

CALL 250-566-4606 EMAIL ads@goatnewsmedia.com VISIT 1170 5th Avenue, Valemount & 411 Main Street Unit 102, McBride

VALEMOUNT HOURS MON 10am - 4pm TUES 10am - 11:30pm WED 10am - 4pm THURS 10am-4pm FRI 10am - 4pm

MCBRIDE HOURS MON 11am - 4pm TUES 11pm - 2pm

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

The Goat is a member of the National NewsMedia Council, an independent org established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, contact goatnewspaper@gmail.com/566-4606. If you are not satisfied with the response, you can file a complaint at mediacouncil.ca/1-844-877-1163.

The Rocky Mountain Goat is produced and distributed by Rocky Mountain Goat Media Inc. and is subject to copyright. Reproduction, or distribution of any content must get prior consent from Laura Keil.

Letters / Op-Ed.... cont from pg 5

An exercise in fact checking

Just because you see something on social media or in some magazine or paper does not mean that it is true or honest or accurate. In fact, many times it is not. I am continually urging people to question what they see and hear, to do some of their own fact checking, to do some of their own thinking, to assess the validity of claims, and to accept what is confirmed to be true, and to discard the rest. And you will probably discard the

A case in point. A letter to the editor in the paper last week made the following claims: "Since I wrote the April 27th letter, there was a new mask study published based on the experience of 117,000 Welsh citizens. It showed that masks didn't work. Covid infection rates were higher among the masked. In addition, those wearing masks had more deaths and higher health care usage." Is this true? Let's do some fact checking.

Here is the study: Did the UK's public health shielding policy protect the clinically extremely vulnerable during the COVID-19 pandemic in Wales? Results of EVITE Immunity, a linked data retrospective study (https://www.sciencedirect.com/ science/article/pii/S0033350623000 628?via%3Dihub#bib28). This study identified approximately 117,000 people considered at "highest risk of harm from COVID-19 infection," and followed this group for a period of one year. The study took place from March 2020 to May 2021. The study cohort included persons with the following conditions: severe respiratory condition (35.5%), people on immunosuppressive therapy (25.9%), people with cancer (18.6%),

and a number of other less common conditions. In other words, some of the most medically compromised, least healthy, or sickest members of society. This is an at risk group. The control group was the rest of the general population of about 3 million people.

The intervention being assessed was a policy to promote "shielding." One fault of this research paper is that it fails to define what measures were included in the "shielding" guidelines. Further searching yielded this report which includes a table specifying the shielding guidelines in place at the time of this Welsh study: Evaluation of the shielding initiative in Wales (EVITE Immunity): protocol for a quasiexperimental study (https://bmjopen.bmj.com/content/12/9/ e059813#T2). Here are the key points included in the shielding guidelines: "Do not leave the house to go to work or to see other people. Avoid being in the same room as another person. Keep three steps away from another person in the home. Avoid sharing kitchen, bathroom or bedroom facilities with others in the home. Eat meals separately from other household members." The study group was given specific instructions to "shield," while the control group was not (even though during this time frame most people in many countries were asked to do some level of shielding, and it is likely many in the control group were also shielding to some extent). Here in BC we used the terms self-isolation and social distancing.

And the conclusions? Regarding Covid infection rates: The authors state that the known Covid infection rate among the shielded group was 5.9% compared to 5.7% among the non-shielded group, but provide no indication of where those numbers came from. A few paragraphs later they state "we have no data on which to estimate where the true rate of [Covid] infection should lie – we therefore present a range of 5.9-15.9% in the shielded cohort and 5.7-18.7% in the non-shielded cohort." In other words, the Covid infections rates were essentially the same. And depending on your bias, you could report the low end numbers and conclude the shielded group is at greater risk of Covid infection, or you could report the high end numbers and conclude the non-shielded group is at greater risk of Covid infection.

Regarding death rates and health care usage: The authors report higher death rates and greater utilization of healthcare among the shielded group. But keep in mind this group is composed of those at "highest risk of harm from COVID-19 infection." This cohort is medically compromised - some of the least healthy or sickest members of society. This group will always have a higher utilization of health care services and a higher death rate, with or without Covid, with or without shielding. As the authors state: "Higher rates of mortality and health service utilisation were to be expected in a clinically vulnerable population."

Regarding the efficacy of a policy that promotes shielding: The authors conclude that the policy to promote shielding among those at "highest risk of harm from COVID-19 infection" did not significantly reduce Covid infection rates among this group.

Regarding masks: There is no mention of masks anywhere in this study, nor in any of the references that I could find on shielding guidelines in place at the time of this study. Therefore, it is not possible to draw any conclusions regarding masks.

Now go back and reread the claims published in last week's letter to the editor. Look up that research paper

"based on the experience of 117,000 Welsh citizens." Compare the conclusions I have written. And you decide who has presented a true or honest or accurate summary of that research paper. Specifically, consider whether the claims regarding mask wearing in last week's paper are supported by the Welsh study that was cited as evidence.

If you were to substitute the word "shielding" in place of "masks" in last week's letter, you would have a reasonably accurate summary of the Welsh study. "Since I wrote the April 27th letter, there was a new shielding study published based on the experience of 117,000 Welsh citizens. It showed that shielding didn't work. Covid infection rates were higher among the shielded [biased claim - as I note above]. In addition, those shielding had more deaths and higher health care usage." It seems the error was in assuming "shielding" meant "masking," when in fact it was totally different. And it is unfortunate that one journalistic summary of this research paper (which also makes no mention of masks) is accompanied by a photo of a person wearing a mask (https://www. swansea.ac.uk/press-office/news-events/ news/2023/04/new-study-no-evidencethat-shielding-reduced-covid-19infections-in-wales.php).

We all desire to live the best lives we can. And in that pursuit we all make decisions regarding what we will or will not do, and how we will do it. These decisions have consequences that will either benefit us or place us at risk. It is therefore important to base our decisions on reliable and truthful information. Regarding the subject of this letter, think carefully and honestly about the truthfulness of those claims regarding adverse effects from mask wearing.

Jeff Corbett McBride, BC

Join Our Team – We Have a Spot for You!

Grant Writer/ Grant Clerk (Full-Time)

37.5 hours per week, Monday-Friday, 8:30am to 4:30pm.

A starting wage of \$26.50 per hour is offered based on qualifications being met.

Otherwise, negotiated based on experience and qualifications. A competitive benefits package is also available.

Administrative Services Coordinator (Part-Time)

22.5 hours per week, Monday-Friday, 8:30am to 4:30pm; with hours scheduled within that time-

The starting wage for this position is \$21.00 per hour. A competitive benefits package is also available.

Public Works Labourer 2 (Seasonal)

Temporary full-time position until September 2023.

A starting wage of \$24.00 per hour is offered with 10% in lieu of benefits.

For detailed job descriptions, visit: https://valemount.ca/village-office/job-postings/

Spring Clean Up 2023!

May 23 - May 26

The Village organizes supports to assist residents in cleaning up their properties in time to enjoy the

This year the Village of Valemount is offering curbside pick-up of household & yard waste as well as scrap metal.

To book your curbside pick up, please call the office at 250.566.4435 before May 25th at noon.

Visit www.valemount.ca to view acceptable/ prohibited items and for information regarding derelict vehicle removal by Rich Boyz Towing.

Request for Proposal

Fourplex Housing Project

The Village of Valemount invites detailed proposals for the design and build of a 4-Unit Housing Project, from consultants. The proposals will be evaluated for the selection of a contractor with the intent to enter into a contract to provide the Project.

Closing Time and Date: 12:00 PST, May 26, 2023

Full details are available at:

https://valemount.ca/business/bid-contract

www.valemount.ca

2023 Tax Notices

2023 tax notices have been mailed out. If you have not received your bill by June 15th, please call the Village office at 250-566- 4435 or email adminservices@valemount.ca

Tax payments must be received in the Municipal office on or before July 4, 2023 to avoid penalties.

Open Air Burning

Under current provincial regulations, municipal bylaws and fire prohibitions within the Robson Valley Fire Zone, the only authorized fires within the Village of Valemount are contained campfires not exceeding a 0.5 metre dimension in any direction. It must also not be closer than 6 metres from any building, structure, property line, tree, hedge, fence, roadway, overhead wire or other combustible articles. As per the Village of Valemount Open Air Burning Bylaw No. 703, 2016, campfires may only be permitted between 7:00am and 1:00am.

Stage 1 Water Restrictions

June 1st - September 30th

Watering will be permitted between the hours of 7am - 10am and 7pm - 10pm on any day of the week. Use of a micro-irrigation / dripirrigation system to water or a garden hose with a hand-held automatic shut-off device is permitted at any time on any day.



Letters / Op-Ed.... cont from pg 6

Not a dog park trial 🎉

Dear Councillors, Editor, Dog Owners and Ball Players,

Please stop calling the situation over the winter at John Osadchuk Park a "failed" anything - It wasn't a "trial" or a "pilot" or a "partnership" or anything, because nothing was effectively communicated to the community. The gates never went back up, and that was the whole point.

This discussion didn't include the ball field at the Sports Plex because it has never had gates on the dug-outs. Last summer, some folks were using Osadchuck Park specifically because they could close all the exits, and let a few dogs run free together. The sign asking folks to clean up after their pets, and providing handy dog-poo bags, has been there for a while, and most dog owners were using them. Unfortunately, some were not. So the folks playing ball complained to the Village, and the Village removed the dug-out gates and put up the "no dogs allowed" signs. That prompted the letters to Council last fall, asking for a trial where dogs would be allowed, and the gates replaced. Council decided to try it, but it never happened. So please stop saying it failed.

The group asking last fall for the trial didn't use the field over the winter, because the gates weren't replaced. The "no dogs allowed" signs didn't come down, they are still right next to where the gates used to be. See photos attached, that is what they've been like all winter.

I'm not blaming anyone; things get missed sometimes. But the failure here was follow-through and communication not any partnership or trial.

Volunteers have cleaned up the John Osadchuk park, and yes, there has been fresh dog poo there almost daily. There is at least one large black and white dog that is at the park regularly with no human supervision. But it's more than one dog, and dogs don't leave cigarette butts behind. Apparently, some irresponsible people are continuing to ignore all 3 signs. But volunteers are continuing to clean up after these thoughtless and irresponsible people, and are also cleaning up other garbage such as broken glass, winter's windswept garbage and hundreds of cigarette buts.

If there is a line item in the budget for more fencing, I think it would be great to fence in the area to the south of the Osadchuck diamond to use as a dedicated dog park. I always think it is a shame when a valuable community-owned asset is used only for one thing. I hope when Council comes to consider a dedicated dog park, they won't look back on this winter as a failure of anything.

Korie Marshall

Valemount resident, generally responsible (but entirely human) dog owner

A dog waste bag station near the ball diamond. /SUBMITTED



NOW HIRING

The Rocky Mountain Goat



PART-TIME OFFICE AND PRODUCTION ASSISTANT

Rocky Mountain Goat Media Inc. is looking for someone to join our team in Valemount. The part-time Office and Production Assistant helps manage customer inquiries and the Goat's weekly production work at our Valemount office.

Primary duties include: updating weekly features in the newspaper, creating ads/posters for clients and the Goat, handling payments, updating retail inventory, keeping files and archives organized, posting on the Goat's social media, light cleaning, and helping ensure our office is a tidy, welcoming space.

This position is currently a part-time position, 15 hours/week Wednesdays, Thursdays and Fridays. Hours are somewhat flexible, but ideally 9:30am-2:30pm.

Starting wage is \$20/hr
Preferred start date: Immediately

Contact Laura at 250-566-5135 or email your application to lauraishere@gmail.com

LOVE LOCAL?

Stay informed about what's going on in your community!
Subscribe today: therockymountaingoat.com/subscribe or call 250-566-4606

Valemount Cares project receives final approval for construction



By Andrea Arnold

The Valemount Cares seniors housing project was granted final approval from BC Housing last week and construction planning began May 15th. A update was presented to Council on Tuesday by David Sheach of BC Housing. Donnie MacLean, Chairperson for the Valemount Senior Citizen Housing Society says she expects the physical construction phase will start in a few weeks after the architects and contractors have a chance to discuss their plans.

BC housing is working with the society to build 18 affordable homes for seniors in the community. It is an \$18 million project and a 60-year operating agreement. The funding from the Building BC Community Housing does not cover funding for support services. The seniors housing society is working on securing more funding

from other partners in hopes of providing these services in the future.

Eligible applicants (at least one member of the household 55 years or older) must have an income below the 2023 Housing income limit of \$77,430 and assets less than \$100,000. Residents will sign a month-to-month tenancy agreement, with rent expectations based on income. They are anticipating a 14-month construction.

Following the presentation to council, Councillor Hollie Blanchette asked for clarification regarding the confusion between assisted living and affordable independent housing. Sheach answered that this application has always been for independent housing.

"We are very excited to see this progress," she said. "It has been a long time coming. Who wouldn't want this beautiful facility in their community."

The Best of McBride

A SONG BY ROD REIMER

To all the brave folks who helped save McBride

Their faces in the face of the fire Steadfast, unwavering, strong Courage like this, that inspired All the others helping along A firefighter, this is what they signed up for Same for police, first responders, volunteers Their self sacrifice in this battle, like war For the best, look no further than here

Water bombers, helicopters, drop water from the sky Trucks and personnel fight from the ground Hot ashes, soot, underfoot, smoke in their eyes The place, a firefighter is found Without their selfless effort, where would we be Surely nothing would have been saved How blessed to live here, in this community How proud we all are, of what they gave

And then, those, there, behind the scenes Maybe taking in evacuees Knowing just exactly, how much it means Providing food, drink and other necessities Those brave men and women, where do we find them On the front lines, the odds they defied From the valley below to the top of Teare Mountain A big shout out, to those who helped save McBride A big shout out, to the best of McBride

c.11/05/2023



Corporation of the Village of McBride

The Village of McBride would like to offer our sincere gratitude to everyone who helped during the Teare Creek Wildfire.

Thank you to the McBride RCMP, BC Ambulance Service, McBride & District Volunteer Fire Department, Valemount & District Volunteer Fire Department, Beaverly Fire Department, and BC Wildfire Services for working tirelessly to suppress the fire and keep citizens safe. We thank them for the work they have done and continue to do to protect McBride and surrounding areas.

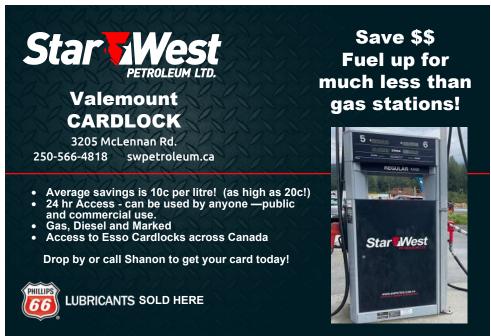
Thank you also to everyone who organized donations, food, transportation, and who offered places of shelter for those who were evacuated. Thank you to everyone who made or donated food and drinks for those working the frontlines. Your generosity and thoughtfulness in a time of emergency has not gone unnoticed.

To all those who looked after their neighbours, thank you. You are what makes this community such an amazing place to call home.

BOOK YOUR AD WITH US!

CONTACT US AT 250-566-4606 OR ADS@GOATNEWSMEDIA.COM







used book sale goes to **Meals on Wheels**, which provides seniors with hot meals

McBride office: some titles may not be available for browsing and must be pre-

several times a week and helps them live independently for longer.

ordered. Titles by local authors are available at both offices.

Local returns to offer massage services

By Andrea Arnold

Recent massage therapy graduate Lilly Esser left McBride after high school graduation to attend West Coast College of Massage Therapy in Victoria BC with the intention to return to the valley to offer her

"I loved growing up here," said Esser. "Part of the reason I was attracted to the program was its short turnaround time. It was a three year program that they condensed into 20 months."

Although the program was intense, Esser decided it was worth it to keep her time away from the valley short.

"We were in classes for four months straight, got two weeks off, then back to class for another four months," she said. "It was a quick turn around."

Students also had to complete 550 clinic hours at the college clinic.

Esser loved growing up in McBride and has always had a passion for helping people. She was attracted to a career in massage therapy because it allowed her to develop skills that would allow her to help people daily as a part of her work.

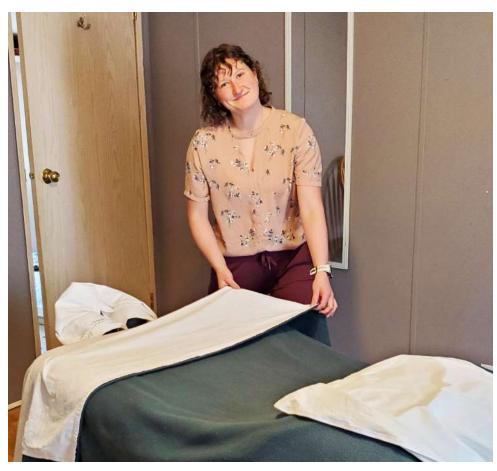
"The more I learned about massage therapy, the more I saw how it can fit into helping people," she said. "I learned therapeutic touch combined with exercises for rehabilitation."

Esser is excited to get settled in and find her groove. As she is just starting out, Esser has not finalized her schedule. She is taking appointments so that she can determine when her services are most needed. She will be offering some evening appointments for those who require them. Although she is working from home running a somewhat flexible schedule she plans to limit work days to five a week.

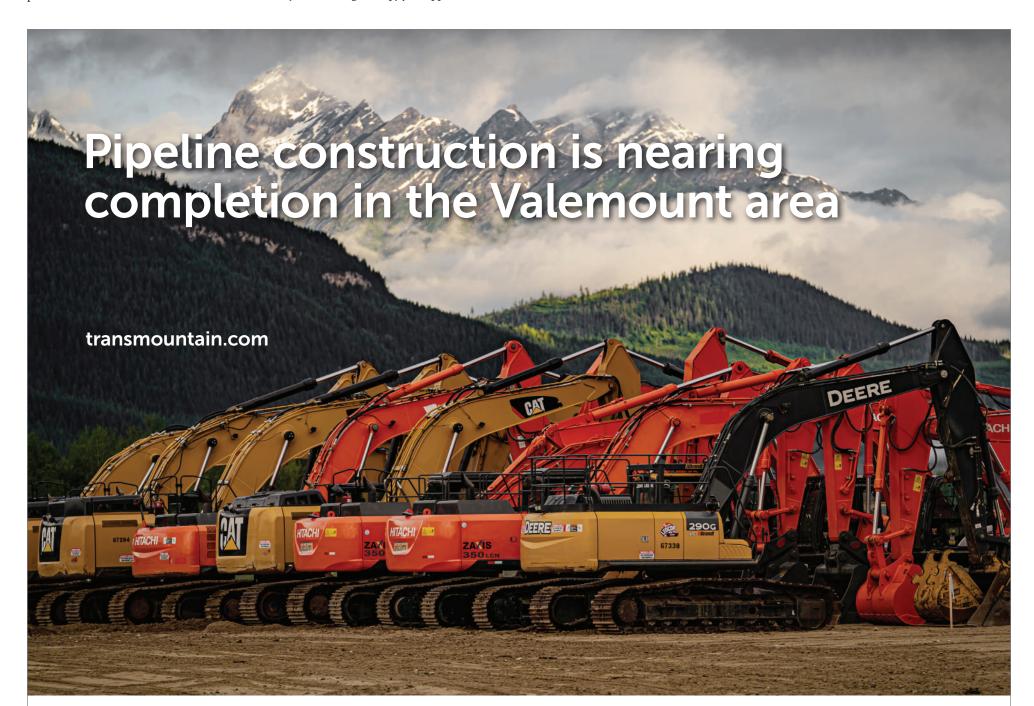
She wants to find her own work/life balance that will allow her to spend time outdoors and exploring the mountains as well as with her family.

"I want to give back to the community," she said. "They helped launch me into success and have provided support over the years and through trials. I want to be a part of continuing that community feel."

She opened her home based therapy room on the afternoon of May 2nd for her first clients. Appointments can be made through lillyessermassagetherapy.janeapp.com.



Lilly Esser performs a few final touches on her home based massage therapy room before her first clients arrive. /ANDREA ARNOLD



Construction of the Trans Mountain Expansion Project is nearing completion in the Valemount area. Workforce numbers will continue to decrease as we close out our final kilometres of pipeline construction. The remaining work is taking place in various technically challenging areas. In addition, smaller work crews will remain in the region throughout 2023 to complete right-of-way cleanup and reclamation. The camp in Valemount will be closed at the end of May with remaining crews moving south to other Trans Mountain workforce accommodations.

Thank you for hosting our Trans Mountain workforce in this region and for your patience during construction.

For information on construction progress in other regions and to learn more about reclamation, visit transmountain.com.

info@transmountain.com | 1.866.514.6700 | transmountain.com

You may notice:

- Fewer workers living and working in the area
- Decreased use of local stores and services
- Closure and removal of our camp community
- Reduced vehicles and traffic control on local roads and Highway 5A
- Ongoing use of the Valemount yard





Coffee roasters go to the source

By Laura Keil

When Megan Vicente and Elliott Ingles of VALE coffee woke up in their eco-hotel in Guatemala, they were greeted with a strong fragrance wafting in from the hotel gardens.

"We kept getting a beautiful smell in the mornings, and we couldn't figure out what it was. And then we realized that it was this coffee plant that they had planted in their garden there," Vincente said. "It was super, super fragrant, which I'm sure has something to do with why there's so much flavour in coffee."

The pair had organized a quasi working holiday — visit Central American which they'd never been to before, and also scout out potential coffee bean growers to buy from in the future. While visiting the farms, they got to experience the scent, touch and feel of coffee beans or "cherries" straight from the plant.

From Guatemala City, they took an Uber to Antigua, and then took mini buses or simply walked to nearby coffee farms.

A few farms allowed visitors to walk through the row of coffee plants.

"The ones that we saw were about as tall as me, like five to six feet tall. And when they have their little white flowers they are super fragrant, they smell really beautifully," Vicente said.

The bright red cherry inside the white flower is about the size of a marble, she said. They were allowed to pick some ripe cherries and pull them apart. Inside is juicy red flesh and a large seed; the coffee cherry is actually the fruit of the plant and the coffee "bean" is the seed.

"If you've ever seen a green coffee bean, it has lost a lot of its volume from what it is when it's full of moisture," she said. "It's plump and white and you could crack it open with your fingernail. It's kind of cool to see, because when you roast coffee, there's this thing that comes off of it and it's kind of like a little jacket - it's called chaff or there's different words for it. And when it's on the plant and alive it's almost like a sticky layer."

Without fluent Spanish, the pair managed to get by, and did forge a relationship with some coffee reps who spoke English.

While they weren't able to visit any of the coffee farms they bought from before the trip (they were too remote), they did visit some farms they hope to buy from in the future.

This week they plan to release a new Guatemalan roast sourced from Antigua, the same region they visited. It's called "Fuego" and the bean is processed using a different method called a "red honey process" which involves leaving some of the sticky layer on as the bean dries. It leads to sweeter tasting coffees.

They visited one farm that had a little museum about the history of coffee production, in both Spanish and English. It talked about the evolving technologies and processes used over the years.

"There's different types of processes: washed coffees or natural coffees or fermented coffees, they're all slightly different processes on how you actually end up with your final green bean product."

They were surprised to learn that only recently have Guatemalans had access

to the high quality coffee they export to other countries.

"I think it was crazy to learn that people from Guatemala barely had any access to their own coffee for the longest time. I mean, it's not really that surprising when you understand kind of how these exporting countries work, but I'm glad that they're getting more access to it now."

Poverty is still pervasive in Guatemala, and for Ingles, Vincente and their business partners Rena O'Brien and Ryker Indjic, ethical coffee sourcing is top of mind

"One of the things we were looking for in visiting these farms is just like, how is it how it was run? And how are the people treated and how does it feel here and do people seem happy? Because there are a lot of, you know, issues with the coffee industry, having a bad reputation with all that kind of stuff. So that's a super important thing for the coffee we source and the direct traders that we work with."





Guatemala's coffee production is primarily in high elevation areas as they provide prime growing conditions. Vicente and Ingles chose farms that were easy enough to get to but also areas they were interested in buying from. /SUBMITTED







PM 1



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







A streetscape from a small town called San Juan on Lake Atitlan, one of the coffee growing regions they visited. / **SUBMITTED**

Vicente and Ingles visited several coffee farms that were set up for visitors. They learned about coffee processing as well as the history of coffee production and technology. /SUBMITTED

The coffee "bean" is actually a seed inside a fruit. The berries on a coffee plant ripen at different times. With lower quality coffee, the whole planted is harvested at once. High quality specialty coffee, which is primarily type of coffee VALE coffee uses, is hand picked, because you only pick the ripe bean.

> During a local emergency, tune your vehicle radio or battery-powered radio to 98.5 FM for information from local/regional officials.



Refreshments provided

COMMUNITY FOREST

Valemount Community Forest Co. Ltd. Valemount Industrial Park Co. Ltd.

Annual General Meeting

- **Annual General Meeting**
- Date: Tuesday, May 29th, 2023
- **Location: Valemount Community Hall** 201 Gorse St.
- Time: AGM starts at 6:30pm

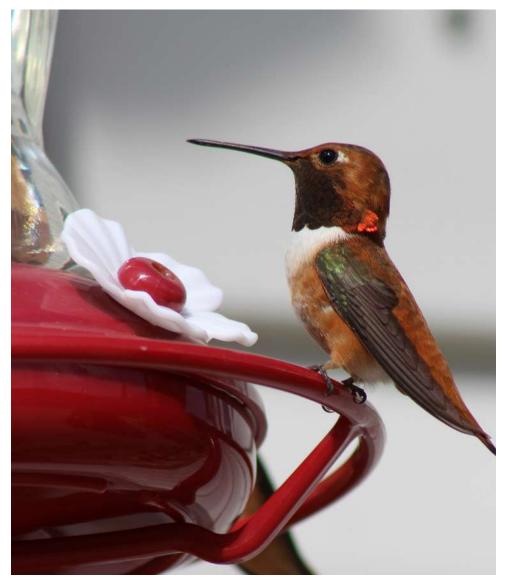
Tour at the Sawmill

- Before the AGM come for a tour of the sawmill!
- Meet at the Community Hall at 4:30pm
- Personal vehicle convoy to 555 Cedarside Road

McBride Students compose with Juno award winner



Juno award winner Norman Foote was brought into McBride **Elementary School for** two days of musical creativity. He worked with the students to compose original songs on topics ranging from recycling, spring, a lone wolf and a tribute to McBride. Friday afternoon the students sang along with Foote as he performed a few of his favorites. Then he accompanied them on guitar as the budding song writers showed off their musical creations. / ANDREA ARNOLD



Rufous Hummingbirds, *Selasphorus Rufous*, is one of the most common hummingbirds in Canada. They breed in British Columbia north through the Queen Charlotte Islands; northwest to the Alaska border; east to southwestern Alberta. Occasionally, they go as far north as southwestern Yukon and as far east as southwestern Saskatchewan. This guy was getting a drink at the bar as they have returned for the year. / SANDRA JAMES

Safe Home, Information & Support Program HOW WE CAN SUPPORT YOU: Free and confidential information, support, and /or emergency shelter to self identifying women and their dependents who are at risk of or who have experienced any type of violence over their lifetime.

Sexualized Assault Response Program

HOW WE CAN SUPPORT YOU:

· Available 24 hours, 7 days a week.

- No cost services to people of all genders who have experienced sexualized assault within their lifetime.
- Victims/survivors of sexualized violence receive local, vetted information regarding their options following a sexualized assault, so that they are able to make an informed decision that is best for them.
- \bullet Receive legal, medical, forensic, reporting and aftercare options.
- Available 24 hours, 7 days a week



1-844-324-2004 (24/7)

Water filtration money

BY ANDREA ARNOLD

The Village of McBride has received \$2,608,125 from the Canada Community Building Fund and the Government of Canada for a custom-designed drinking water filtration system. The funding is a part of more that \$103.5 million that is being federally invested to support 45 community infrastructure projects.

"Currently there is a pre-treatment system in place by way of the settling tanks," said Radloff engineer David Franzmann. "The pretreatment deals with large particles, and muddy water."

Adding a filtration system will ensure consistent turbidity and water quality with the ultimate goal of eliminating the need for boil water advisories for the community. With the current system, McBride residents expect a boil water advisory to be put into place at least once annually. There is no way of knowing how long each of these advisories will be in place, inconveniencing both businesses and households.

Franzmann explained that the project is in its early stages. They need to monitor the water and run tests to see what design will be the most effective for the system. They recently tested the water, and will test again when freshet happens and the water turbidity changes. Franzmann said that they have been working with different methods of filtration during this testing period.

They hope to have this step completed by early summer. Once testing is finished, the design planning can begin. The Village also plans to begin the tendering process so they can keep momentum going, as they aim to start construction next year. The grant requires that the project be completed by March 2025.

Through this whole process, residents and businesses should not see much, if any, change in their water services. When the time comes for the system to be connected to the existing one, there may be a short interruption. During that time, there will also likely be water restrictions in place so that the reservoir lasts the duration of the connection process.

"The goal is to improve water quality for residents and businesses," said Franzmann. "The system will not be adding anything to the water, it will be removing color and turbidity to improve the water quality."

The new system may also result in less chlorine being needed to maintain Northern Health mandated standards.





The Dunster Schoolhouse is hiring an Executive Director with duties that include operational planning and marketing, coordinating bookings, creating and facilitating events, communicating and engaging with the community while being accountable to the board of directors. This position will be a year-round part-time position of approximately 20-25 hours/week with a probationary wage of \$23/hour.

First consideration will be towards those who currently live in the Robson Valley. Closing date for applications is May 31, 2023.

For a full list of job requirements and responsibilities please email us at dunsterfass@gmail.com or check out Dunster Schoolhouse on Facebook.

Thrift Store Spring Fashion Show

The McBride Anglican United Church Thrift Store Spring Fashion Show and luncheon was held on Friday May 12th. Several members of the community modelled clothing chosen from the thrift store and commentary was provided by Diane Smith. Following the event, the store was open for attendees to pick out their own summer outfits. Besides the models, several others worked behind the scenes preparing the food, organizing the event, set up and clean up.



Head to toe, Rick Primus was ready for a day at the ranch. / SUBMITTED

Above centre: Everyone joined for the Grand Finale photo after another successful fashion show. This is the first time in three years the show was held again. The church started holding these shows ten years ago and the thrift Store was started by three ladies in 1999. / SANDRA JAMES



show, looking ready for summer in her dress. / SANDRA JAMES





Four generations of the Lucius family tree participated in the fashion show. Rose Lucius, shown on the right, participated in the show along with daughter Rosemary Hruby (left), granddaughter Elizabeth Trask (middle) and two great granddaughters Teagan and Shelby. / **SUBMITTED**



(bottom) Bernie made it family affair as they both added a bit of dramtic flair as they strutted the runway showing of their cool spring outfits. / **SUBMITTED**

Kim McNaughton added some extra bounce to her step as she showed off her outfit, ready for the warmer weather. /SUBMITTED

LOCAL RESOURCE DIRECTORY

Accounting





Delivering Fuel East to McBride & Valemount



Four Rivers Co-operative

Commercial, Farm & Personal

Visit our Gas Bar in Prince George 6749 Westgate Avenue - Tel: 250.964.2697

Valemount Cardlock: 1500 - 9th Avenue Valemount BC TF: 866.309.2667

McBride Cardlock: 2130 Zeidler Road McBride BC TF: 866.309.2667

Prince George: Tel: 250.564.3488 TF: 866.309.2667 Fax: 250 564 3433



Professional Accountants Inc.

Accounting, Taxation and Consulting Services for Corporate and Not for Profit Organizations

P. 250.564.2660 E. 250.563.3281 TE. 877.278.9977 www.dmca.bc.ca 696 Brunswick St., Prince George, BC, V2L 2C1

Automotive

Travis' Automobile Service



Computers

Construction

Whisper Creek Cabin

Rentals and Builders

SHAWN & DIANE FOWLER

www.whispercreekcabinrental.com 1170 Canoeview Pl, Valemount

Road

subdividing

BC Licensed Builders

shfowler@telus.net

All gravel ::

products

250 566 8483

INSPECTION FACILITY LICENSED AUTOMOTIVE & HEAVY DUTY MECHANICS SPECIALIZING IN DIESEL ENGINE REPAIR, 4X4 REPAIR, AND MISCELLANEOUS REPAIRS WELDING, LATHE WORK & TIRE SALES

COMPUTER SERVICING & REPAIR

Manlifts, zoom boom,

hoe, skidsteer, dump

trucks

Call:

250-566-8483

building : trackhoes, rubber tire

250-566-8403 Travis Wied 945 Hwy 5 N Valemount

Servers, Networks, PC Repair, Upgrades,

Virus Removal & Remote Access

Tel: (1) 250 566 8221 Cell: (1) 250 566 1990 http://www.mica-electronics.com

No Obligation Estimates, Affordable Rates & Reliable Service

Serving The Robson Valley Since 2005

call or text 7782017114 (i) @robsonvalleydrywallservices

ROBSONVALLEY



SWIFT CURRENT SERVICES LTD

RESIDENTIAL COMMERCIAL INDUSTRIAL

info@swiftcurrentservices.ca

Electrician



FSR A - Electrical Contractor 250.566.5290

Forestry

Want to know what is going on?



VALEMOUNT **COMMUNITY**

VISIT THE WEBSITE! www.valemountcommunityforest.ca

Lawyer



LORNE K. WELWOOD

BUSINESS LAW • PERSONAL PLANNING WILLS & ESTATES • REAL ESTATE
E: lwelwood@kuhnco.net • P: **604.864.8877** • C: **604.613.6521**McBRIDE * ABBOTSFORD



Call or email for consultation



MSRLAW.CA 780-852-2242

CANGAS

YOUR LOCAL PROPANE PROVIDER

Sales • Service • Installation 1-833-852-8811

Superio Propane

Serving

Propane Delivery Residential/Commercial/Industrial Sales/Service/Installation

1-877-873-7467

DR. MONIKA BRAUN DR. JENNIFER LANGFIELD





HINTON OPTOMETRY CLINIC:

158 Athabasca Avenue, Hinton

For appointments call 780-865-3915 or 1-800-323-9891

Monday/Friday 8 AM-4 PM, Wednesday/Thursday 9 AM-5 PM, Tuesdays 9 AM-6 PM. Closed for Lunch Mon & Fri 12-1, Tues-Thurs 1-2.

Clear Security Securing what matters

VIDEO 24 HOUR MONITORING

ALARMS-DIGITAL

Mike Dryden **Nathan Carne** 250-566-1536 250-819-4752

• Fire, smoke, flood detection

Video survelliance

- systems Local installation
- technician
- Serving McBride, Dunster, Valemount & Mt. Robson

VALEMOUNT OFFICE NOW OPEN

HAVE A BUSINESS?

WE CAN ADVERTISE IT WITH A **BUSINESS CARD SIZE AD!**

ads@goatnewsmedia.com 250-566-4606



LOCAL RESOURCE DIRECTORY

Septic

Valemount Septic Service

- **Hydro Vac Service**
- Septic Tank Cleaning
- 800-gallon Freshwater Delivery

BLAIR or MIKE 250-566-1536



Television

Valemount Community TV

Local TV matters!

Michael Peters

Station Manager

PO Box 922, 211-99 Gorse Street Valemount, BC, Canada VoE 2Zo www.vctv.ca

Email: tv@vctv.ca



\mathcal{N}^{arrho} BRANDING AND PROMOTIONAL DESIGN SERVICES Affordable, professional logo and branding

design from a local company you can trust

Free consultation and quote

R V Septic Service and **Drinking Water Delivery**

We service RV's where they're parked!! **Bulk Water Delivery & Bulk Septic Services**

For your family reunion or wedding **Book Porta Potties NOW!!**

Robson Valley Septic & Water Hauling Ph/Text (250) 569-7812

GRAVEL PRODUCTS REDI-MIX CONCRETE 7 & 8 AXLE LOWBEDDING

OTHER SERVICES

Tandem & Tridem gravel trucks Concrete Products Tractor Service Log Trucking



glacierstoneind@gmail.com

Logo redesigns, business cards, letterheads, 3D upgrades and much more goatnewspaper@gmail.com 250 - 566 - 4606

HAVE A BUSINESS?

WE CAN ADVERTISE IT WITH A

BUSINESS CARD SIZE AD!

ads@goatnewsmedia.com

250-566-4606

VALEMOUNT RENTAL LISTINGS

SEEKING NEW CLIENTS

Rustic Luxury will work with you to provide housing options for the Valemount area. Licensed and experienced property management services support your tenant/landlord relationship while improving and maintaining your real estate investments.

CALL JEN TODAY!

PHOTOS & DETAILS

www.rusticluxury.ca

Call 250-566-1323

PUZZLE ANSWERS

CROSSWORD ANSWERS

Т	W	0		Α	N	Т			J	Α	٧
10 H	0	w		11 N	Е	Α	¹² R		13 U	S	Е
¹⁴ A	R	Е		¹⁵ G	U	R	υ		¹⁶ S	Н	E
¹⁷ I	N	s	18 U	L	Т		¹⁹ L	20 E	Т		
			²¹ N	0	R		22 E	L	1	²³ T	²⁴ E
²⁵ B	²⁶ E	²⁷ N	Т		²⁸ A	²⁹ F	R	Т	С	Α	١
°0	٧	Е	R	31 A	L	L		32 T	Е	Ν	[
33 B	Е	G	U	N		³⁴ A	35 P	Е			
		³⁶ L	Е	G		³⁷ T	0	s	38 S	³⁹ E	⁴⁰ 5
¹¹D	⁴² O	Е		⁴³ S	44E	Т	s		⁴⁵ A	Υ	E
16 A	R	С		⁴⁷ T	R	Е	Е		⁴⁸ G	Е	E
¹⁹ M	Е	Т			⁵⁰ A	N	D		⁵¹ A	s	,

ROBSON VALLEY & NORTH THOMPSON

CLASSIFIEDS

LAND FOR SALE

Approx 20-acre homestead between Blue River and Clearwater. Cabin, tool shed, hay and barn shed. 5-acre hay field, two water rights. 8 miles to nearest house. Very private. Peaceful and quiet. A deal at \$184,900! Lots of pictures, will meet. Call John 604-530-9295 or Paul 250-678-5300.

FOR SALE

11ft inflatable paddle board only used a couple times. Asking \$475. Call 250-862-8340.

PROVINCIAL CLASSIFIEDS

GET RESULTS!

Reach almost 2 million people in 92 papers for only \$395/week for a 25-word text ad, or \$995/week for a formatted display ad

bccommunitynews.com/ advertise 1-866-669-9222

Book by province or whole country and save over 85%!

SERVICES

GET RESULTS! Post a classified in 92 newspapers in just a few clicks. Reach almost 2 million people for only \$395 a week for 25-word text ad or \$995 for small display ad. Choose your province or all across Canada. Best value. Save over 85% compared to booking individually. www. bccommunitynews.com/ advertise or 1-866-669-9222.

WANTED TO BUY

WANTED SASQUATCH SKULL - Also purchasing SILVER & GOLD coins, bars, jewelry, scrap, nuggets, sterling, 999+ BULLION, maple leafs, bulk silver, pre-1969 coins. Coin collector BUYING ENTIRE COIN COLLECTIONS, old \$ & Royal Canadian Mint coins. TODD 250-864-3521.

6 9 7 5 6

TOUGHIE ANSWERS

¹ s	² P	³ A	⁴R		⁵s	⁶ P	⁷ A	[®] D	°E		10 M	11 M	12 M	13 [
14 T	Α	R	0		15 E	Α	Т	Е	N		16 E	Α	R	-;
17 I	N	N	S		¹⁸ T	w	Α	N	G		¹⁹ T	R	Τ	Ĭ
²⁰ L	0	0	S	²¹ E	Α	N	D	Т	Τ	²² G	Н	Т		
²³ T	υ	L	-1	Р				²⁴ E	L	S	Е			
²⁵ S	Т	D		26 S	²⁷ A	²⁸	29 D		30 D	Α	G	31G	32 E	33
			³⁴ M	0	N	R	0	35 E			³⁶ L	Α	Т	-
37 G	38 L	39 O	0	М	Υ	А	N	D	40 B	⁴¹ R	1	G	н	ŀ
42 P	Е	Α	R			43 N	Е	Α	т	Е	N			
44 S	0	R	Т	⁴⁵	⁴⁶ E		⁴⁷ E	М	υ	s		⁴ẅ́	⁴⁹ E	50
			⁵¹ A	N	Т	⁵² S				⁵³ A	⁵⁴G	Е	N	Ŀ
		⁵⁵ B	L	Α	С	ĸ	⁵⁶ A	⁵⁷ N	⁵⁸ D	w	Н	-	Т	-
⁵⁹ R	θН	0	S		61 H	Α	N	0	Τ		⁶² O	G	R	-
63 V	Е	N	1		⁶⁴ Ε	Т	N	Α	s		65 S	Н	Α	-
⁶⁶ S	Е	Е	Ν		67 D	Е	Е	М	s		⁶⁸ T	s	Р	-
														_

GOAT CLASSIFIEDS

AS LITTLE AS \$8/WEEK!

ads@goatnewsmedia.com

WHEN RESULTS MATTER Community Classifieds DELIVER

classifieds@bccommunitynews.ca

CONTACT US TODAY 1.866.669.9222

communityclassifieds.ca

Your ad will reach almost 2 million British Columbians EACH WEEK for just pennies per household.

Classifieds In print and online, too!

box classified (<40 words)\$27/week 'Guaranteed to Sell'\$42/3months (<40 words) 22

39

48



ROSSWORD

Answers on P15

Across

- 1. Pair
- 4. Carpenter, e.g.
- 7. Chatter
- 10. Reporter's question
- 11. Close at hand
- 13. Purpose
- 14. Exist
- 15. Wise one
- 16. Any boat 17. Dig
- 19. Court cry
- 21. ___'easter
- 22. Top 25. Propensity
- 28. Native of Sudan
- 30. Blanket 32. Nurture
- 33. Commenced
- 34. Make like
- 36. Trip portion
- 37. Turns a salad
- 41. Ordinary John 43. Hardens
- 45. Pirate affirmation
- 46. Not go straight
- 47. Trunked plant
- 48. "How about that!"

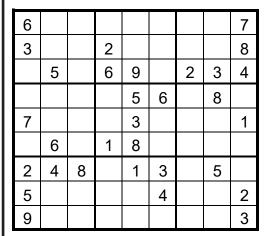
- 49. Encountered 50. Additionally
- 51. Balaam's mount

Down

- 1. Type of cuisine
- 2. Fraved
- 3. Must pay 4. Prefix with
- Saxon
- 5. Unbiased 6. Coal
- distillation
- 7. Government Department
- 8. Fire residue
- 9. Itty-bitty
- 12. King or
- queen
- 18. Trumped-up
- 20. Top people
- 23. Go brown in the sun
- 24. Completion 25. Go up and down
- 26. First lady
- 27. Carelessness
- 29. Depress

43

- 31. Anxiety
- 35. Sat
- 38. It's a long story
- 39. Watches
- 40. Observes
- 41. Water barrier
- 42. Silver source
- 44. Tide competitor



Answers on P15

SUDOKU

HOW TO PLAY

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

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

The Toughie

by Myles Mellor

Answers on P15

Across

- 1. Boom or gaff
- 5. Designer Kate 10. "Tasty!"
- 14. Edible Pacific tuber
- 15. Dined
- 16. Mickey's are big
- 17. Hostels
- 18. Sour note
- 19. H.S. subject 20. Opposites
- Holland export
- 24. Other
- 25. Avg.
- 26. Stated
- 30. Macbeth prop 34. 5th president
- 36. Overdue
- 37. Opposites
- 42. Orchard item
- 43. Clear the clutter
- 44. Incursion 47. Down Under birds
- 48. Jazzman Montgomery
- 51. Kitchen pests 53. Deal maker
- 55. Opposites
- 59. Frat letters
- 61. Vietnamese capital 62. Blackguard
- 63. One of a Latin trio 64. Old lab heaters
- 65. Roe producer
- 66. Treated, as a patient 67. Holds 68. Sugar amts.

- Down
- 1. They make you stand tall
- 2. Come to fruition 3. Noted traitor
- 4. Last name in vermouth
- 5. "La Scala di
- (Rossini opera) 6. Chess piece
- 7. Just slightly
- 8. Al ____ (not too soft)
- 9. Light with gold 10. Spiced mead
- 11. Trading center
- 12. Noninvasive diagnostic procedure,
- for short 13. Artificial food flavouring, abbr.
- Downs 22. Govt. group
- 27. "Pick a card, _ card'
- 28. Land of Qum
- 29. Gift recipient
- 31. Render speechless 32. Old verb ending
- 33. Like Gen. Colin Powell 34. Subject for St. Thomas Aquinas
- 35. Dutch cheese
- 37. Garmin product 38. DiCaprio, to fans
- 39. Sculler
- 40. A.C. unit

- 21. British horse race location, with
- 41. Further shorten, maybe
- flash
- 46. Cut into glass
- 48. Considers 49. Catch
- 50. War horses
- 52. Glide 54. Hamlet's father, e.g.
- 55. Paleontologist's find
- 56. Queen before George I 57. Linguist Chomsky
- 58. Provoke
- 59. Campers, for short
- 60. Texter's giggle

HOROSCOPES BY HOLIDAY MATHIS **Mercury Direct on** the day of Mothers FOR THE WEEK OF May 14th, 2023

In heartfelt recognition of the selfless giving many mothers accomplish, the poet E.E. Cummings wrote, "If there are any heavens my mother will (all by herself) have one." Mercury affords some grace for the celebration as well, ending the retrograde. This and the lucky water trines of last week, slowly melting like ice cream in the punch bowl, will sweeten the emotional tone. Mother's Day goes to plan.

ARIES (March 21-April 19). If you feel less enthusiastic than your optimistic friends and colleagues, it's only because you know how much work is involved in grand plans. Also, most of the responsibility will fall to you, so your attitude is appropriate. You'll get happier as more is accomplished.

TAURUS (April 20-May 20). Like wildlife and Amazon packages, moods can be tracked. It could help you to do so now because you're about to raise your vibes and your general set point. Later, it will be helpful to look back and see how you got to the new and better place so you can repeat successful actions.

GEMINI (May 21-June 21). The most profound love is unconditional love. The hardest person to give it to is yourself. The reason is that you know everything about you, and what you know about others is only what they show you. Give the mighty force of unconditional love to yourself this week and new things become possible for you.

CANCER (June 22-July 22). The urge to stereotype is a survival mechanism that maturity makes completely unnecessary. You've been past it a long while, but you have compassion when you see it in others. You'll see many reasons to compliment others, and these observations come from a genuine place. Noticing talent is a talent in and of itself.

LEO (July 23-Aug. 22). People disappoint one another on the regular. If they didn't, there would be no way they could surprise and delight one another. You embrace the multifaceted and complex nature of the people around you and refuse to see anyone as inherently bad or flawed. How someone is at any given moment doesn't reflect their entire character.

VIRGO (Aug. 23-Sept. 22). There's a pressured aspect to the week, mostly due to an approaching deadline. The good news is, there's no need to actively search for inspiration. You're in a stage where creativity is primed to flow effortlessly. Ideas are readily available. All that's left to do is let it happen.

LIBRA (Sept. 23-Oct. 23). When life throws new circumstances to you, your mind and body comes up with a response geared toward keeping you safe. It's a well-intended plan, but unfortunately, it can lead to a

good deal of anxiety. The good news is, you can dissemble this response, too, if it's inappropriate or unwanted by the whole of you.

SCORPIO (Oct. 24-Nov. 21). You're on your game this week. You know where you're going and how to get there. Your super talent is understanding others. You're very good at this. You'll sum up what another person wants but is not able to articulate, which is a gift that takes great empathy.

SAGITTARIUS (Nov. 22-Dec. 21). As you adapt to meet the demands of a situation, you'll assume you're doing this as most people would, when in fact you probably assume this is what everybody does. Yes, everyone adapts, each in their own way, but there's something special and unique about your particular way. This is worth looking into.

CAPRICORN (Dec. 22-Jan. 19). Fears will be overcome this week, mostly with exposure to their source. Whatever scares you, try a little of it. No need to dive into it, just take on as much as you can stand. Go slowly. Face the fear, retreat, recover, then repeat. By facing your fear little by little, time and again, you will become immune to it.

AQUARIUS (Jan. 20-Feb. 18). An anonymous person said, "Never forget what it's like to be 16." There are some aspects of youth you're happy to be done with forever and some you will actively try to keep alive today. For all your experience, there are things that come up his week that make you feel naive, and it's not a bad feeling.

PISCES (Feb. 19-March 20). You'll be new at something, and it won't do you any good to pretend you know any more than you do about it. Your beginner's status will endear you to those who can teach you more. To replay in your mind the version where you do and say the perfect thing can be a form of self-reprimand.

THIS WEEK'S BIRTHDAYS: A year of expansion -- your mind, heart, network and wallet, mostly. Relationships lighten up with mutual acceptance of one another's whole being and extended realities. You become more playful and fun in your personal life, which requires little in the way of plots and reasons -- brilliant results from doing just as you feel. More highlights: an exotic trip you'll document beautifully, family growth and healing, and a better way of getting around, costefficient and stylish.

Holiday Mathis' debut novel, "How To Fail Epically in Hollywood," is out now! This fast-paced romp achieving Hollywood stardom is available as a paperback and e-book. Visit http://www. creatorspublishing.com more information. Write Holidav Mathis at HolidayMathis.com. COPYRIGHT 2023 CREATORS.COM

ROBSON VALLEY Community Events

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

VALEMOUNT

SUN MAY 28 5:00pm Tour of Honour at the Valemount

SUN MAY 28 Kiyooka Land Trust open house 9am-3pm 14717 Old Tete Jaune Road. Learn more about the protected

June 9th-11th Valemountain Days is back! Friday night street party, Saturday morning parade, bouncy castles and clown, slo-pitch tournament, logger sports and more! Watch for posters and more details in the coming weeks.

Ongoing Valemount Events

MONs Family Place Drop-In is 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). This month: MAY 22- Stat holiday (No FPDI)

MAY 29- The Seven Teachings colouring and stories at Centennial Park

WEDs at 7pm The Old Timers band play live music in the Golden Years Lodge.

WEDs Seniors are invited to Wellness Wednesdays at the Valemount Secondary School (201 Ash Street). Visit with the students as we knit/crochet or battle over a game of crib! Registration NOT required.

WEDs Join the Valemount Garden Club where you can discuss weekly topics such as Garden Planning, Seed Starting, Growing Flowers, Sprouts in a Jar. From 2-3:30pm at the Valemount office. Registration NOT required contact the office for more info. This program made possible with funding from Community Adult Literacy Program.

THURS Free Drop-In/Coffee House at the Golden Years Lodge the 1st & 3rd Thursdays of the month from 10 am until 2 pm. It's open to everyone regardless of your age. If you currently have any 'mobility issues' call Derek 250-613-6905 for a ride in the accessibility bus. The next Drop in Coffee House is on May 4th.

Most SATs 10am-11:15am Creative writing group. Join us for writing and friendly conversation. Everyone welcome. Contact Laura to confirm dates and times in May at lauraishere@gmail.

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

SUNs Pancake breakfast at the Valemount Legion Sundays

MON through FRIs the Valemount Seed Library is available in our lobby during business hours at RVCS Valemount (99 Gorse St). Office hours: Monday to Wednesday 8am-4pm, Thursday 10am-6pm and Friday 8am-4pm Come take free seeds to grow in your garden this summer. By saving seeds, we can maintain genetic diversity, adapt to changing

environmental conditions, and save money by not having to purchase new seeds every year.

MON through FRI Contact the Valemount RVCS Office to book your Community Garden Plot. Cost \$25/year, Volunteer 8hr/year, tools provided. Contact us at 250-566-9107 or email events@rvcsbc.org for more information or to sign up.

MON through FRIs the Free Food Farm Stand and Pantry are 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 everyonejust help yourself! Emergency top-up food is accessible to our clients and anyone who walks through the door.

MCBRIDE

THUR MAY 18th McBride seniors are invited to a Painting Workshop with Leaha, from 1:30-3:30pm. Held at McBride RVCS Office (942 3rd ave) Join us for a laid-back painting workshop to socialize & explore your creativity. All materials provided. This activity is adaptable for those with finger/mobility limitations. Please contact the office to register. This program is funded by the New Horizons for Seniors Grant Funding.

May 19th-20th Local theatre production of "i Human" written and directed by Miwa Hiroe at the Roundhouse Theatre (McBride Secondary). 7:30pm. Tickets at Welcome Home and

SUN MAY 28 12:00pm Tour of Honour at the Fire Hall

TUE MAY 30th Seniors you are invited to Join us for a Bird Sanctuary Walk, from 1-3pm. Meet at RVCS and then join us for a walk in nature & identification of local water fowl. Come for the exercise, socialization & learning. This program is funded by the New Horizons for Seniors Grant funding.

June 2-4 Pioneer Days Parade, Logger Sports, Pancake breakfast, slowpitch and so much more fun. Watch for posters and more details next week.

Ongoing McBride Events

WEDs Seniors Drop-In Coffee House is every second Wednesday from 1-3pm with Sandy. All seniors are invited to come by for some social time, a warm beverage and snacks at RVCS (942 3rd ave). Next dates is: MAY 17th

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.

MONs Family Place Drop-In is on Mondays from 9am-noon at RVCS (942 3rd Ave) 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 250-5692266 for more info.

TUEs Come Learn Sign Language with us at 942 3rd Ave McBride. 11-12pm Increase our ability to communicate and teach your children and family. Stimulate your brain and learn about Deaf Culture. Registration is NOT required. Contact 250-569-2266 or email events@rvcsbc.org for more information. Brought to you by the McBride Community Adult & Family Literacy Program.

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

TUEs Starting May 2nd Dance Exercise For Seniors with Jodi in McBride. Seniors are invited to come try seated/ low impact dance moves and exercise with Jodi at the McBride RVCS office 942 3rd Ave From May 2 to 30th from 3:15-4:00pm. No Registration is require. Contact the office for more information. Supported by the New Horizon's for Seniors Grant

WEDs Everyone is invited to join the McBride Gardening Club where you can discuss weekly topics such as Creative Garden Spaces, Garden Planning, and so much more from 1-2pm. Registration NOT required. Contact us for more info. This program made possible with funding from Community Adult Literacy Program.

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

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 250-230-8035 for info.

DUNSTER

Saturday, May 20th first Dunster Farmer's Market at the Dunster. Community Hall. 11:00 to 1:00 Vendors and buskers welcome. No charge. Buy Local Burger Concession. Weekly Markets to resume July 8th. Contact: Pete Amyoony 250-968-4334

HAVE AN EVENT?

Let us know! CALL 250-566-4606 or EMAIL:

ads@goatnewsmedia.com



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.



Grow A Row - Share A Row

Every time I go into my root cellar or open my freezer or canning cupboard or take a walk around my greenhouse or garden, I have this feeling of being so rich! The funny part is that it has absolutely nothing to do with money! As a gardener, I may be biased, but to me the greatest creation of true wealth happens in the garden every year!

I would like to take some time to encourage all the gardeners in the Valley to "share the wealth" this summer with those in our area who are having a rough spot in their lives and find themselves needing to use the food banks in Valemount and McBride.

Some years ago, I read about the "Grow A Row – Share A Row" campaign taking place in many cities and towns across Canada. You can check out their website at www.growarow.org. However, I would just like to encourage every gardener in the Valley to plant an extra row or two this year and give all the produce from it to either the food bank or directly to someone you know is in need of healthy, fresh food.

Most food bank organizers suggested that the most appropriate things to grow would be the produce that does not go bad if not used right away. Things like lettuce, Swiss chard, overripe tomatoes, etc could not be held for long. Things like radishes, carrots, turnips,

potatoes, beets, cabbage, etc would be much more appropriate.

In Valemount, you can contact Sherry Tinsley at 250-566-1840. In McBride, the organizer of the food bank is Julie Holland at 569-3186. You can contact either of these wonderful volunteers to arrange a time to deliver your fresh home-grown veggies to share with others in

It might be an interesting project to encourage a child or grandchild to help with the "Grow a Row and Share a Row." It is a great opportunity to teach the child not only about growing things, but also

If you really want to be creative, you can "cheat" and grow the last few feet of each row to share. This would give good variety and not make it necessary to plant the same varieties twice. Be sure to mark the "shared" vegetables well so you don't forget and eat them! A little sign will also help to inform friends about your special project and maybe encourage them to try it

This program feeds hundreds of thousands of pounds of good fresh food to people in need each year. Let's see if we can make a difference in our own





BRKH Custom Woodwork expansion

(Right) BRKH has recently purchased several new pieces of equipment. Denis Brooks shows off the new six-head Unimat Gold moulder that has a covered saw space reducing the amount of noise emitted. It was purchased as a used item, however, it hadn't been used very much, and the parts are easier to source than the old worn out moulder that was in place. A profile grinder was purchased to allow for inhouse sharpening and creating knives. Using CNC templates they can create custom profiles. They also purchased a Vertical BanSaw Resaw. This machine allows the employees to perform small scale milling, book matching and bevelled siding. These additional machines will expand BRKH's ability to take on more custom work and possibly open an opportunity to hire another employee. /ANDREA ARNOLD



(Left) The new shop stands in the back of the BRKH property in McBride. The back half is covered

storage and the front portion will house an equipment rich workshop for the creation of tables, doors and other products. /ANDREA ARNOLD

By Andrea Arnold

The Dunster Community Forest Society's BRKH Custom Woodwork located at 894 1st Ave in McBride has completed the construction of a 60x32 structure on the same lot as the original building.

Half of the building will serve as covered storage for rough material, allowing some air drying away from the unpredictability of the elements. The other half is an enclosed woodworking shop where staff will create wood items like doors, tables, shelving, and anything

else that customers request.

The building project was partially funded by the Province of British Columbia through the Community Economic Recovery Infrastructure Program (CERIP) -Rural Economic Recovery stream. The grant included a requirement to meet the Wood First Act mandate. This means that approximately 20% of the total material costs for this project was in wood/wood products.

"We applied for the grant in late 2020, with the expectation that the project would be completed by Dec 31, 2021," said Marie Hyde, DCFS Business & Marketing Administrator/GIS Specialist.

At the time, the total projected gross budget was \$99,000. DCFS received \$88,000.

Hyde says that due to the pandemic, the increased cost of materials, and supply chain issues resulting in material sourcing delays caused a delay in construction and increase in the overall project cost. The final cost of the project was approximately \$227,000.

Construction on the structure began in July 2022, and was finished by December 31, 2022. Complete electrical hook-up was completed in early 2023.



Nothing beats a nice cold cup of lemonade on a hot day. Added this year the lemonade stand had an addition to it which was a lemonade everything table, including deserts, muffins, and other baked goods. Jacob was manning the lemonade stand along with some of his team mates raising money for the boys basketball team while the girls were sharing table duties at the lemon everything table in order to raise money for the girls volleyball team. / SANDRA JAMES



LOVE LOCAL CONTENT?

Never miss a story! Subscribe today: CALL 250-566-4606





In the Robson Valley multi-material recycling bins are available at the Dunster, McBride and Valemount Regional Transfer Stations.

What is accepted in these recycling bins?

Containers, cans, jugs and drink cups, as well as boxes, envelopes, flyers, magazines and printed paper are all accepted.

Not all plastics are accepted – like Tupperware, garden hoses or toys. Containers for motor oil, vehicle lubricant or antifreeze are only collected as part of the used oil recycling program at the McBride and Valemount Regional Transfer Stations.

Empty and Clean Containers

Empty containers and give them a quick rinse. Residual food can cause an entire bin to be rejected as the material is no longer suitable for recycling and may attract animals and pests. It can also be a health concern for workers sorting the recycling.

Corrugated Cardboard

McBride and Valemount Regional Transfer Stations have compactors to maximize the amount of corrugated cardboard that can be collected. Ensure there is no Styrofoam, plastic wrapping or bubblewrap mixed in with the cardboard before it is loaded into the compactor. Waxed produce boxes and soiled cardboard are not accepted as it impacts the recycling process down the line.

Materials for Recycle BC

Some items can only be recycled at Recycle BC depots, including:

- Non-deposit glass bottles and jars (but not drinking glasses or dishware)
- Plastic bags from produce, grocery, dry cleaning, bread, dry bulk foods and frozen vegetables
- Wrapping from diapers, feminine products, paper towels and toilet paper
- Overwrap on mattresses, furniture and electronic equipment
- Flexible plastic packaging like stand up and zipper pouches, crinkly wrappers, woven plastic bags and non-food protective packaging (but not kitchen wrap, garbage bags, or biodegradable or compostable bags)
- Styrofoam containers for meat, produce and take-out food, and packaging from electronics and small appliances

Visit **recyclebc.ca** for more information. Locations in Prince George include PG Recycling and Return-It Centre at 2614 Peterson Road, and Hart Return-It Centre at 6665 Hart Highway.

Let's put waste in its place.



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

sortsmart.ca

TURNING DREAMS INTO REALITY, ONE PROPERTY AT A TIME!

Call me!

TEL: 1-250-566-1022

EMAIL: sherrimalone@royallepage.ca
WEB: propertiesinvalemount.com

OFFICE: 1275 5th Ave, Valemount BC VOE 2ZO



REALTOR AT ROYAL LEPAGE ASPIRE REALTY



MALONE



15703 OLD TETE JAUNE RD



This phenomenal package of a property really has it all! You have the most outstanding views of Mica Mountain anywhere on the property as well as within the home. The 4 acre property is fenced into two pastures, has a barn/workshop, chicken coop, another sizable shed, 3 wells, garden boxes, crabapple trees, a circular driveway for convenience and is on the school bus route! Inside the beautiful home you are greeted with an open concept on the hardwood main floor with windows from floor to vaulted ceilings, showcasing how magnificent Mica Mountain really is. The basement has a separate entrance and has a wood stove for a secondary heat source and let's not forget about your southfacing sundeck with a hot tub that also faces Mica! You can really see the natural beauty of this property for yourself!

1015 CRANBERRY LAKE RD



This is a very rare find in Valemount - a new build! This beautiful, energy efficient home will be maintenance free for many years to come. Being a brand new home on 2.5 acres and only a 2 minute drive from town means a higher price point for this property. But, you're in luck as the 1 bedroom has its own entrance and can be rented out as a mortgage helper if you so wish. The beautiful local mountain views are enjoyed not only outside on the property but within the home as well. Attached single garage gives you covered parking for your vehicle or room for your toys. Call today to arrange a showing as the market is picking up and there are no other properties in Valemount like this one!

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



2320 Bevier Road

MCBRIDE





NEW LISTING!





What an acreage this is! This 4 bed, 3 bath rancher is all about family, whether you still have the littles or the adults are coming home for a visit. The mudroom is huge, letting everyone get in and get sorted. The main part of the home greets you with a spacious kitchen overlooking the landscaped yard, a large dining area with patio access, and a cozy living room with vaulted ceilings. The attached garage doubles as a workshop, and you'll be pleased to find your own smoke house, chicken coop and large greenhouse/garden. Well maintained and move in ready, this could be the one you've been waiting for.

DIFFERENT B E T T E R



CELL: 250-566-1086 OFFICE: 250-645-5055

