



Bung Bung 2023



Your weekly source of news, views and entertainment

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McBride ambulance converting to 24/7 Alpha station

Valemount hiring 12 positions; Blue River adding FT unit chief

By LAURA KEIL

Members of the local ambulance stations are hoping to change the perception of the work they do and attract more people to join the ambulance service. Valemount is currently hiring one full-time position and 11 part-time casual positions. Blue River will be adding one full-time unit chief position and McBride is converting its station to a 24/7 Alpha model, meaning two full-time staff members will be present at the station at all times, as well as two more on-call. Currently McBride staff members are on-call only.

The McBride station does not currently have accommodations, however, meaning rooms will need to be built or leased before the Alpha designation comes into effect in March.

At an open house Nov 23rd, Valemount acting unit chief Ryan Howard said joining the ambulance is a way to give back to the community and is personally rewarding.

“We’re encouraging people to participate in their community,” he said. “There’s a great career package and lifelong learning.”

Last year the Valemount station transitioned to a 24-7 Alpha station, meaning two ambulance workers are at the station at all times, plus two are on call (if staffing is available). But with staffing shortages, not all time slots are being filled.

Valemount paramedic Penny Waechter says the biggest reason she hears for people not joining the ambulance is that they “couldn’t do that work.”

“The majority of calls are feel-good calls, not feel-bad calls,” she says.

Howard says there’s a lot of flexibility in casual positions - a person could choose to only work days or only work nights depending on their preference, and can



Valemount station Acting Unit Chief Ryan Howard and recruitment coordinator Michael Saat are hoping to spread the word about how rewarding a career can be in the ambulance service. They also note that new EMRs are paid \$29 an hour after just a 3-4 week course. /LAURA KEIL

pick which days they’re available.

Several ambulance workers agree that the on-call shifts would be great for someone who is studying or involved in a hobby they could drop if a call comes in. Some people even work other jobs, if they’re self-employed or if their employer can provide flexible time-off.

Recent changes to ambulance employees’ contracts mean they now get paid a \$12/hour stipend to carry a pager, which is added to their regular wage if they receive a call. Every call receives four hours of regular pay. So an EMT would receive their regular wage (which

starts at \$29.48/hour and goes up to \$36.47/hour after 3 years) plus \$12/hour for that 4-hour period.

Recruitment coordinator Michael Saat says there is also ongoing education paid by the employer and a benefits package.

Anyone interested in learning more about the Valemount station can contact Howard at Ryan.howard@bcehs.ca. To apply for a job or learn more details about careers at the ambulance, email recruitment at Recruiting@bcehs.ca

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Rust-coloured dumping irks resident



Valemount resident Rob MacLean was disconcerted to see a large forested area near John Osadchuck Park dyed a rusty colour due to some kind of contaminant dumped there. The contaminant is plainly visible on tree trunks in the area. The Ministry of Environment confirms it has received a complaint and is following up. /SUBMITTED

Ambulance service wants EMR course taught in more high schools

By LAURA KEIL

In a bid to recruit more members to the ambulance service, BC Emergency Health Services recruitment coordinator Michael Saat says they are actively working on getting EMR courses taught in more high schools around the province.

The EMR course is typically a 3-week course taken by prospective members of the BC Ambulance Service, soon to be a 4-week course due to the Province increasing the scope of practice of EMRs. Saat says the EMR course has been converted into high school curriculum and is available through the Ministry of Education. Some 120 Port Alberni high schoolers have graduated from the course, and 18 of them are now working in the ambulance service.

The benefit to BCEHS is clear, and for students it provides a certification they can use in the ambulance service or in industry.

“Not only do they get credit to graduate, they also come away with an EMR license - whether they work for us or not.”

On Thurs. Nov. 23rd Saat and Acting Valemount Unit Chief Ryan Howard spoke to high schoolers about the ambulance service as a rewarding and relatively simply-to-access career.

Saat says recent changes to their contracts mean better pay and more flexibility.

For instance, the \$12/hour stipend to carry the pager is added to their regular wage if they get a call. Every call receives four hours of regular pay. So an EMT would receive their regular wage (which

starts at \$29.48/hour and goes up to \$36.47/hour after 3 years) plus \$12/hour for that 4-hour period.

The minimum pay during each 12-hour on-call shift is \$144, and the maximum is potentially much higher depending on the number of calls.

Saat says the high school curriculum model would first involve training high school teachers as EMR instructors and would involve a small fee from students - around \$400 - which is about a quarter of the regular price. The dual credit course would provide high school credits towards graduation as well as an EMR license.

According to the Alberni District Secondary School website, students “are introduced to essential concepts of emergency medicine and establish

a basic foundation in medical terminology, human anatomy, physiology, pharmacology and clinical science.” The school website says the skills and training attained through the EMR course meet and exceed occupational first aid training and employment opportunities for licensed Emergency Medical Responders may include Ambulance services, Fire and Rescue services, Occupational or Industrial first aid settings and more.

Emergency Management BC is facing an ambulance staff shortage in many communities around the Province.

Many current ambulance staff believe if people knew about the pay and flexible shift schedule more people would apply.

“There’s a great career package and lifelong learning,” Howard says.



Pete Amyoony has lived, worked and gardened in the Dunster area for over 40 years. He tries to deal with the “down to earth nuts and bolts of organic gardening” in his columns.



Hosta your vista!

If you have a shady corner in your garden where the “regular” plants don’t seem to do well, you might spend some time planning a bed or two that use shade-loving plants or at least plants that tolerate shade well. Many garden books suggest dozens of plants that thrive in partial shade or diffused light but you should always be careful to get ones that are hardy for this area.

The first ones that come to mind are ferns and hostas because they do well in shade or partial shade and do really well in our zone. The wet areas of my little piece of heaven are covered with bracken fern that grows up to shoulder height in places. I have seen a few other species of fern do well in other gardens around the Valley.

Hosta, of course, is one of the most popular plants that tolerate diffused light. I have seen them growing well under large trees and in very shady corners of yards and gardens. Because they come from the floor of large treed forests, they thrive in filtered shade. In general, the darker colored varieties do best in the heavier shade. The light

green ones and the gold colored ones tolerate more sun, but none of them really like the hot sun at midday and in the afternoon. If they get direct sun in the morning, you must be careful to give them lots of water or they will dry out quite quickly.

Remember they originated from the forest floor, so try to give them a spot that is high in humus and organic matter. Before planting, dig in lots of compost, rotted manure and peat moss to a depth of 1 foot (30cm) and your hostas will reward you with lush growth.

These plants really do not need any other fertilizer if you have prepared the beds well before planting. If you do want to add some, any well-balanced fertilizer will do.

The main pest of these big leafed beauties is the slimy slug. If you see holes in the leaves and the typical slimy shiny trails, you can be sure your hosta is becoming a slug’s dinner. Stale beer or water and yeast in a low container at ground level can be used to lure these creatures to their watery death. After being attracted by the yeast smell, they

fall into the containers and drown. Another method I have used to get rid of slugs is to lay small pieces of boards around the area and check them each morning. The slugs use them as hiding places and can be dispatched of by turning the board over and getting rid of the sleeping slugs.

If your hostas begin to turn yellow and die back, you may have a drainage problem or too much clay in your soil. This could also be from over watering or the opposite extreme of letting them totally dry out on hot days. If the soil around them feels moist, suspect too much water. Too much fertilizer will also cause them to turn yellow. If they turn yellow in the fall, they are more than likely o.k. and just going into their winter mode.

If you have a generous garden friend who is willing to share a piece of their hosta, it should be dug in the very early spring and cut into sections with a sharp knife and the sections replanted. Be sure to water it in well.

This year, you might want to “hosta your vista!”

Province to clean garbage dumped at Johnson Gravel Pit



Some of the debris at Johnson Gravel Pit. /RMG FILE PHOTO

By SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Ministry of Transportation (MOTI) says it will clean up the garbage that was illegally dumped at Johnson Gravel Pit located in McBride.

The Goat received tips from two McBride residents about illegal dumping at the gravel pit in October and upon visiting the location found large tire marks leading to an embankment and discarded waste below, as well as miscellaneous garbage, including an empty soil bag, a snowmobile track, and a tire strewn about the area.

The BC Conservation Officer Service previously told The Goat it was under the Regional District’s jurisdiction to clean up the discarded garbage, while the District said it was the responsibility of the Province.

The ministry, which owns the pit, says it is responsible for cleaning up the debris. The clean-up itself hasn’t been scheduled.

“Ministry staff have been to the site and will be initiating clean-up as time and weather permit,” MOTI said.

In an attempt to prevent further illegal dumping at the site, the ministry says it will replace the no trespassing signs posted at its entrances.

“The ministry encourages members of the public to report any illegal dumping to the local ministry district office or the

McBride RCMP,” MOTI said.

Renee McCloskey with the Regional District of Fraser-Fort George says the district is pleased to hear the ministry is planning on cleaning the pit, but added it’s “unfortunate” that a clean-up is even required.

“The majority of the population manages to dispose of their waste in a responsible, legal way. Illegal dumping is a poor choice that a small number of people make. Unfortunately, the impacts of illegal dumping leave a mess for others to clean up. It is harmful to our communities, environment, and wildlife and there is no justification for it,” McCloskey said.

She said in many cases, items that are dumped, like appliances, could be brought to a transfer station or landfill and disposed of properly for free.

“[The District] will continue to provide options for waste disposal and promote waste reduction and diversion and recycling,” McCloskey said.

She said enforcing rules relating to illegal dumping can be challenging, but effective.

“People are reminded that acts of illegal dumping can be reported to RAPP (Report All Poachers and Polluters), BC’s Conservation Officer 24 hr toll-free Hotline 1-877-952-7277. If the situation is not an emergency, complete and electronically submit the RAPP form on the BC RAPP website,” McCloskey said.

Village invites residents to review 5-year financial plan

SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Village of Valemount is inviting residents to view and comment on its amended five-year financial plan after council gave the amendment bylaw its first, second and third readings earlier this month.

B.C.’s community charter states a municipality can’t make expenditures that aren’t included in the financial plan. If an unexpected expenditure comes up during the year, the financial plan has to be amended by bylaw before the expenditure can be made. The municipality also has to consult the public before it can make the amendment and the financial plan has to outline proposed revenue sources.

The Village’s proposed amendments to the financial plan include \$107,338 in school and policing costs recovered by property taxation — which according to McNee is offset by amounts the Village paid to school and policing agencies,

Other amendments include \$185,000 in additional costs from the Village’s staff housing project — which the Village says is offset by a Northern Capital Planning Grant and rental income — and \$20,000 for lift station upgrades. McNee says the cost of the upgrades are offset by revenue from increased sewer sales resulting from the Trans Mountain Pipeline expansion project.

Residents can view the amended financial plan at the Village of Valemount website. Those who wish to comment can do so until December 4th at 12 p.m. by emailing McNee at dof@valemount.ca.

The Village will provide all comments it receives to council before the final reading of the bylaw, which is expected to be on the December 12th meeting agenda.



NOW HIRING Mill Manager-Operator

Closes January 2nd, 2024

BRKH Custom Woodworks is seeking a person with experience in operating moulders and other wood milling machinery to manage and operate its facility in McBride, BC. Experience operating a moulder would be an asset. Work is permanent full-time, with a salary ranging from \$35 to \$40 per hour depending on experience. For more information, please visit www.dunstercommunityforest.ca



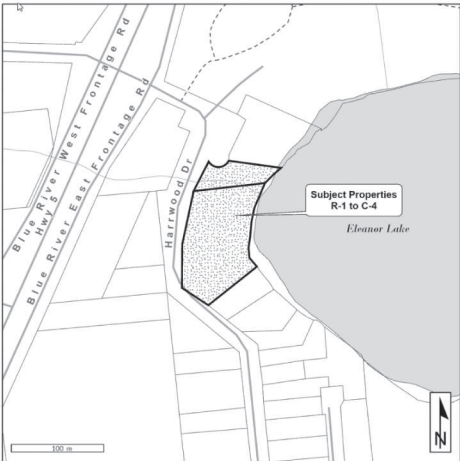
NOTICE OF PUBLIC HEARING Thompson-Nicola Regional District

When? Thursday, December 14th, 2023, at 1:30 PM

The Board of Directors of the Thompson-Nicola Regional District gives notice that it will hold a Public Hearing in the TNRD Boardroom, 4th Floor - 465 Victoria Street, Kamloops, BC, to consider proposed Bylaw No. 2826, 2023.

What is Zoning Amendment Bylaw 2826, 2023?

Zoning Amendment Bylaw 2826 will rezone 920 & 934 Harwood Drive in Blue River from R-1: Residential Single and Duplex zone to C-4: Recreational Commercial to allow Traveller Accommodation Use (short term guest accommodation) in a single-family dwelling for Mike Wiegale Heli-Ski Resort.



All persons who believe their interest in property may be affected by the proposed Bylaw shall be afforded a reasonable opportunity to provide input at the Public Hearing. Additionally, they may make written submissions on the matter of Bylaw 2826, 2023 (via the options below) which must be received at our office prior to 12:00 p.m. on December 12, 2023. The entire content of all submissions will be made public and form a part of the public record for this matter.

How do I get more information?

A copy of the proposed Bylaw and all supporting information can be inspected from 8:30 a.m. to 4:30 p.m., Monday - Friday (except statutory holidays) at our office, from November 20th, 2023 until 1:30 p.m. on the day of the Hearing; or please contact us via any of the options below.

For info & submissions

Mail	Phone	Email	Website
#300-465 Victoria St Kamloops, BC V2C 2A9	(250) 377-8673 1 (877) 377-8673	planning@tnrd.ca legservices@tnrd.ca	www.tnrd.ca

No representations will be received by the Board of Directors after the Public Hearing has been concluded.
A. Krause, General Manager of Development Services



REGIONAL DISTRICT of Fraser-Fort George

Property Use Agreement for the:

Canoe Valley Recreation Centre Concession

The Regional District of Fraser-Fort George intends to enter into a lease agreement for the use of a Regional District property for a 2-year term with:

Valemount Minor Hockey Association for those portions of the upper floor of the Canoe Valley Recreation Centre known as the Concession Area. The Canoe Valley Recreation Centre is located at 100 Elm Street, Valemount, BC.

In consideration of the entitlements given, the Regional District will receive a nominal sum of \$1.00 the specified term of the lease.

For more information please email:

Cindy Paton
Community Services Leader
Regional District of Fraser-Fort George
communityservices@rdffg.bc.ca



REGIONAL DISTRICT of Fraser-Fort George

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Andrea Arnold
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Christmas decorating: when is too early?

When is too early to start decorating for Christmas?

This is a question that everyone seems to have their own answer to, and although it may be the unpopular opinion, I don't believe there is a one size fits all answer, but I am 100 per cent sure that early decorating does not cause early snowfalls.

The most common statement I hear is that it isn't right to decorate before Remembrance Day because some people feel that it takes away from the significance of the day. However, I have heard from veterans in the past that it doesn't bother them to see lights up before November 11th. They fought for people's freedom, and that includes the freedom to decorate early.

For other people, the Christmas decorations are hauled out the moment the last ghost or goblin has rung the doorbell on October 31. Halloween decorations come down and the lights and holly go up.

I find that when the days start to get shorter and the nights longer and colder, the glow of Christmas lights can help brighten my spirits. I lived in a basement for several years

in Calgary before moving back here. I started turning on Christmas lights strung around my living room to help combat the doldrums. I even invested in an artificial Christmas tree so that I could leave it up a lot longer than a real tree would last. (One year it stayed up till June - I know, a little excessive). Usually actual decorations are up for a shorter time but my lights, they are long term fixtures.

There are practical reasons for getting lights up and starting to decorate early. Temperature for example. It is way more pleasant to put your yard lights up and still be able to feel your fingers than waiting until there is snow on the ground and freezing temperatures.

In the overall busyness of the season, I have found that if I put it off until December, I feel rushed. The days fill up and all of a sudden Christmas is just around the corner and the decorating becomes another chore, not an enjoyable experience. The season can get so rushed that having that aspect taken care of earlier may allow one to slow down a little and enjoy the brightly coloured fruits of their labour.

Some families have their own personal

reasons for decorating early. Maybe they have family that are unable to visit closer to Christmas so they are celebrating early. Maybe they have a sick family member that may not be with them on December 25th. Maybe they are like me, and need to feel the warmth of the season as the days get colder.

On the other hand, there are others whose tradition is to put up lights and the tree when the kids get off of school, or when that last family member arrives for the holiday. There are those who feel like the Christmas season has become too commercialized and they limit the days their decorations are up so that it remains a special experience each year.

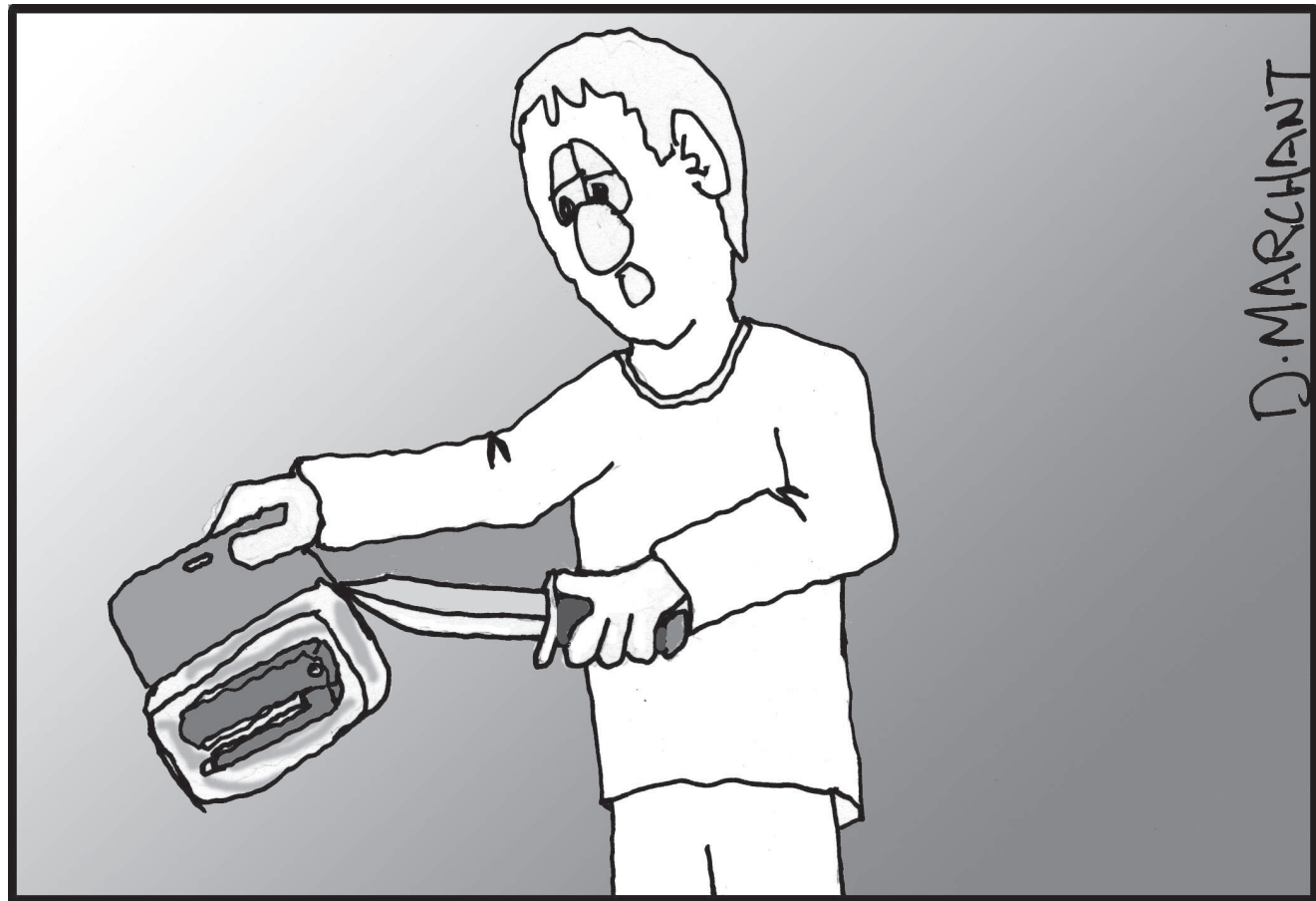
The same goes for the other side of December 25th.

I know people who take down decorations on Boxing Day, and others that have the goal of January 1st for their de-decorating day. Again, there may be reasons for people to have lights and decorations up longer.

It is the season where people are more likely to extend grace and love, let us extend that to decorating habits as well. Or, just enjoy your own traditions and leave others to their own.

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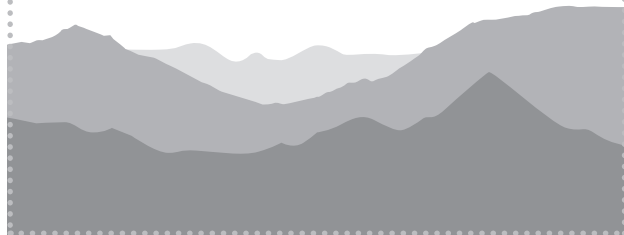


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Letters/Op-Ed



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Scotiabank closure should not be accepted without a fight

Dear RMG,

As you may be aware the Bank of Nova Scotia (BNS) is planning to close its branch in McBride, BC. This is McBride's only bank. Once the bank closes there is no other banking institution immediately available.

It is suggested by BNS that their bank customers travel a minimum of five hours (minimum 2 hours each way plus parking and bank time) to the next closest branch in Prince George, BC. This is an

absurd suggestion.

The decision to close the McBride branch apparently was made by a BNS District Manager who lives in a city that has a BNS branches every 10 blocks, where if one branch is closed a customer just goes a couple blocks and a few minutes down the street to another branch, not five hours minimum away, absurd.

The BNS should not be allowed to carry through with this closure without hearing from

its customers. The closure is a local economic development failure on the community's administration's watch. It should not be accepted as "oh well it is the way it is." NO, it does not have to be so and letters along with a major effort to reject this BNS suggest be initiated through the communities administration and Economic development supported by the community residents.

Rejection of the bank closure can be expressed through writing

of letters and on BNS social media sites such as facebook or X (formerly twitter) expressing thoughts in regard to this matter.

Joe Public

Global Thoughts

BY GWYNNE DYER



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

Israel-Hamas Ceasefire

There are really three parties to the 'pause' – nobody is officially using the word 'ceasefire' – that brings at least a temporary end to the fighting in the Gaza Strip. Two of the three parties, Hamas and the United States, would like it to turn into a permanent ceasefire, but Israel emphatically does not.

Israel's prime minister Binyamin 'Bibi' Netanyahu definitely wants the war to continue in order to "complete the elimination of Hamas and ensure that there will be no new threat to the State of Israel from Gaza." What proportion of Israel's population really wants the war to continue, however, is less clear.

The United States urgently wants a ceasefire, because its strong support of Israel, although politically essential at home, is placing an intolerable strain on its relations with the Arab and Muslim world.

Hamas wants the war to stop now because it has achieved both its major

objectives and would like to leave the table while it is still winning. The drift towards closer collaboration between Israel and the major Arab states has been slowed, if not entirely stopped, and Hamas has reaffirmed its status as the leader of the Palestinian 'resistance'.

14,000 Palestinians have been killed in the Israeli counter-attack, most of them civilians, compared to only 1,400 Israelis, but the 10-to-1 kill ratio is normal in Israeli-Palestinian wars. A third of Gaza's buildings have been destroyed or damaged, but that was also foreseen and discounted by Hamas.

Now Hamas would like to stop, to preserve the lives of its own remaining fighters. It knew this moment would arrive, which is why it seized 240 Israeli civilians as bargaining chips at the beginning of its attack.

It knew the Israeli government would be under huge pressure to save them, and that it would have to accept a temporary

ceasefire to do so. That is the point we have now reached in Hamas's strategy.

Look at the structure of the deal: ten hostages released each day that the ceasefire lasts. That's three weeks of ceasefire before all the Israeli hostages are home, and no Israeli government would dare re- starting the shooting until then.

Ten-a-day was Hamas's bottom line for the deal, because it thinks the Israelis will find it politically impossible to start the war up again in mid-December if there has been no shooting in the meantime (and there won't be any).

By contrast Israel, or at least the Netanyahu government, wants to fight the war to the end, because only something Bibi can call a victory could possibly keep him in office. However, he's unlikely even to be in power by mid-December if the shooting stops now: his popularity has crashed to 4% with the Israeli public.

The prognosis, therefore, is that the

ceasefire endures, Netanyahu falls, and Hamas keeps control of Gaza (although only from its underground tunnels, for the moment). Game, set and match to Hamas?

Not necessarily. It has won a major tactical victory over the Israelis and enhanced its reputation in the Arab 'street', but it may have snookered itself strategically.

The last thing Hamas wants is a 'two-state solution' that divides Palestine between a Jewish state and an Arab one. It wants to drive all the Jews out of Palestine and unite it as an Islamic republic. Yet the carnage of the war and the shock to the international system have forced the long-moribund two-state idea back onto the table.

If this is really success, what would failure look like?



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Nous reconnaissons l'appui financier du gouvernement du Canada.



Province conducts first-ever Robson Valley moose density survey

By SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

After conducting the Robson Valley’s first moose density and composition survey earlier this year, the Province says it’s not able to determine trends in the moose population at this time, but it will use the survey as a baseline for studies in the future.

Wildlife biologists working with the Ministry of Forests, along with observers from BC Parks and Simpcw First Nation conducted the survey, the main focuses of which were to determine estimates of moose abundance and density, bull to cow and cow to calf ratios, and to get a minimum count of elk and deer in the area.

Areas surveyed include Mount Robson Provincial Park, the Canoe River area of the Kinbasket reservoir south of Valemount to the Fraser River west of McBride. It also included the traditional territory of many First Nations, such as the Lheidli T’enneh Band, Lhtako Dene Nation, Secwepemc te Qelmucw, and Simpcw First Nation.

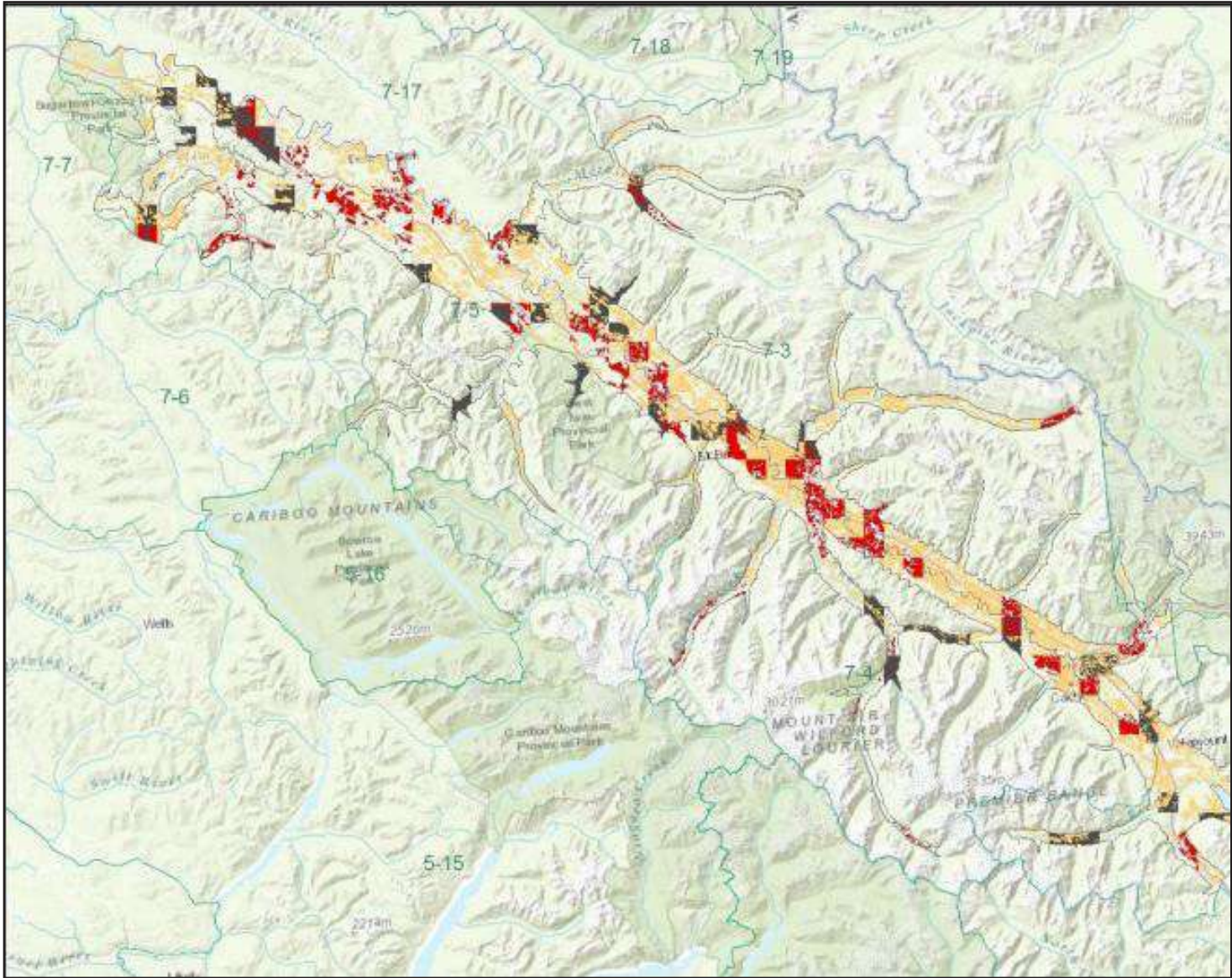
The Ministry of Land, Water, and Resource Stewardship says the surveys were done by dividing the survey area into different sample areas based on anticipated moose habitat.

“Moose habitat selection in early winter is quite predictable, and spatial habitat layers can be used to classify habitat as either high likelihood of moose (S1) or lower likelihood of moose (S2),” the ministry said.

Using provincial vegetation and silviculture data, researchers determined the two habitat areas, with S1 areas having five to 40-year-old forests made up of mainly deciduous trees with areas of shrubs.

S2, or low value moose habitat areas, includes primarily less than 40-year-old forests primarily made up of coniferous trees, as well as other forests between five and 40 years old, muskeg, swamps, and areas without vegetation, like gravel bars, rock outcrops, and roads.

Researchers then randomly selected blocks out of these areas to survey and classified the moose observed in those blocks. The survey itself was done by “well-trained, experienced observers”



Shown above is the study area for moose density in the Robson Valley. Orange represents the areas that have a high likelihood of moose but weren’t surveyed. Surveyed areas with a high likelihood of moose are shown in red, while surveyed areas that have a lower likelihood of moose are highlighted in grey. From the 258 moose observed, researchers estimate there is a population of 1049 moose in the Robson Valley. / MINISTRY OF FORESTS

who flew out in Bell Jet Ranger helicopters with bubble windows for maximum visibility, according to the ministry.

The survey found Robson Valley has a moose density level of 0.32 moose per square kilometer, which researchers said is similar to other mountainous areas in the Omineca region. Researchers observed a total of 258 moose and estimated the survey area to have a population of about 1049. They estimate the valley has about 31 moose calves per 100 cows, which the ministry says is consistent for a stable moose population, adding these ratios can fluctuate each year.

“Calf cow ratios were in line with what we would expect for a stable population, although these ratios can be highly variable year-to-year, and thus are interpreted with caution by wildlife managers,”

The survey found the bull to cow ratio in the area is at about 98 males per 100 females — almost double the target of 50 bulls per 100 cows in low density areas. This ratio was much higher in Mount Robson Provincial Park, at 250 males per 100 females.

The study says these ratios suggest current limited entry hunting harvest

rates in the valley are sustainable.

The Province says it won’t revise hunting regulations based on this survey as it is meant to give “a snapshot in time” of the moose population.

“We are placing more emphasis on monitoring trends, like bull ratios, calf ratios, or repeated surveys on densities. We intend to continue monitoring the Robson Valley,” the ministry said.

The ministry plans on conducting another, similar survey of the area in 2027, depending on its resources and staff capacity.

Potential B.C. housing bill could cost Valemount, McBride \$138K over next 5 years

By SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

A requirement in recently introduced provincial housing legislation, aimed at increasing B.C.’s housing supply and limiting construction delays, could cost the Village of Valemount at least \$138,000 every five years.

If passed, the new legislation would introduce Bill 44, which would require municipalities to change their land planning to an up-front zoning process, zoning land ahead of time and limiting the use of current rezoning processes. The ministry said the change will help to increase the housing supply across the province.

The proposed legislation would also require all municipalities in B.C. to update their official

community plans every five years to reflect housing needs. Currently, there is no requirement for how often municipalities need to update their official community plans. Valemount last updated its official community plan in 2021. Before that, the plan hadn’t been updated since 2006.

Mayor Torgerson says Village staff are working with the province to see how each piece of the new legislation applies to communities with a population of under 5,000 residents.

“In particular, the requirement to re-envision an official community plan every five years given the immense cost that is

associated with that,” Torgerson said.

Valemount CAO Anne Yanciw echoed Torgerson, saying that

“That's going to be very difficult for many small communities to comply with unless there are some resources provided or a different format.”

consultants typically charge \$100,000 to \$150,000 to update a municipality’s official community plan.

“That’s going to be very difficult for many small communities to comply with unless there are some resources provided or a different format because under legislation, the official community plan as a bylaw requires extensive consultation,” Yanciw said.

According to Director of Finance Lori McNee, Valemount’s latest official community plan cost the Village \$138,000.

The ministry said the province will provide “a range of resources and support” to local governments if the legislation passes, including \$51 million to help municipalities meet the new requirements.

Other funding streams available is \$1 billion in

growing communities funds for local governments to tackle infrastructure projects needed for community growth, and \$10 million from a second intake of the local government development approvals program, administered by the Union of BC Municipalities.

Torgerson said he’d welcome any funding from the province, but the Village’s current infrastructure meets the demands of its housing needs assessment.

“The Village has applied to the federal Housing Accelerator Fund that will address future development and infrastructure needs, and we are awaiting a response from that grant program.”



Bung Bung

2023



The annual Bung Bung event held in McBride allows people to show off their vintage sleds and hit the hill for a start of season ride, without risking damage to their new, more expensive rides. Once again, Brett Turcotte (above with black skis) and Brandon Cormier (above, orange skis) performed high-flying aerial stunts on their snowmobiles. The machines are fitted with small wheels allowing for them to use the bare street to get speed before hitting the ramp and soaring high. The lack of snow spraying resulted in the sleds reaching high temperatures, so the pair took a few short breaks and one longer intermission during the show to prevent overheating. / ANDREA ARNOLD



Curtis Kaufman purchased this modified fully loaded 2008 Ford Edge to use for work instead of a side by side. Instead of driving a small, uncomfortable side by side, he enjoys the luxury of heated leather seats and satellite radio throughout his work day. /ANDREA ARNOLD

Shane Bussemaker from Stoney Plain bought this 1973 Raider 34TT by Bob Bracey. After he bought it, he found that the pistons were upside down, so he had a little work to do to get it running, but now it purrs. /ANDREA ARNOLD



Max was thrilled to show off this 1985 Phazer. He said it performed well earlier in the day when he rode it up Lucille during their firewood delivery in preparation for Saturday's Bung Bung event. /ANDREA ARNOLD

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This more recent creation by local artist Lyuba Milne is one of the ones on display at the Valley Museum and Archives. She says it took her approximately 81 hours to build, following the construction of the base. This time figure doesn’t include prep, glaze or kiln time. /ANDREA ARNOLD

Local ceramics artist on display at valley museum

By ANDREA ARNOLD

The Valley Museum and Archives in McBride has been transformed into an art gallery, showcasing the ceramic artwork of local artist Lyuba Milne. She would like to see more appreciation for those who work with ceramics and thinks that could happen through exposure to the medium. On Thursday evening, several of Milne’s friends and supporters gathered for a private reception to kick off the exhibit. Attendees had the opportunity to stroll among the sculptures before hearing Milne speak. “A potter doesn’t only have to create pieces,” said Milne. “The potter needs to know the properties of the clay, what type to use for each specific project, about glazes and specifics regarding firing temperatures and methods.” As she walked around the room, Milne briefly explained the techniques she used during her creative process, and how many of her pieces are inspired by things she sees in nature or architecture. “Everything is an expression of an idea,” she said. “I can’t reproduce anything exactly. I can make something similar,

maybe in a different size, but not exactly the same.” In 1981, she emigrated to the USA from Kiev where she had held the position of museum curator of contemporary Ukrainian Art. She worked for many years as a graphic artist in New York City. In 2001 she first ventured into the world of ceramics through courses at Greenwich House Pottery In New York. Four years later, she and her husband Davide moved to the Robson Valley. Here, she was exposed to the art of working with clay by valley resident Stefi McLean and she felt her passion ignited. “It was the feel of clay in my hands, and the using of my hands to create that left me in awe,” said Milne. She began to explore ways of creating that would go beyond traditional pottery. She first tried to deconstruct the concept of a vessel. She created bowl shapes and added geometric elements. From there she moved onto creating sculptures by only using the geometric elements, no longer using the bowl shape as a base. More recently, her sculptures have moved away from the idea of a vessel completely, and are now based on



Inspired by the forms and motion of icebergs, this piece is actually two parts, separated by a narrow gap. Milne says she can imagine the gap to be a passage for small boats to pass through. /ANDREA ARNOLD

abstract sculptural forms. “This gave me the freedom to explore a range of ideas outside traditional ceramic, but still made it possible to work within the medium of clay,” she said. Milne formed all the sculptures on display by cutting pieces of clay from a large slab, and assembling. She begins with the base shape and creates elevation bending and smoothing pieces by hand as she goes. She does not expect everyone to look at her pieces and understand exactly what she was thinking when she created it, nor does she expect everyone to feel the same or think the same while looking at her work. “I work with no real references,” she said. “I am inspired and I create a representation. Each piece is open for interpretation. It is abstract art.” Milne took the opportunity to publicly thank her husband David for all the support that he continues to provide her. He has built kilns and her studio and continues to develop glazes to adorn much of her work. She talked about one of the methods that he uses to help her reach the final look of some of her works. This method, called Western Raku, is derived from a Japanese method of glazing. She said that David will pull a piece out of the kiln while it is still red hot and place it into a bin containing some form of combustible material such as sawdust, straw and newspaper pieces as options. The lid is then placed on the bin, cutting off the oxygen coming from the air. Instead the fire pulls the oxygen from the glaze and the clay creating vibrant and unique colors. She also described a method used to create two pieces on display: the cracked outer shell of the sculpture gives a scaly



The shelf of sculptures Milne created using a vessel base shows her growth in creativity and height. /ANDREA ARNOLD

appearance, made using a specific blend of clay and through precise timing in the slab rolling and forming process. Although she loves to share her work, she has no desire to sell a piece to have it sit hidden in someone’s house. “If you only have one piece, you only have a little part of the big picture, not the whole story,” she said. She and husband Dave have been trying to create a local gallery or art centre where other local artists could share their work through gallery type shows. In the meantime, Milne is excited to have her work displayed at the museum until January 11th. The museum is open Tues-Fri 11am-4pm.

Books of the week!

FICTION

THE PROMISE
On her deathbed, Rachel Swart makes a promise to Salome, the family’s Black maid. This promise will divide the family—especially her children: Anton, the golden boy; Astrid, whose beauty is her power; and the youngest, Amor, whose life is shaped by feelings of guilt.

NON-FICTION

OUTSIDER
Outsider takes readers on a remarkable journey from Nazi-occupied Norway to Argentina and British Columbia. The book chronicles how a child born under mysterious circumstances during World War II finds his way onto the big screen in Goldfinger, is heralded as the world’s first extreme skier, and is later driven into the wilderness. Both joyful and tragic, Outsider presents a bold challenge to our notions of aging, belonging and human accomplishment.

SCIENCE-TECHNOLOGY

DEEP, DARK AND DANGEROUS
In Deep, Dark and Dangerous, maritime historian Vickie Jensen explores the fascinating story of British Columbia’s rise to become a world leader in the underwater tech industry. She profiles both trailblazing innovators and newcomers to the field, and traces BC’s colourful history and bright future as a front runner in the world of subsea technology innovation.

CHILDREN'S

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The holiday season can increase the amount of products we use and consume, and we can also produce extra waste. Here are some tips for reducing waste, and reusing and recycling:

Gift experiences, not items

Still looking for some last-minute gifts? Bring people together by gifting your time with a homemade coupon book or a pre-bought experience.

There are also lots of purchased options to choose from that can reduce your Christmas footprint like event tickets, restaurant reservations and gift cards.

Homemade & reusable decorations

Holiday decorations add a festive touch to any home. Instead of buying plastic ornaments, wreaths and decorations, make your own from materials like dried fruit, pinecones, holly, river stones and evergreen branches. Christmas tree lots often give away branches trimmed off the bottom of trees.

If you do need to buy new decorations, buy reusable ones that will last for years and keep unnecessary waste out of the landfill.

Reusable gift wrapping

Choose an alternative to commercial gift wrap. Using cloth or fabric bags instead of single use paper wrapping is an easy way to reduce waste this holiday.

If large presents need to be wrapped in paper, there are usually enough flat sections to be reused. Open large gifts with care and set the paper aside for another gift-giving occasion. Fancy ribbons and bows can be stored till next year when you will appreciate not having to buy new ones.



Donate old items

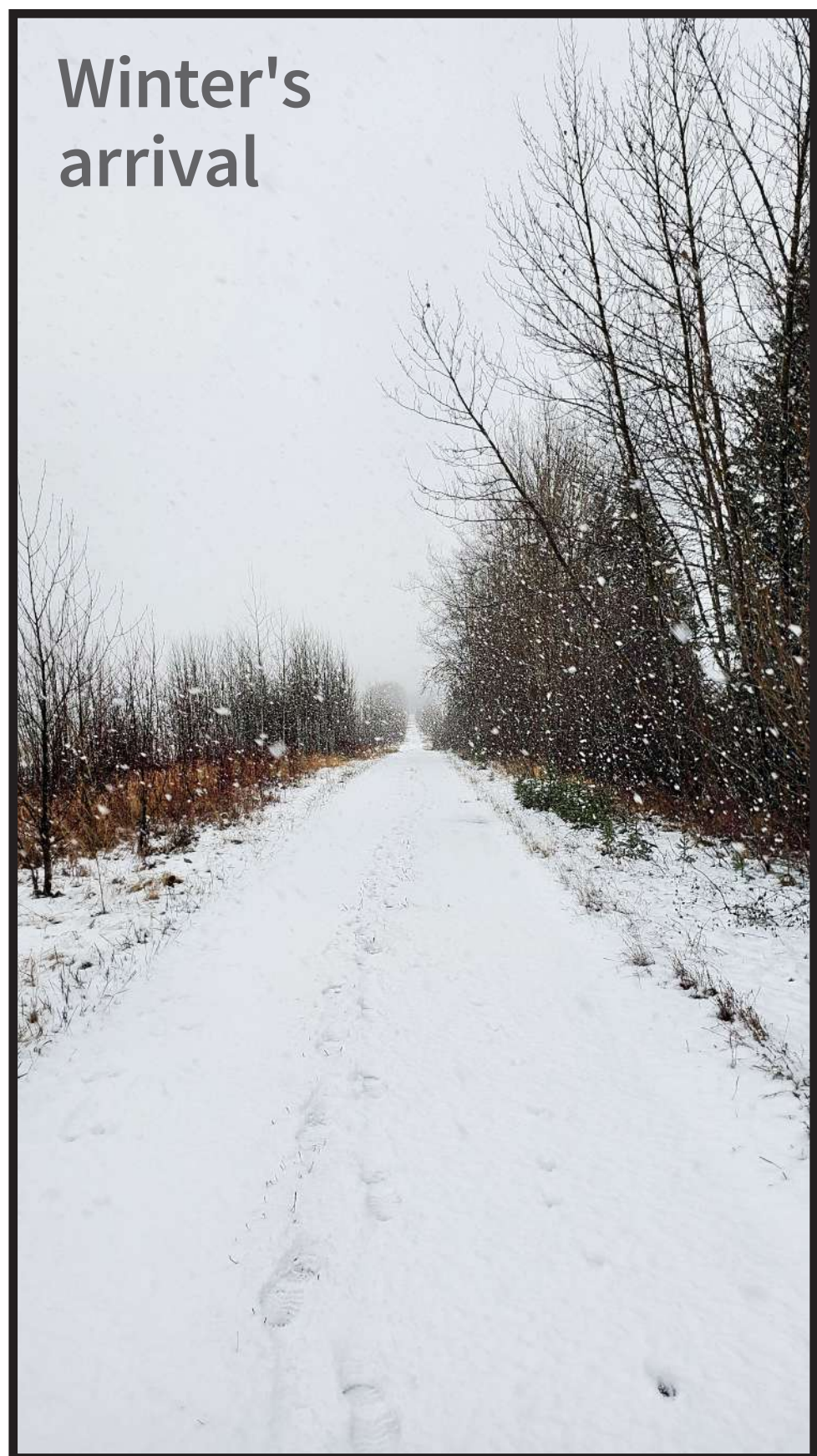
Give away items that you don't want or won't use, or old items that have been replaced by something shiny and new. Make sure the items donated are clean and in good working condition.

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



MINIMIZING WASTE BY REDUCING, REUSING, RECYCLING AND COMPOSTING.

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Mild temperatures, lack of wind and giant snowflakes are the ingredients needed for a beautiful winter walk. /ANDREA ARNOLD



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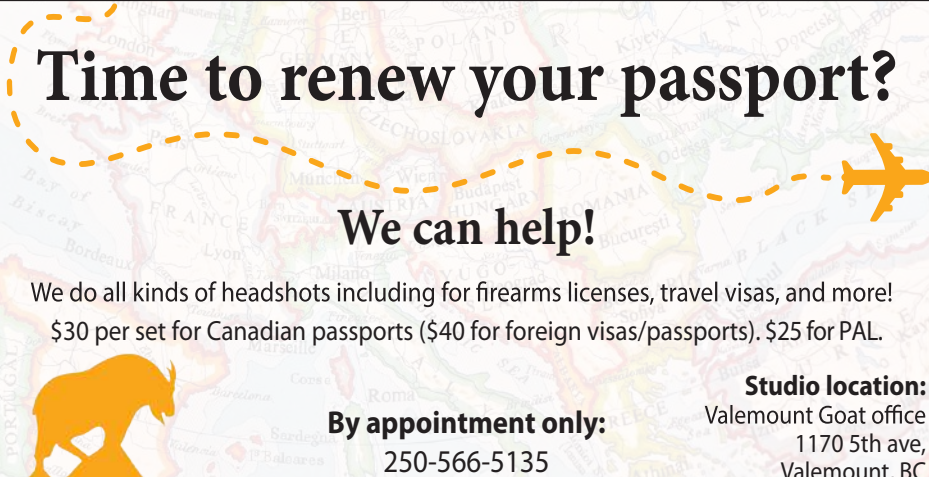
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PUZZLES



CROSSWORD

Answers on P13

- Across
- 1 Request

4 Negative conjunction

7 Attention ____

11 Go (of a car)

12 Be in debt

13 Achilles, e.g.

14 Father's Day gift

15 Inborn pattern of activity

17 Way up

19 Best

20 Fish and chips companion

22 "No ____!"

25 Word with legs or pockets

28 Creepy plant

29 Be undecided

30 Summons

32 Appreciative ability

33 Agrees (with)

34 "____ Another Day" (Bond flick)

35 Treetop structures

39 Watched attentively

43 Mineral bearing rock

44 "The ____ House" movie

45 "We ____ the World"

46 Cooler

47 Job for a plumber

48 Youngster

49 Relevant
- Down

1 Part of A & E

2 Office attire

3 Joint with a cap

4 Sounds

5 To each his ____

6 Brought back to its original condition

7 Send

8 Confident solver's tool

9 Electrical term

10 "____ to worry"

16 Storage unit

18 Stopper

21 From the age of chivalry

22 Succeed

23 Connective word

24 ____ man (always agrees)

25 Most common in English

26 Unit of hope?

27 Unique

28 Flower pot

31 Good as new

33 Mick Jagger, for one

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32				33							
			34				35		36	37	38
39	40	41				42			43		
44					45				46		
47					48				49		

- 34 Kind of breath
- 36 Chesterfield, e.g.
- 37 Catch by trickery
- 38 Fired off (e-mail)
- 39 Moth-eaten
- 40 Good thing to raise
- 41 Make tracks?
- 42 Big Band ____

HOROSCOPES



BY HOLIDAY MATHIS

Making Sagittarius Season Memories

It's the first full week of Sagittarius season, and the adventuring will bring about new memories. Memories have emotional mass. It could be argued they also have physical mass, or at least it seems that way as our brains build themselves around our experiences. It will be worthwhile to polish up our memories under this frost moon and store them in a way that helps them add to the scene and support instead of detract from the action.

ARIES (March 21-April 19). There are too many people in the world who love as fully as you do to waste time with one-sided relationships. Lopsidedness isn't healthy for either party. Don't settle for frustrating, unsatisfying ties. Keep moving and connecting with people, because there will be numerous excellent fits.

TAURUS (April 20-May 20). You're moving forward and making the most of your opportunities, but something about the past is tugging at you -- a lingering mental picture, a sound bite or, more likely, a funny feeling that the scene isn't over yet. Make note of this sense, as it will be remarkable to you later. All will be revealed in time.

GEMINI (May 21-June 21). Your friendliness will lead to numerous positive outcomes and enrichments. People say it takes effort to build and maintain meaningful relationships, but it certainly doesn't feel that way to you. Since you need people, and they need you, a natural magnetism is doing all the work for you this week.

CANCER (June 22-July 22). Use what you have. You don't need the latest advancements to make a project work. Crude tools force you to reckon with the task in a different way. Limitations will be your biggest blessing, although it may not seem like it at first. Without many options, you understand what matters.

LEO (July 23-Aug. 22). While some leaders empower others to make decisions, your leadership isn't about doling out power. You're mainly focused on what needs to be done and who would be great at it. Because of your talent for task assignment, remarkable things will be accomplished by people at every level, age and ability.

VIRGO (Aug. 23-Sept. 22). You're skeptical of people who make a lot of promises, as they give themselves a lot to keep up with. Deep wells of integrity are often understated if not completely unstated. This week, you will encounter loyal and generous individuals who promise nothing and give substantially.

LIBRA (Sept. 23-Oct. 23). The most disciplined and driven people can still veer off track, which is why highways have rumble strips and guardrails. Just as it is healthy to set boundaries with others, part of self-love is setting the rules for being you and updating

them so they keep you engaged in activities that delight and support you.

SCORPIO (Oct. 24-Nov. 21). Even introverts get energy and feel healthier as a result of positive social interactions. You'll get together with bright minds for fun, networking, curiosity or to bounce ideas around. You won't have to do much in the way of protecting your boundaries because you gravitate to the wonderful, respectful and aware.

SAGITTARIUS (Nov. 22-Dec. 21). Love is an art. Some would argue it is (SET ITAL) the (END ITAL) art. Art is about making choices that reflect a particular vision, purpose, appetite or being-ness of the moment. This week, you'll own your role as love's artist and make bold choices to direct your love in a way that only you can.

CAPRICORN (Dec. 22-Jan. 19). Wherever you go, check in with your heart first to know how you really feel about things and to make sure you're coming from a good place. When you get the energy right, everything else aligns. A few minutes of prep as you transition into new scenes and activities is all it takes to favorably alter destiny.

AQUARIUS (Jan. 20-Feb. 18). A strong direction is your cosmic boon of the day, and you'll navigate both the physical and the emotional world with a compass that brings you into the right spot -- sunshine, but not enough to burn you; wind, but not enough to ruffle you; chill, cool but not cold.

PISCES (Feb. 19-March 20). It's funny how expressing your emotions changes them. You feel one way, you give yourself over to work, and then you feel another way. This is because creativity helps you process your feelings. You'll be drawn to just the right medium or method for pulling what's inside you into the light where you can see it objectively.

THIS WEEK'S BIRTHDAYS: Your optimism will brighten cloudy days. Because you can find beauty in the simplest of things, you'll make people feel like they are living an elevated experience, one in which they are valued, appreciated and amongst marvelous influences. You're an asset to your team; you'll often bring people together and help to build strong connections between them. More highlights: the sale of property at a most auspicious time, lucrative business, a never-ending source of love.

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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 same line, column or 3x3 box.

Answers on P13

The Toughie

by Myles Mellor

Answers on P13

- Across
1. Astron., for one

4. Ballgame souvenir

8. Bulb-shaped stems

13. Preserve, as vegetables

14. Protein source

15. Spheres

16. Classic novel

19. TV actor, Scott

20. Christmas wish, for many

21. Election loser

25. Paste-up

29. Compass point

30. Something sensational and scandalous

32. Vendor

33. Orbital high point

35. "The heat ____!"

36. Popular Yuletide role

41. Powder

42. Perception

43. In cahoots

46. Cousin of a canvasback

47. On the side of

50. Reduced

52. General Ridgway's memoirs

54. Creator of Skywalker and Solo

56. Away from the wind, nautical

57. Milne play

62. Put on

63. Torso appendages

64. Sequel to "Angela's Ashes"
- Down

65. Glasgow's river

66. Mil. education grp.

67. Compass direction, abbr.

1. Diving gears

2. Lock sites

3. Carve

4. Bernadette, e.g., abbr.

5. Kiddie

6. Flying mystery

7. Knock against

8. Chocolate trees

9. Ancient consultant

10. Revolt

11. ____ tai

12. Application datum, abbr.

17. Head of England

18. ____ of State

22. Ready for pickin'

23. Full-spectrum

24. Beersheba locale

26. Conjunction

27. Atlas maker's subj.

28. Shore soarer

31. Worth

33. Subordinate

34. Curves

36. Touch down times

37. Unguent

38. First name in jazz

39. See ya later!

40. Sushi selection

44. Sidestepped

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				54				55			56		
	57	58						59	60	61			
	62						63				64		
	65						66				67		

45. Crack
47. Steiger's "Jesus of Nazareth" role
48. Land, as a fish
49. Threatening words
51. British Armed Forces (abbr.)
53. Telegraph code
55. Hollywood sighting, sometimes
57. Part of a winning combination
58. Squeak remover
59. Palmas de ____ (journalist award)
60. Invoice abbr.
61. U.S. Army medal



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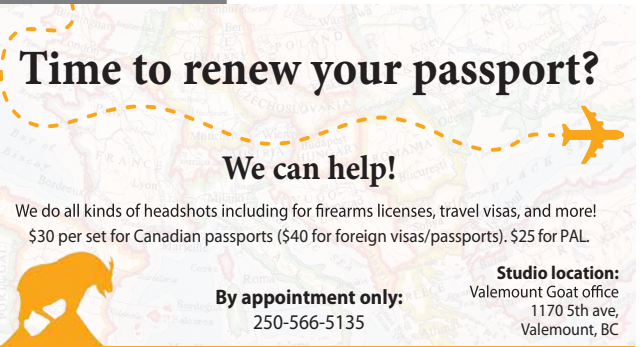
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DR. JENNIFER LANGFIELD
OPTOMETRISTS

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1	A	S	K	4	N	O	R	7	S	P	A	N			
13	R	U	N	15	O	W	E	17	H	E	R	O			
14	T	I	E	16	I	N	S	18	T	I	N	C	T		
19	S	T	E	20	L	E	M	21	O	N	22	W	A	Y	
23	T	R	O	24	U	S	E	25	V	I	N	E			
26	H	A	N	27	G	28	D	E	29	M	A	N	D	S	
30	E	Y	E	31	S	I	D	E	32	S	33	N	E	34	S
35	O	36	S	E	R	V	37	E	D	38	O	R	E		
39	L	A	K	40	E	41	A	R	42	E	43	F	A	N	
44	D	R	I	45	P	46	L	A	47	D	48	A	P	T	

SUDOKU ANSWERS

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

TOUGHIE ANSWERS

1	S	C	I	4	S	T	U	B	7	C	O	R	11	M	12		
13	C	A	N	14	T	O	F	U	15	A	R	E	A	S			
16	U	N	C	17	L	E	T	O	18	M	19	S	C	A	B	I	N
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23	A	L	S	O	22	R	A	N	24	C	O	L	L	A	G	25	
26	S	S	E	27	I	T	E	M	28	S	E	L	L	E	R		
31	A	P	O	G	E	30	E		31	I	S	O	N				
33	B	E	N	E	Z	E	R	32	S	C	R	O	O	G	E		
35	T	A	L	C	34	V	I	S	I	O	N						
37	A	L	L	I	E	D	35	T	E	A	L	36	P	R	O		
39	M	A	L	L	E	R	37	S	O	L	D	38	I	E	R		
41	L	U	C	A	S	39											
43	T	O	A	D	O	F	40	T	O	A	41	H	A	L	L		
45	A	I	R	E	D	42	A	R	M	S	43	T	I	S			
47	C	L	Y	D	E	44	R	O	T	C	45	E	N	E			

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VALEMOUNT

THUR Nov 30th Everyone is invited to attend our **Signs of Abuse** Information session at the Valemount office (99 Gorse St) from 10:30am-11:30am. No registration required, refreshments provided. contact the office for more information 1-844-324-2004 or email events@rvcsbc.org this information session is brought to you by the Anti-Violence Program. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org

FRI & SAT Dec 1st and 2nd **Showdown a Western Musical** by Wishbone Theatre. Dinner theatre & cash bar at the Valemount Best Western Plus. Buffet dinner by Summit Grill at 6pm, show at 7:30. Dress western! prizes for best costumes. Advance tickets only. All tickets \$55.

FRI Dec 1 **Late-night shopping** in Valemount! Participating businesses open 5-8pm (some to 9pm). Santa photos at the Rocky Mountain Goat from 5:15pm-7:15pm. Lots of specials and a gift basket draw.

MON Dec 4th Everyone is invited to the RVCS **Economic Abuse Workshop** at the Valemount office (99 Gorse St) from 9:30am-10:30am. No registration required, refreshments provided. This project is brought to you by the Anti-Violence Program in collaboration with CIBC in Valemount. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org

TUE Dec 5th Everyone is invited to drop in to the RVCS **Cedar Plank Words of Empowerment Workshop** from 11:00am-3:00pm. Join us for an afternoon of creativity, learning and fun, making cedar wall plaques with words of empowerment. We will be painting and /or using wood burners for this project. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org.

WED Dec 6th Everyone is invited to come and remember the 14 young women were murdered in a horrific act of gender-based violence, these 14 young women were engineering students at L'Ecole Polytechnique Montréal. We will be holding a **candle light vigil** at the Valemount offices (99 Gorse St and 1451 5th Ave) starting at 3:45pm. Contact the RVCS office for more information 1-844-324-2004 or email events@rvcsbc.org

WED Dec 6th Seniors are invited to learn to **paint Santa and join us for Christmas activities for the chance to Win a Prize!** Dec 6th at the RVCS office (99 Gorse St) from 2:00-3:00pm. Refreshments provided, this is a free program, Funded by SOAP and brought to you by Valemount Seniors program. Registration is required please contact the office to sign up, 1-844-324-2004 or email events@rvcsbc.org.

THURS Dec 7th Kentucky Yuletide dinner and show at the Valemount Legion. Tickets \$45 (dinner and show). Performers are Kentucky Eileen featuring Bex.

SAT Dec 9th Christmas craft fair at the Legion from 10am-3pm. Contact Jeanne for your table. 250-566-1796

THURS Dec. 16th The Polar Express movie and crafts at the Valemount Public Library. 1-3pm. Come in your PJs. Hot chocolate will be served. Bring gifts you need to wrap. All ages welcome. Pre-registration required.

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). For more information call 1-844-324-2004 or email: events@rvcsbc.org.

December—4 Holiday crafts at 99 Gorse St
December—11 No FPD
December—18 Cookie decorating at 99 Gorse St
December—25 STAT Holiday No FPD

TUES, WEDs, THURS **StrongStartBC** at Valemount Elementary School 11:30-2:30 starting Oct. 3rd. Free drop-in program for children 0-5 years accompanied by their caregivers. Enjoy play-based early learning incl. songs, stories, art and more. Stop by the school for more info.

WEDs **Oldtimers band and music night** at the Golden Years Lodge 7pm. All welcome! Play music, listen or dance.

THURs ages 8 to 12 years are invited to join our **Worry Dragons program** happening at the Valemount Library (1090A Main Street) from 3:00-4:00pm starting Oct 26 to December 7. Come along with Child and Youth Mental Health Staff to tame your Worry Dragons. This program is designed to help children with anxiety learn new skills to cope with their worries. Parents will need to attend the first and last sessions and registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org

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.

WEDs & SATs **Yoga** at the Hall (classes cancelled until Nov. 25th) Yoga classes for every body. Hatha yoga Wednesdays 6:30-8pm. Yin Yoga Saturdays 9-10:30am. Breathwork, strengthening and relaxation. \$15 drop-in or 10-class pass \$120. Please bring mat, props. Call/text 250-566-1740.

THUR's Senior women are invited to register for the RVCS **Reflections, Repair, Revival** a guided counselling group for female seniors to speak safely around experiences of violence and trauma, in the company of others with shared experiences June 29th & July 6th from 3-4pm. Registration is required: 1-844-324-2004 or email events@rvcsbc.org.

FRI's Starting December 15th Join us for **fun activities** in your community! Don't miss out on all the laughter and memories. Make your own Christmas card for that special person, win a prize at Christmas bingo, or play your favorite board game. Looking forward to seeing you there; it's time to spread the holiday cheer! Registration not required, contact the office for more information 1-844-324-2004 or email events@rvcsbc.org
Dec 15 - Christmas Card Making,
Dec 22 - Christmas Bingo
Dec 29 - Board Games.

SATs 10am-11:15am **Creative writing group**. Join us for writing and friendly conversation at the Rocky Mountain goat office. Everyone welcome. Contact Laura for more info at laurashere@gmail.com / 250-566-5135.

SUNs 1-3 pm **Crafty Stitchers meet** downstairs at the Valemount Public Library, all welcome! Call 250-566-4367.

SATs 10am-1pm the Valemount United Anglican Church have a **thrift store**, on 7th and Cedar!

SATs 3pm **Cribbage tournament** followed by dinner at the legion and kitchen party music 6-8pm. Bring your acoustic instrument and take part in some laid-back sing-a-longs.

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

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. Made possible with funding from CBT. For more info call 1-844-324-2004 or email: events@rvcsbc.org.

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

MON through FRIs the **Free Food Farm Stand and Pantry** are available for anyone who would like free, fresh produce. We accept donations of unprocessed fruits and veggies. The stand is accessible in the front lobby at RVCS Valemount (99 Gorse St) and is available to everyone- just help yourself! Emergency top-up food is accessible to our clients and anyone who walks through the door. Call 1-844-324-2004 or email: events@rvcsbc.org.

MCBRIDE

THURS Nov 30 McBride Mustangs Boyrs Basketball game vs Emargancy Responders 5:30pm Admission by donation - funds support Mustangs Basketball

FRI Dec 1st **Late Night Shopping** Welcome Home & Mountainview Boutique open from 5-8 for treats, hot drinks, prizes, shopping and live music.

FRI Dec 1st Everyone is invited to our **Economic Abuse Workshop** at the McBride RVCS office (942 3rd Ave) from 10:30-11:30am. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org this project is brought to you by the Anti-Violence Program.

SUN Dec 3rd McBride **Winter Craft Fair** 12-4 @ Robson Valley Community Centre. Hosted by McBride Secondary School PAC, the girls volleyball team and the boys basketball team. Concession available.

WED Dec 6th **Ladies Christmas Tea** at the McBride Evangelical Free Church. Ladies of all ages welcome. Doors open at 5:45pm, food served at 6:00pm. Christmas carols, appetizer buffet, a short program and visiting.

WED Dec 6th Everyone is invited to come and remember the 14 young women were murdered in a horrific act of gender-based violence, these 14 young women were engineering students at L'Ecole Polytechnique Montréal. We will be holding a candle light vigil at the McBride office (942-3rd Ave) starting at 3:45pm. Contact the RVCS office for more information 1-844-324-2004 or email events@rvcsbc.org

WED Dec 6th **Seniors' Christmas Lunch** Hosted by the McBride & District OAPO 12 Noon Elks' Hall in McBride FREE with Admission Tickets available at Beanery 2 Bistro and Welcome Home. Please get your tickets before Dec. 1, 2023 Allowing caterers to plan accurately

THUR Dec 7th Everyone is invited to attend our **Signs of Abuse Information** session at the McBride RVCS office (942 3rd Ave) from 11:00am-12:00pm. No registration required, refreshments provided. Contact the RVCS office for more information 1-844-324-2004 or email events@rvcsbc.org this information session is brought to you by the Anti-Violence Program.

WED Dec 13th Seniors are invited to join us and create a festive **Christmas Wreath** at the Elks Hall (172 Holdway Street) from 1:00-4:00pm. This is a free program, Funded in party by United Way, and brought to you by McBride Seniors Program. Registration is required please contact the office to sign up, or for more information: 1-844-324-2004, email events@rvcsbc.org.

Ongoing McBride Events

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). Join for connection with other families, parenting resources and fun for you and your 0-6 year old children. No registration required. For more information call 1-844-324-2004 or email: events@rvcsbc.org.
Upcoming themes:
December—4 Write Santa letters wear ugly sweaters
December—11 No FPD
December—18 Christmas crafts
December—25 STAT Holiday No FPD

WED's Youth ages 10-13 are invited to join the **Youth Book Club** Starting Nov 22nd until Dec 20th Wednesdays 3-4pm at the McBride office (942 3rd Ave). Brought to you the Family Literacy Program. Registration required. contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information.

TUESs **Tuesday Night Jam** has moved inside and is now playing in the CN Station Lobby, 6:15-8:30. It is an open jam; musicians, singers, and onlookers welcome. For more information call David at (250) 569-2569.

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

TUE's Come and join us in McBride for **ASL Sign Language** 12pm-1pm at RVCS office in McBride (942 3rd Ave). Drop in for beginners to advanced. Learning a second language improves cognitive and literacy skills for all ages. Plus it is lots of fun! Brought to you by McBride Family Literacy Program

TUEs ages 8 to 12 years are invited to join the **Worry Dragons program** happening at the RVCS office in McBride (942 3rd Ave) from 3:00-4:00pm starting Oct 24 to December 5. Come along with Child and Youth Mental Health Staff to tame your Worry Dragons. This program is designed to help children with anxiety learn new skills to cope with their worries. Parents will need to attend the first and last sessions and registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information.

WED's Free Parent Workshop **How to Talk so Kids Will Listen** starting Oct 25th from 7-8pm at the McBride Centennial Elementary School limited spaces Registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information.

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

SAT Dec 2 **Dunster Christmas Market** 2-5pm at the Dunster Schoolhouse. Chili and chai, bake sale, vendor tables and more!



*Through the Lens
with Leon Lorenz*

The rutting season for the Rocky Mountain bighorn sheep runs from about November 15 to approximately the middle of December. With a thick blanket of fog covering the mountainside and snow gently falling among the sheep made for an interesting artistic combination to capture.



Lafttrax

Mike McGuire and Virginia O'Dine, stand-up comics from Prince George, played to two packed back-to-back crowds at the Three Ranges brewery Friday night. They were on a weekend tour and on to Cranbrook the following night. They tour together regularly, but McGuire said weekend-long tours are typical, since they both have day jobs. O'Dine has been doing stand-up for 11 years but got her start in improv and acting. She said that comedy is much tougher than improv. "This takes a lot more writing. It's the worst nightmare of theatre, improv and public speaking all rolled into one." McGuire said that after being asked to MC a Kinsmen Club event 13 years ago, he caught the bug, and he's been doing it ever since. O'Dine in particular had a few surprises up her sleeve and had the crowd roaring to her raunchy redneck humour. The evening's subject matter ranged from O'Dine's double Bronze Olympian daughter to McGuire's herniated belly button, with all the requisite stops in race, feminism and dating apps in between. /RACHEL FRASER



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VALEMOUNT



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