



Cold weather wonders P7

Rocky Mountain Goat

Your weekly source of news, views and entertainment

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Thursday January 18, 2024
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SOLD!

A new era for the Rocky Mountain Goat

Spencer Hall (left), Laura Keil (right) and Buddy (live goat at centre) formalized the ownership transition ceremony for Rocky Mountain Goat Media via the passing of an actual goat. A further symbol of good luck and positive omens arose when Buddy tried to eat one of the newspapers. Hall officially took over ownership of the Rocky Mountain Goat last week. See more on the ownership change on P4-5.

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Goldfish spotted in Cranberry Marsh

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Goldfish spotted in Cranberry Marsh

SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Ministry of Water, Land, and Resource Stewardship says it will investigate after receiving several reports of goldfish sightings in Cranberry Marsh. Section Head of Landbase Stewardship with the Ministry, Duncan McColl confirmed the Ministry has received multiple reports of the invasive fish dwelling within the wildlife management area, including a formal report made through the invasive species reporting system. "People are definitely reporting them, so

we've got to investigate that," McColl said, adding that he's also received a video from a Valemount resident that appears to support these reports. "I got a video sent to me that looks like goldfish swimming under ice," McColl told The Goat. He said once the ice clears off the marsh, Ministry staff will head to the marsh to confirm the presence of goldfish by using minnow traps to try to catch and observe the fish. "Unfortunately, goldfish are really hard to get rid of once they're in the ecosystem. So it's very likely we'll have to actually do a fair bit of minnow trapping to see if we



The Ministry of Water, Land, and Resource Stewardship confirmed it has received multiple reports of goldfish in Cranberry Marsh, but won't be able to investigate further until the ice has cleared off the Marsh. /TERRY REMYN

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can trap them out," McColl said. If goldfish are present in the area, they could have a profound impact on the ecosystem. According to McColl, the omnivorous fish are known to eat anything smaller than they are in order to compete with or prey on other aquatic organisms. "Smaller fish, crustaceans, insects, other aquatic invertebrates are all potential prey along with any of the pond weed and other things within the marsh," McColl said. Goldfish can also spread disease to other fish and disturb sediment while feeding, which increases water turbidity, making it difficult for aquatic plants to grow. The fish could become a source of food for some species in the marsh, including heron and mergansers, but McColl said the impact of these fish outweigh any potential benefit. As for how the goldfish ended up in the wildlife management area, McColl said there is typically only one way goldfish spread and that is from people dumping them into waterways after keeping them as pets. "It is unfortunate, but a lot of times people feel they can set them free and it's better for the fish, but it's really not. If you're going to dispose of your aquarium fish and other creatures, it's best to euthanize them," McColl said. The Province currently has an invasive species alert issued for goldfish. Those who see the fish in natural waterways are encouraged to report the sighting via the Province's Report Invasives phone app, or online at forms.gov.bc.ca/industry/report-an-invasive-species/.

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MCBRIDE COUNCIL NOTES

McBride Council: New public works manager, Clearwater meeting & more lights for town

By ANDREA ARNOLD

McBride Mayor Gene Runtz called the Jan 9, 2024 Council meeting to order at 6:08pm.

New staff

CAO Jeanette McDougall took the opportunity to introduce the new public works manager, Brian Taphorn, to the Council members.

Community to community invitation

All members of Council accepted the invitation from Jenna Lee Campbell, Executive Assistant for the District of Clearwater to attend a Community-to-Community event on March 6th 2024. The topics to be discussed are Regional BC Hydro, Cellular and Internet Coverage, Emergency Management/ Wildfire season, Multi-Community MOU, and Highway 5 Safety.

Council then passed a motion approving the coverage of travel expenses.

Bylaw amendment

Council passed the motion to repeal resolution 071114,23

that gave final reading and adoption to Sign Bylaw Amendment No 819, 2023. This original amendment included a Ministry of Transportation and Infrastructure signature line. This signature is not required, so the bylaw has been rewritten. They then gave first, second and third reading to Sign Bylaw Amendment No. 825, 2024.

Grant application for more lights

Council directed staff to prepare a grant application to Northern Development Initiative Trust's Main Street Revitalization Capital Program for the next phase of ornamental street light installation on Main Street.

The first phase finished in July with the replacement of Main Street's lights with 30 new lighting fixtures.

Phase two of the lighting project would see the installation of these lights along Main Street from the Welcome Arch to Highway 16, improving the lighting of the Welcome Arch and possibly adding a few streetlights between Main Street and Robson Centre (Village office complex). They also asked that staff bring cost estimates back to council in January for a resolution of support for a grant application prior to submission.

Conference attendance

Council approved the attendance of Mayor Runtz and the rest of Council at the 21st Annual BC Resources Forum in Prince George on Jan. 16-18, 2024.

McBride Visitor Information Centre

Council approved issuing a letter to Destination BC confirming the McBride & District Chamber of Commerce as the Sponsor Organization and sole provider of the McBride Visitor Information Centre Services.

In Camera

Council voted to move to an in-camera council meeting for consideration of matters of the Community Charter related to Section 90 (1) (c) labour relations or other employe relations; and (k) negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stages and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public.

The the meeting was adjourned at 6:23pm.

Men's Shed planning ahead

By ANDREA ARNOLD

Men in the McBride area have a new opportunity to meet together, socialize and find ways to help the community. The Men's Shed has been meeting for several months, planting the seeds for what President Terry Winkler hopes is a bigger and more community involved group.

At this time, they have 13 members that meet the first Thursday of each month.

The goal of The Men's Shed is to build a safe environment for men to work together, and share life with a common goal of helping the community.

"I think The Men's Shed is a neat thing as far as mens support goes," said Winkler. "It gives men a place to go hang out, talk and do stuff. Often, talking starts to happen while working on projects."

For the time being, the group meets at the McBride Robson Valley Community Services building for their monthly meetings. In the weeks between meetings, Winkler says that some members get together for coffee, or a chat in an official capacity.

Winkler said many men who have retired realize that many of their friendships stemmed from work and they lost steam once they were not regularly together. He also thinks that men who have lost their spouse and are looking for camaraderie can benefit from the group.

He has experienced the benefit of being brought together with other men through

the group.

"It provides an opportunity for new friends with common ground, and can provide a level of mental health support," he said.

The group is not only open to men who have reached these stages in life. They welcome men of all ages.

As the group grows and they take on projects, Winkler expects to see opportunities for the men to learn from each other.

"If we get appliances that need fixing, or a small carpentry project, one member may have skills and be able to teach the others, broadening our skill set," he said.

He says that everyone has something they could share, regardless of age.

"Even a young man who has a good knowledge of technology could help educate older members."

Winkler would like to see the group grow and have their own facility that would provide them with a meeting area for socializing and a workshop so they can take on small projects in a central location.

"Right now, if we have a project, we are working in a member's garage," he said. "We are looking for small projects, but we don't want to take jobs away from local contractors."

They are willing to help members of the community who are unable to perform tasks like shovelling snow, changing light bulbs, stacking wood, minor repairs

around the house or grocery shopping. Winkler says they want to help seniors age at home in any way they can.

Winkler says they are planning to build and sell planters or benches as a fundraiser.

Other communities such as Fraser Lake and Vanderhoof have grown to include a small thrift store where they are able to sell refurbished appliances and small projects, and Winkler hopes to see McBride's group grow to offer similar

services, hopefully both.

"We'd love to have men come check it out, and hopefully join us," said Winkler.

Currently the group is meeting on the first Thursday of the month at 3:00 at the RVCS office, 942 3rd Ave, in McBride. However, in February it will be the second Thursday.

They have set up an e-mail address, mcbridemenshed@gmail.com to request help or for more information on the group.

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School District No. 57 welcomes all new students to their catchment schools for the upcoming school year.

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On-line registration is required for Kindergarten in all School District No. 57 (Prince George) elementary schools.

This process will begin at 9 am on Wednesday January 31st, 2024 at www.sd57.bc.ca

Children whose fifth birthday falls on or before December 31, 2024 are eligible to enter Kindergarten in September 2024.

Upon submission of the online registration, you will receive an e-mail confirmation along with a link to additional forms requiring completion. Bring completed forms, along with a copy of the Birth Certificate, BC Services Card, and proof of residency, to your in-catchment school by February 7th, 2024 in order to retain your spot.

Staff at the school will be available to assist you as required.

For more information please refer to Policy 5119 – School Catchment Areas, Registration and Student Transfers available at www.sd57.bc.ca

Notice of Meeting

The Board of Directors start 2024 budget deliberations on Wednesday January 24, 2024 at 1:00 pm. The Committee of the Whole agenda with budget details will be available at rdffg.ca by January 18. Individuals or organizations can comment on this budget by:

• addressing the Board of Directors in person at the January 24, 2024 meeting (register at 250-960-4444 or 1-800-667-1959)

• emailing budget@rdffg.bc.ca

Registrations or emailed comments must be received by Tuesday January 23 at 12:00 pm.

Sign up for emailed news and notices at rdffg.ca/subscribe

Editorial



Spencer Hall
Editor & Owner
goatnewspaper@gmail.com

Introductions and a look forward for The Goat

On January 8th, I became the new owner and editor of the Rocky Mountain Goat. As I'm still fairly new to the community, it seems fitting I should introduce myself and tell you what I plan to do with the paper.

I grew up in Terrace B.C., spending much of my time on my mum's farm — which coincidentally, was home to multiple goats. From a young age, I remember being interested in the local newspaper, perhaps in part because I was a nosy child, but the paper also provided me with a sense of connection to the community

and surrounding areas.

Before getting my start in journalism, I attended the Radio Arts & Entertainment program at BCIT. It was there I discovered my passion for storytelling and independent media.

After graduating from BCIT, I got a promotions job at Moose FM in Fort St. John and a few months later, I transitioned into the station's newsroom. I became the first investigative reporter for the station's digital news outlet, Energeticcity.ca, before moving to Valemount last fall to become the Goat's civic reporter.

Upon my arrival, I quickly fell in love with the community and decided I wanted to buy The Goat to continue providing the region with the same high-quality, local, independent journalism it has come to expect since Laura Keil and Joe Nusse launched the publication back in 2010.

I believe local journalism is a public service and in order to properly serve the public, the stories we publish must be informative, accurate, and fair.

Going forward, I plan on continuing to expand the selection in our bookstore. I also hope to launch a podcast

network through the Goat, which will include a weekly news podcast as well as a few other podcasts from local residents.

What are your thoughts? What would you like to see from The Goat going forward? Feel free to reach out to me anytime with questions, feedback, and podcast or story ideas at goatnewspaper@gmail.com.

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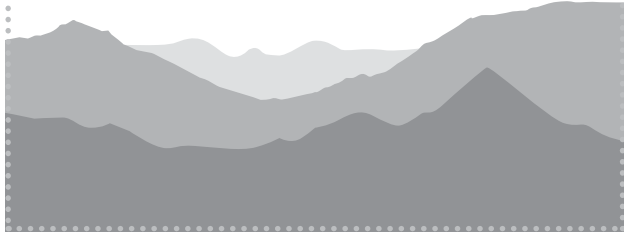
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Passing on the torch

Many people have asked me how it feels to sell the newspaper. After nearly 14 years of weekly production cycles, the highs and lows of running my own business, and the identity that has come with that, the feeling is not straightforward: I am relieved, excited, grateful, and it also feels bittersweet.

The Goat has been my baby for a long time, and my job since the first day I moved to Valemount to start a newspaper with Joe Nusse, a guy I'd never met, but whose job ad I'd responded to. He sought a business partner/editor for a new weekly newspaper, as-yet-unnamed. The idea was we'd live and operate out of his house and split the responsibilities. Essentially I was a "mail-order editor," and my friends thought I'd gone insane. One warned me to sleep with an axe under my pillow, in case my business partner was actually plotting my murder.

"Job" is a rich word for how we started out - it was an unpaid labour of love with a few thousand in capital and our own computers. In 2010, it turned out that it was both surprisingly easy and hard to start your own newspaper in a town that already had a newspaper. Easy, because we could do it for the cost of our time and the printing bill. Hard because the revenue was nowhere close to what we thought it would be. But we shared a vision for independent journalism, and we believed this could help move Valemount and the Robson Valley forward.

Despite the hardships and the poverty, those were some of the best years of my life. I fell hard for Valemount, and I fell hard for running my own paper - including the mistakes that were mine to learn the hard way. The personal growth was hard-won.

Throughout my Goat career - all those late Monday nights - I've known that one day I'd sell the paper and move on. I almost always pictured another journalist, one who was young and ambitious and a little starry-eyed - like Joe and I at the beginning.

That moment has come. The first day Spencer arrived in town in September to work as the Goat's civic reporter he told me matter-of-factly that he wanted to buy the paper. I smiled and nodded - wondered if this man had had too many coffees that morning - and thought, let's just get through your first week.

That resolve, that commitment to a vision even when he doesn't know what the journey entails, is one of Spencer's greatest attributes. It will carry him forward at the Goat. He is a natural leader, a compassionate person who has an eye for justice and a great sense of humour and I know he will serve this community well. I look forward to seeing his fresh perspective and supporting him in whatever ways I can. I'm delighted to be handing over the reins to not just a young journalist, but also a good friend.

The newspaper has brought me so many gifts, some of which I've already mentioned. It's allowed me (in some cases forced me) to develop skills in a number of areas and I will take these skills with me in the next phase of my life.

So, what's next? My lifelong passion: fiction.

A major driver for selling the Goat is to

free up time and headspace for writing. I have a dozen short stories awaiting edits and submission and a novel-in-progress that I'm very excited to complete. The novel is historical fiction set in the Arrow Lakes in the 1960s. It follows a young man trying to solve his sister's killing before his community is flooded by the High Arrow Dam. The book merges the fictional story with the real-life setting. It's a fascinating and troubling time in history when 2,300 people were forced to leave their homes, farms, and business to make way for this dam (later renamed the Hugh Keenleyside Dam).

You'll still see me at the Goat in a pared-down role as salesperson and ad manager. I look forward to connecting with you about how you might grow your business via the Goat, which has an outstanding platform both in print and online.

Printed community newspapers are such a special thing, increasingly rare, but not any less valuable than they were 30 years ago. Think about it: a group of people collect information about things going on in the region and issues you should know about, do research, write about it, collect upcoming events and share about ones that occurred and you can purchase all this for less than a cup of coffee. There is no comparable medium where locals are spending their days thinking about what is important to communicate and taking the effort to learn about it and share it publicly. The newspaper is a repository of local: past, present and future, and those who pay attention to the newspaper not only have an advantage when it comes to local happenings, but also in business, real estate, and job opportunities, things that often appear in these pages first or delved into in a way that they haven't been before.

I encourage you to subscribe, as every paper sold is matched by federal grant dollars. You benefit from the lower price of a subscription while supporting local reporting and the newspaper: a quaint, tactile act of love for the community.

A newspaper is not a solitary venture, and I'd like to thank all the people I've worked with over the past decade and more. First, my husband Andru McCracken, who has been a steadfast believer in both me and the newspaper. He has helped me see the light during dark times and shared his time and talent while working as Editor. Joe Nusse for taking a chance on me (and my accordion), devoting part of his house as an office for many years, and beautifying our downtown office among other contributions. My parents for supporting my non-traditional path in life and bailing me out in the early days. Radka Zitkova, my journalism school friend, for keeping my chin up the summer of 2011 when I took over majority ownership and came close to giving up. The first editor and full-time employee I hired, Korie Marshall, for her care, commitment, and storytelling skill. Clair Harford, Alison Kubbos, Michael Jackson, Christine Weenk, Greg Reimer, Arthur Tanga and AJ Bridges who have blown me out of the water with their talented designs and illustrations for the paper. Myriam Medina for being a friend and ally when I had little to offer

So long to the newspaper business and good luck to the willing

Fourteen years ago I decided to start a newspaper. The motive was slightly personal, and slightly existential. But if I muddle through it, I would say it involved a desire to help make this Valley better whilst building a sustainable economic reason to put my University Degree to use without giving up and moving to a city. I succeeded in the former while the latter proved only possible for one partner in the endeavour. It is a small market and a newspaper needs clear leadership in the end. The Robson Valley had always been my home, and even when I found myself living elsewhere, I often dreamt about the day of return.

I recruited Laura for the venture online from journalism job boards. I had over a hundred interested potential partners. I narrowed it down to three. I had a young man of the age of 19 fresh out of Community College, but he knew the town and dreamed of moving here. There was an older British Lady with two selling books behind her name who dreamed of closing out her career in the Canadian Rockies. Then there was Laura, well educated in the field, with a resume that included working for the Ottawa Citizen. The only question was....did I want to partner with a younger man....maybe too young? A foreign national with some passive income who may not enjoy -40 as much as she thought? Or a Saskatchewan girl of the same age who had tasted the city life, lived in Ottawa, and seemed to have the best idea of what she was getting into?

As 26-year-olds tend to do, the details did not matter. The house I owned would be finished inside soon enough. I had a little bit of money, not a lot, but I had a steady job for six months of the year, and the ability to make good resource-economy money in the winter. I just needed a partner who truly wanted to live and breath the venture... and make it their own over time as it grew to the point of financial sustainability.

Fourteen years later, it is time to move on for both of us. When Laura informed me that she was going to actively seek to sell, she gave me the courtesy of proposing selling the majority share back to me first. I thought on it for a few weeks, but knew deep down that I simply did not have the drive or energy to take it over. I have also opened up different endeavors in the meantime that will take 110 percent of my efforts in the coming years. But I will forever appreciate the respect she showed by asking me first. At this time, a suitable successor and buyer has stepped forth, and the newspaper has officially been sold.

I truly wish Spencer the best in the coming years. I hope he can adjust to life in our town and make it his home fully. In the brief conversations we have had, he has expressed a desire to help re-develop independent local media and play his own role in this much-needed Renaissance. At the end of the day, he will only succeed if you, the local readers, decide to support your local media. In a world of digital globalism, it can be easy to get distracted, but I can assure you that never in my life have I appreciated hard hitting, non-politicized, adversarial journalism more... because there is so little of it left. I hope to read such journalism in The Rocky Mountain Goat 20 years from now, whoever may own it at that time as well.

Best of Luck and Thank You
Joseph Nusse, Co-founder of The Rocky Mountain Goat weekly newspaper

financially, Linda Goodell for her wealth of bookkeeping knowledge and sales forte, Alicia for being my "rock" in her steadfast and kind way, Rashmi Narayan for her wizardry at creating custom databases, whipping our books into shape, and being a financial mentor, Deanna Mickelow for her sales force and panache and commitment to excellence in sales, Trish Gair for being a fearless ally and keeping the admin and distribution humming, Evan Matthews for moving across the country to be editor of a tiny paper, Thomas Rohner for believing in the Goat and taking creative chances, Harmeet Singh for being both a friend and our first "intern," Anna Mata for helping me learn how to trust and showing me I can let go, my marketing and office people, Cassandra Knelsen, Sarah Bunch, Laura Cooke, Matthew Wood, Madi Loignon, Danielle Towne, and Brooke Taylor for their constancy and friendship. My distribution people not already mentioned, Dallas Bullock, Violet Crowley, Stephanie Price and Kim Everard. Fran Yanor, the Goat's first Victoria-based "foreign correspondent."

Frank Green, who moved to McBride from New York City. The Goat's regular contributors: Pete Amyoony, David Marchant, Sandra James, Leon Lorenz, Rachel Fraser, Jean Ann Berkenpas, Chris Parker, Matthew Wheeler, Raphael Jamin, Mark Monroe, Sydney Philpott, Michael Piasetzki and others not listed here. Sharon Ireland and Spencer Hall, my current rockstar office mates, and last but not least, Andrea Arnold, my right-hand woman and longest-serving employee, whose work and community connections have brought untold value to the Goat.

Lastly, thank you to you, the reader, without whom this publication would not exist. Thank you for committing your money to a local publication that hasn't always gotten it right, but that has always strived for excellence. May the Goat have many more fruitful decades ahead.

Laura Keil, outgoing editor/owner
January 15, 2024



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Valemount Council: Traffic Committee updates, two-year work plan, Berg Lake trail

By SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Councilor Hugo Mulyk chaired the first Valemount Council meeting of 2024, calling the meeting to order at 7 p.m.

Mayor Owen Togerson was not in attendance.

As there were no delegations, unfinished business, or correspondence for action, Council proceeded to discuss items in its reading file.

Berg Lake Trail

Councillor Pete Pearson began by expressing his delight that Berg Lake Trail reopened to the public for the winter after being closed for trail upgrades.

Repairs in the area stem from a flash flood that occurred in July 2021, taking out a bridge and requiring campers to evacuate.

Upgrades to the trail include trail realignments, the installation of a new suspension bridge, and a second bridge north of Kinney Lake Campground — named Hugo’s Bridge after Councillor Mulyk to commemorate his 29-year career with BC Parks — which was redesigned to withstand future flooding events.

BC Parks plans to close the trail north of Kinney Lake on April 30th to continue repairs and anticipates work will conclude in 2025.

Traffic Committee Terms of Reference

Council approved several amendments to the Traffic and

Transportation Committee’s Terms of Reference.

The first amendment, requested by Village CAO Anne Yanciw, was a tweaking of language in the terms and references document regarding the committee’s composition.

In her report, Yanciw requested the committee description be changed from “The Task Force will be comprised of...” as there are members of the committee who belong to other organizations that the Village doesn’t have jurisdiction over, including the Ministry of Transportation and the BC Truckers Association

The description was then changed to “The Committee may be comprised of the following:” as the Village cannot force external organizations to participate.

The second amendment was to change the requirement of having three voting members of the public on the committee to two. Yanciw said the third member of the public currently on the committee is also an employee of the Village.

“A dual role (whether it be elected official, staff, other organization, or public) creates conditions for conflict of interest,” Yanciw said in her report.

Council also approved a reduced meeting schedule for the committee, meaning committee members will now meet once every two months, instead of monthly.

Yanciw said this is due to the amount of work required from Village staff to prepare for the meetings.

“The requirements for agenda and minutes preparation, meeting attendance and carrying out of

tasks is creating an outsized staffing resource requirement. The staffing would be more manageable on a meeting schedule of every two or three months,” Yanciw said.

The amendments were moved by Councillor Pearson, seconded by Councillor Donnie MacLean.

Traffic Committee Work Plan

Nine recommendations regarding the committee’s 24-month working plan were then reviewed.

The first recommendation was that Council engage with the Ministry of Transportation to decrease the speed limit along Highway 5 to 60 km per hour, extend the no passing zone to include the area from the Best Western to Swift Creek Bridge and increase the number of speed limit signs in that area. The resolution was moved by Councilor Blanchette and seconded by Pearson.

Pearson said the committee received a reply from the Ministry stating it would not support a change in speed limit along the highway but that it would extend the no passing zone as the committee requested.

“We’re still looking for a letter from Council. We’re going to try and push a little further for that speed reduction so that’s why this is still on there,” Pearson said.

The committee said the Ministry will be replacing speed signage along the Highway 5 corridor later this year. The new signage will include a new yellow diamond warning sign at the transition into the speed reduction heading towards Valemount..

The second recommendation was

that council request a letter from the Trans Canada Yellowhead Highway Association in support of the reduced speed limit along Highway 5 between Best Western and Swift Creek Bridge. The recommendation was moved by Blanchette, seconded by Councilor Donnie MacLean and carried.

The third committee recommendation was that Council request direction from the Ministry of Transportation regarding potential solutions to improve the narrow turn onto Cranberry Lake Road at the Highway 5 intersection. The recommendation was moved by Pearson and seconded by Blanchette and carried.

“Since we made this recommendation, we did have a truck roll into that ditch because of that corner so I’m hoping we can forward some pictures [to the Ministry] from that to help our case,” Pearson said.

The fourth recommendation was that Council approve the Committee’s previous recommendation to create an active transportation route along Karas Drive, in principle. This was moved by MacLean and seconded by Pearson.

According to the Province, active transportation refers to any human-powered method of transportation. It can also include mobility aids, electric bikes, and electric kick scooters.

The committee also recommended the active transportation route be referred to the Village planner, Public Works, and Director of Finance for feedback and potential budget implications before final approval

CONT'D ON P9

www.valemount.ca

Notice Disposition of Land

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease approximately 1940 square feet of office space to **Robson Valley Community Services** at a monthly rate of \$1409.15 GST per month, including GST

The building is situated **at Lot 9, District Lot 7354, Cariboo District Plan 21237** (99 Gorse Street) The lease is for a term of 1 year from January 1st, 2024 to December 31, 2024.

For more information please contact:
Anne Yanciw
CAO, Village of Valemount
735 Cranberry Lake Road
Valemount, BC V0E 2Z0
(T) 250.566.4435
(E) cao@valemount.ca

Garbage Collection

Here are some tips for residents leaving garbage for removal:

- Garbage must be bagged and placed in the Village-supplied collection container. Garbage left curbside out of the collection container will not be removed. Garbage in dumpsters must also be bagged.
- The lid on the collection container must be fully closed so that the ravens cannot gain access. Ravens are smart enough to use even the smallest amount of a garbage bag as a lever to open the can. The resident responsible for the collection container could be fined for littering if garbage “somehow escapes” from the collection container.
- Put your collection container in full view and within 1 metre of the curb by 7:00am the morning of collection day and bring it in by the end of the day. If you do not know your particular collection day, check with the Village Office.

Cont'd...

➤ Should the Public Works Superintendent deem a property unfit for Collection Service, the Owner or Occupier will be required to work with the Village to develop an alternative arrangement for Collection Service.

Reminder to Residents

PLEASE REMOVE ITEMS FROM VILLAGE EASEMENTS AND BOULEVARDS

The village utilizes the easements and boulevards within all residential areas for snow clearing operations throughout the winter. Storing vehicles of any kind (including RV’s, boats, utility trailers, etc.) or materials such as dirt, gravel, firewood, etc. on village easements and boulevards is in contravention of village bylaws. Violations may result in fines or vehicles being towed at the owner’s expense, should they hinder snow removal efforts.

Sidewalk Snow Removal

When snowfall is 10 cm (4 in) or more, the Village will clear one pass of downtown sidewalks prior to business hours.

At all other times, the clearing of sidewalks along 5th Avenue between Dogwood and Birch Streets will be the responsibility of the landlord/tenant.

Sidewalks must be cleared of snow by 10:00am on weekdays, and within 24 hours of a snowfall over 10 centimeters on weekends.

Sidewalks are expected to be kept in a condition to allow safe use by pedestrians. Handicapped ramps are to be kept to bare condition, or if impossible, then sanded.

Sidewalks shall receive ice control measures by the tenants and landlords after snow clearing, if conditions require.

Snow Removal Policies

There are approximately 40 kms of roadways and lanes in the Village to clear of snow.

The 4 snow removal processes, in order of priority are:

1. Emergency Routes, including the main streets in the Village (5th Avenue, Hwy 5 frontage road and Main Street), 9th Avenue (between Gorse Street & Highway 5).

2. The streets by both the Secondary and Elementary Schools, Parking areas at the Fire Department, Service BC, Public Library, Community Services Building, and Village Office.

3. The remainder of the residential streets and the two alleys immediately to the North and South of 5th Avenue, between Birch and Dogwood Streets.

4. Residential alleys (only after all of the above have been cleared, sanded & salted)

Many municipalities do not remove windrows. However, the Village of Valemount does make every effort to provide this service **ONLY** after the above 4 priorities have been completed.


We thank you for your patience during the busy winter season.

Reminder

➤ Utility Notices for 2024 have been mailed. Please contact the Village Office should you not have received yours by mid-February 2024.

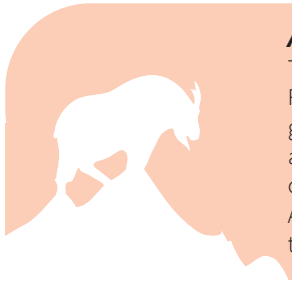
➤ Consignment agreements for 2024 are now due. Please stop by the Visitor Information Centre by January 31, 2024.

➤ As of January 1st, 2024, all business and animal licenses are due for renewal. All dogs over the age of 3 months require an Animal License. Please contact the Village Office to obtain your licenses by January 31st, 2024.

VILLAGE OF VALEMOUNT
Let the mountains move you.

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

Letters/Op-Ed



About Letters to the Editor

The Goat welcomes all letters to the editor and values diverse opinions in our newspaper. Letters should address something that appeared in the newspaper or a current event. Recommended letter length is 400 words or less due to space constraints. Longer letters may be rejected or the author asked to reduce the length. The Goat formats letters and grammar according to Canadian Press style. No substantive changes are made without the author's approval. 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 may publish anonymous letters at our discretion, if they are in the public interest. 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 received 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.



Passenger train travel about more than just transport

Re: Dunster-born MP wants passenger rail made a priority, Jan. 11th edition

I commend MP Taylor Bachrach for his multi-day train travel from Toronto to British Columbia on many levels. Firstly, there is the pure enjoyment of such a trip: experiencing new social connections, endless landscapes and maybe a good book or magazine. Second, there is the ease of transportation that such a trip provides – I am not talking about time here – it surely takes much more time than flying – but the comfort of a wider chair, of taking a stroll up and down the aisles, a visit of the bar wagon or the viewing car.

More than 20 years ago, I travelled from Berlin to Shanghai by train. It took almost two weeks. Staying in the same compartment with 60 other travelers for 8 days and 9 nights with one bathroom (and one samovar for hot water) was not convenient and certainly not fast. There was no shower. Yet, I had the time of my life. When the Trans-Siberian pulled into the station of Irkutsk in eastern Russia, all 60 passengers - many of whom could not even speak the same languages - were one big family. We had a common experience, common joy and common suffering (the bathroom). We hugged and took a family picture, and we cried happy tears of farewell. You don't experience this kind of human connection in aviation, not unless you survive a plane crash on a deserted island.

Building and operating passenger railroads is an expensive endeavor. It requires long-term thinking and

strategic long-term investment. In our day and time, business cycles are quarterly and political intervals not sufficiently long to see major infrastructure projects through to completion. After too much short-term thinking, our society must re-learn that taxes are not

You don't experience this kind of human connection in aviation, not unless you survive a plane crash on a deserted island.

some sort of punishment. Taxes are a representation of what we set out to accomplish collectively as humans. We pay taxes because we want schools to teach our children. We build bridges and invest in ferries so we can travel across rivers and lakes and visit each other and send goods from where they are made to where they are used. We build hospitals and universities and monuments for the betterment of all of us. We don't individually use every hospital and every school and see every monument.

But a society is built on the existence of common goods. Large infrastructure is seldom built by private corporations. It generally does not produce enough financial turnaround. But corporations happily piggyback on existing infrastructure for their own profit – like CN does with the existing rail network. Only they don't make it any better or any bigger for us as a society. They only make it better when it makes more money for them.

Money before people.

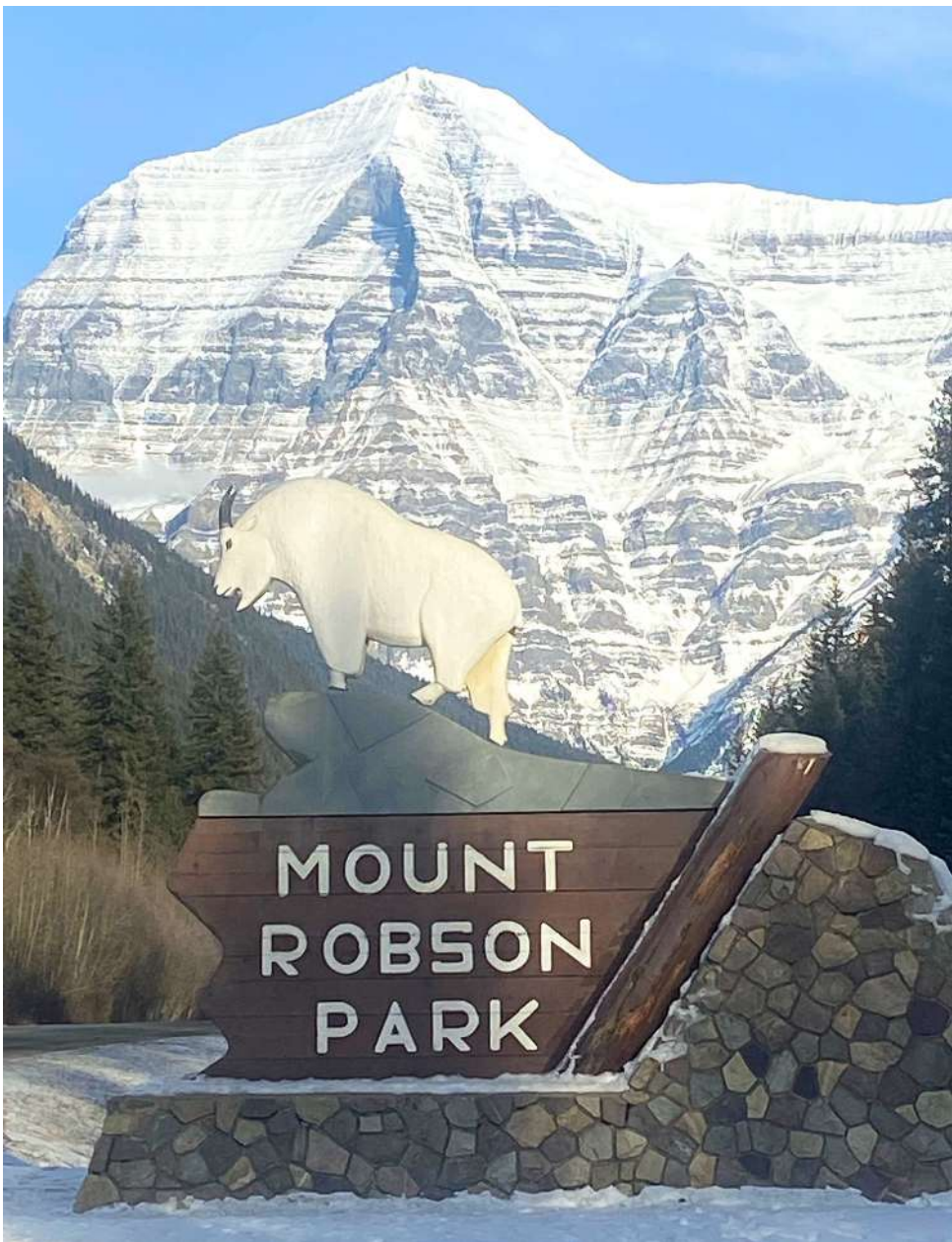
Why should we prioritize passenger train travel in Canada? Because it gives us a human experience. A way to travel beyond the boredom of sitting in the same cramped seat of a pickup truck for days. A trip without the stress of pre-flight check-ins and overhead luggage bins and the hatred and anonymity of a middle seat. Rail travel takes time and compromise. But then again: Discomfort is the price of admission to a meaningful life. Put your Tik-Tok down and look out the window. Talk to a stranger. Do nothing for a while. Your life will be infinitely richer than all the money you could have earned in the meantime.

We live in a society of "money before people." Taylor Bachrach's bill proposes to put people before money again. It's about time.

Tim Haus,
Dunster BC

LOVE LOCAL CONTENT?

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Cold and clear

This photo was taken on Jan. 2, 2024 around 1:00 pm on our family trip with my parents in the truck on the way back from Oliver, BC from visiting my sister and brother-in-law over New Year's. Mount Robson is a special place and they stop to see the view when clear every time they travel through. / SUBMITTED BY ROB MILLER

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The Robson Valley-Zimbabwe health connection

By ANDREA ARNOLD

Dr. Ray Markham and his wife Allison of Valemount are looking forward to once again returning to their home country, Zimbabwe, and providing another wave of medical support by way of supplies, training and short term manpower.

The pair began their adventure by sponsoring Canadian Susan Janetti, a missionary with the Evangelical Free Church of Canada, through the Zimbabwe Gecko Society. Janetti and her brother Frank founded the Society in 2008, and began with Frank sending handmade wire-beaded-geckos made by street children back to Canada where Susan would collect donations for them and return the money back to Zimbabwe so the children could buy food.

This simple idea has grown to allow the society to support grassroots projects in Zimbabwe, supporting local communities as they build infrastructure, and learn skills so they can support

variety of roles.

“It gives the students an opportunity to experience what medical service is like in a high-volume, low-resource setting,” said Dr. Markham.

One of the first big technological contributions to the Zimbabwe medical services that the Markhams were a part of was the implementation of an electronic records system.

“The clinic here in Valemount was already using it, and a group of staff from here travelled over to train the staff on location,” said Dr. Markham.

The Gecko Society sends equipment and supplies by shipping containers from Canada, and this January, the containers contained four new x-ray machines.

According to Dr. Markham, the need for x-ray machines is great. Many clinics and hospitals do not have them, but they do have ultrasound machines.

“During this next trip, I will be teaching physicians and nurses how to use the point of



Students on a previous trip unpacking medical supplies that we had brought over to Zimbabwe. /SUBMITTED

themselves and have a healthy future.

Janetti wanted to expand the Society to also include a medical support element, and in 2014, the Markhams made their first trip to Zimbabwe.

Since that first trip, the Markhams have been working to build a medical support system for the Gecko Society. In 2022 they established the ZimCan Health Society to work in a partnership with the Gecko Society.

The Markhams have often travelled with teams of medical students from UBC through their Global Health Elective program. The students spend several weeks serving in a

care ultrasound as a diagnostics tool (when there is no access to x-ray),” said Dr. Markham.

There is also a significant shortage of specialized doctors in the country. The Markhams say that up until just a few years ago, there were only three family physicians in the whole country, populated with over 16.5 million people. It was only recently that the country recognized the need and has begun providing the training for that specific specialization. The Markhams have included practicing family physicians in their teams to act as instructors for the training.

Their upcoming trip in March will unfortunately be a shorter trip, as Dr. Markham is needed



Ray helping out with a wellness clinic for a school that takes care of 600 orphaned and at risk children. We have been a part of helping with this clinic since we started our work in Zimbabwe. It is run over the course of a few days and a lot of community members attend it as well./SUBMITTED

here in the valley, but they have planned a very intense itinerary.

They plan to travel to the capital city of Harare. From there they will travel to the outlying areas of the country to help with projects in progress, as well as assess needs for future projects.

They plan to spend time at the Karanda Missions Hospital located about 124 miles from Harare. The hospital was built in 1961 and has grown to include a three-year nurse training school, a one-year midwifery program and a primary school for children of hospital staff. It also offers a home-based care program focused on the needs of widows, orphans and individuals with HIV. This is in addition to their daily medical services including up to 30 surgeries, up to 300 outpatients, and the care of those in their 150 beds.

The Markhams will also visit the community of Binga, an extremely poor area in the northwest of the country.

“Hospitals on the periphery are on the low priority for equipment and help,” said Allison. “For example, there is one blood pressure machine for the whole hospital.”

The facility in Binga has set up an accommodation unit nearby that regularly houses up to 300 women in the last month of pregnancy.

“It is like a dormitory,” said Dr. Markham. “But there is no running water or sewage system in place. We plan to help them get both of these problems solved as well as build a fence for a garden.”

“There is a lifetime of work there alone,” said Allison. “We also will be helping build a ceiling over the maternity ward and complete some of the cosmetic finishes - like washbasins. The space had flooded, so these repairs are needed.”

The third main focus for the couple is in the community of Raspah. Here, two rundown barns have been converted into a church - housing a computer room, sewing room and a carpentry workshop, and an elementary school. They have also created a clinic space

that is being used not only for servicing the community, but also providing opportunities for further medical education. Nurses are now being brought in through a government funded program.

Throughout all of their trips, the Markhams try to provide a level of health education, working with and teaching those local to the area how to identify illnesses as well as how to mitigate and prevent further sickness.

“Our hope is to make it better each time we go,” said Allison.

For those wanting to get involved, there are two main ways. One is by financially supporting the cause, and the other, is by physically making the trip and providing hands-on support.

“Teams travel throughout the year, not just this one trip,” said Dr. Markham. “Medical experience is not required.”

“There are always things to do,” said Allison. “Moving equipment and supplies for projects, making deliveries. It is hard work, but it is fun.”

Dr. Markham said they would like to connect the communities of McBride and Valemount to communities in Zimbabwe and help foster a relationship between the locations.

“We could send people from the valley to help communities with specific projects. If there are people who have a passion

or skill set that they want to use, we can connect them with the community that needs them.”

Allison recalls a med student who sat down with an enthusiastic young musician and taught some piano skills. They have a young man who is looking for support while building a photography business. As well, there is a need for sports minded people to come host basketball clinics.

“There are so many ways to use people’s talents,” said Allison.

The Zimcan website describes their intent as “capacity building in both healthcare systems through the development of relationships and bidirectional learning opportunities leading to partnerships. Capacity building for this group has been presented to the group though 3 lenses, direct capacity building (as an individual e.g. skills transfer), contextual capacity building (supporting the team to do so e.g. input to health education), and longitudinal (laying the foundation for future groups, e.g. needs assessment).”

“Our end goal is to build relationships and help them get to a place where they can be self-sufficient,” said Dr. Markham.

“We want to not be needed anymore,” said Allison.

More information about Zimcan can be found at <https://zimcan.org/>



A day in the Point of Care Ultrasound course that we put on for the University of Zimbabwe Family Practice residents. / SUBMITTED

The early bird gets... *frostbite?*

Either this poor robin misplaced his calendar or he missed the bus headed south. As the temperatures dipped below -30 on Thursday he spent the frigid afternoon, fluttering between the shelter of the McBride Scotiabank and pecking fallen berries and seeds from a nearby tree. As he rested on the snow he puffed out his feathers to provide some protection from the cold./

ANDREA ARNOLD



Local group working to preserve Swift Creek trail access

BY SPENCER HALL, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

A local group is working to preserve public access to one of Valemount's favorite trails. Beloved among locals, the Swift Creek trail is used for a variety of

activities such as walking, hiking, running, and biking. It can be accessed from Main Street and is located close to the seniors complex. The group — who wishes to remain anonymous until further details on its initiative can be released to the public — told The Goat the Swift Creek trail crosses privately owned

land and doesn't currently have any public access agreements in place. "This poses a potential threat to public entry to not only this important trail but also to the adjacent trail network," the group said. Read the next issue of the Goat for further details on this initiative.

Council Cont'd from P7

Council approved — in principle — the committee's recommendation to adjust traffic patterns on Swift Creek Road with the use of paint, high visibility poles and no posts — concrete dividers about seven feet long by two feet high. Changes along the road have not yet been determined. Council also approved a separate recommendation that the Swift Creek road traffic proposal be forwarded to the Village planner, Public Works, and Director of Finance. The committee also recommended Council direct Village staff to look into parking safety along Karas Road and create a report of their findings, summarizing concerns and potential solutions. Council then approved the committee's 24-month work plan, which included the above

recommendations.

Columbia Basin Trust ReDi Grant appointments

Council appointed Valemount residents Donna Hamilton and Kurien Thomas to the Columbia Basin Trust ReDi Grants Adjudication Committee, each for a two-year term. "Welcome back to Kurien and welcome aboard Donna. I look forward to working with you both on that committee," Mulyk said. There were no bylaws, policies, or public comments. As there was no in camera business, Mulyk adjourned the meeting at 7:14 p.m.

TMX to add night shift over coming weeks

BY LAURA KEIL

Trans Mountain will be adding workers to its roster in the Blue River to Hinton corridor over the coming weeks and months in the next phase of pipeline activity. A Trans Mountain spokesperson told the Goat Jan. 11th that there are currently a small number of workers in the community for tie-in work on the first 1953-built pipeline, Line 1.

The spokesperson says this will peak at approximately 85 workers staying in the Hinton to Blue River region when night shift is added over the next few weeks. The work for Line 1 will continue until mid-March. "Once the Expansion Project reaches mechanical completion, we will begin Line 2 fill. Our team anticipates the schedule on Line 2 fill to be complete in the next few

weeks." The spokesperson says they anticipate similar crew sizes for the line fill work (85 total), but won't have numbers for a few weeks. The spokesperson says Trans Mountain also anticipates smaller crews - less than 40 workers, both local and regional - in the region for reclamation of the Expansion Project in late Spring/early Summer this year.

In memory of...



James Ernest Harte
April 14, 1932 - December 23, 2023

James (Jim) Harte passed away December 23, 2023 in McBride, BC. Jim was born on April 14, 1932 to William and Elizabeth Harte in Trochu, AB and resided in Three Hill's. He was the youngest of 4 children. Jim worked as a agent/operator for the CNR in Alberta, Saskatchewan then his final move in 1967 was to McBride where he worked till retirement but continued to make this home. His love for the CN was his passion and showed with many stories of trips made on his speeder while being part of the N.A.Rail Car Association to which he made many lifelong friends. A member of the PG amateur radio club also he took part every Sunday morning and enjoyed the clubs chat. His love for anything outdoors was always noticed from gardening to keeping his property immaculate, raising, breeding and selling miniature horses and collecting CN memorabilia. Heartfelt thanks to family, friends, Dr. Burian, Dr. Melek and all the healthcare staff and workers at the McBride Hospital and Health Centre for all they did to make it home in the final 9 months at LTC where the garden inside became his place to walk, share his thoughts and treasure the beauty of life. He is survived by his children Tex, Heather (Bob), Ricky (Tanya), 3 grandchildren and 5 great grandchildren. Predeceased by his mother and father, 2 sisters and brother and one grandson. Jim will be remembered for his humour, smile, stories and love of people. A celebration of life will be held in Spring of 2024 in McBride, BC



Through the Lens
with Leon Lorenz

Ruffed grouse (as well as other birds) puff up their feathers when it's cold because it traps air close to their bodies which acts as an insulator and keeps our feathered friends warm. /LEON LORENZ

SD57 hires new superintendent

By SPENCER HALL, LOCAL JOURNALISM INITIATIVE
REPORTER, RMG

After a ten-month search, School District 57 has appointed a new Superintendent. The Board of Education announced earlier this month that Jameel Aziz will step into the role on March 25th. Aziz is currently serving as the Superintendent and CEO of Yellowknife Education District No. 1. He's previously held other roles in education, such as Assistant Superintendent of Schools for School District

58 in Nicola Similkameen, Principal of Ecole South Sa-Hali Elementary School in Kamloops and Principal of Kamloops Open Online Learning. The new Superintendent attended Harvard University in 2013, completing the Instructional Rounds Program after graduating from the University of Victoria with a Masters of Education in 2002. Aziz said he looks forward to building new, collaborative relationships in his new role. "I'm excited by the opportunity to work with teachers and staff to ensure we provide an engaging and quality

education experience for students and prepare them for the future," Aziz said. SD57 Board of Education Chair Craig Brennan expressed his appreciation for Acting Superintendent Pamela Spooner — who's been in the role since March 2023. "I would also like to acknowledge the valuable role played by Rightsholders and Stakeholders who participated in the recruiting process," Brennan said.

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.

Schrödinger's Island: Taiwan Election 2024

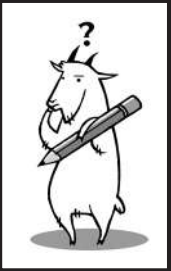
Taiwan's fate is as unknowable as usual, even though we know who the next president will be. William Lai, vice-president under outgoing President Tsai Ing-Wen, will almost certainly win the election on Saturday, because the two opposition parties failed to agree on a joint candidate and will split the slightly-less-anti-China vote between them. Tsai, who is retiring after eight years in the presidency, could still win re-election today if she had not reached the two-term limit. Lai is cut from the same cloth: firmly against enforced 'unification' with China, and careful always to tend the not-quite-alliances with the United States and Japan that hold Beijing at bay. So no real change on the international front, even though president-for-life Xi Jinping of the People's Republic of China continues to insist that he will use force, if necessary, to bring Taiwan

back under the rule of the 'motherland'. It's a bit like Schrödinger's Cat, really. Maybe the island of Taiwan and its 23 million people are an offshore province of China, temporarily separated from the mainland by the losers in the Chinese Civil War when they retreated there with a million soldiers in 1949. Or maybe it's a Pacific island (the original home of the ancestors of all the Pacific islanders) that was conquered and settled by a wave of Chinese immigrants in the 1600s and 1700s, fell into Japan's hands in the late 1800s, was ruled from Beijing for four years from 1945 to 1949, and is now independent in all but name. All those things are potentially true, but we will only know which set of facts stays relevant when China conquers Taiwan, or when the current pseudo-Communist regime in Beijing collapses and its successors recognise Taiwan's independence, Schrödinger's Island.

Long may that box remain closed. If there were a referendum in Taiwan today on declaring independence from China (and Beijing didn't threaten to invade to stop it), a large majority of Taiwanese would vote 'yes'. But they are also realists and would be quite content to live with the current status quo indefinitely. As a model for what all of China could and one day might be, Taiwan is encouraging. It is one of the most democratic countries in Asia, and also the most tolerant. (It was the first Asian country to legalise gay marriage.) GDP per capita in Taiwan is six times higher than in China, and yet wealth inequality is much less in Taiwan than it is in China. Under the brutal dictatorship of the Kuomintang (Nationalist) Party that fled the mainland and ruled the island for thirty-five years, the people of Taiwan suffered as much as the

mainland Chinese did under Mao Zedong's Communists. If they have managed a non-violent transition to the democratic and prosperous present, why not the mainlanders too? In the meantime, however, this fortunate island's fate is largely out of its own hands. The long-standing US 'guarantee' of Taiwan's security is deliberately ambiguous: the Americans might or might not actually show up if China invaded. Indeed, if Donald Trump is president by this time next year, he might just sell Taiwan down the river. And then there's the Great Imponderable. Xi Jinping appears to be putting Taiwan into the same role in his 'heritage project' that Vladimir Putin gave to Ukraine. Both men have recently passed 70, and they both seem to think that 'reuniting the motherland' would be a fitting monument to their glory.

PUZZLES



CROSSWORD

Answers on P13

- Across
- 1 Go astray

4 Embryos

8 Workout target

11 11-point blackjack card, at times

12 Ripped your shirt

13 Experienced

14 Command to a horse

15 Attack with nails

16 Shock absorber

17 Throws into the mix

19 Big test

21 Blatant

23 Soufflés do it

26 Life's tale

29 Eco-friendly

30 Advancing in time

31 Chartered

32 Nada

33 Compassion

34 Kind of sprawl

36 Bridge triumph

40 Bottom line

42 Like some bookstores

44 Act your ____

45 Source of iron

46 Corset part

47 Doggy doc.

48 Had a certain position
- 49 Tortoise racer

50 Pop-ups
- Down
- 1 Prose epic

2 Coffee choice

3 Require

4 And more

5 Jack Nicklaus, e.g.

6 Sand unit

7 Like a baseball's seams

8 Puts on, as gloss

9 Bikini component

10 Sward

18 Oklahoma athlete

20 Adorns

22 Squealer

24 Date regularly

25 Epilogue

26 Playing piece

27 It sometimes needs a massage

28 Meeting record

29 Figure out

1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
17				18		19			20		
			21	22				23		24	25
26	27	28					29				
30						31					
32					33						
		34		35				36	37	38	39
40	41			42			43		44		
45				46					47		
48				49					50		

- 31 One-dimensional
- 33 Italian food favorite
- 35 Shrub
- 37 Rolling rock
- 38 Like fine wine
- 39 World Series winners of 1986
- 40 At this point
- 41 Mesozoic, for one
- 43 Salon application

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

Answers on P13

SUDOKU

HOW TO PLAY

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

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

The Toughie

by Myles Mellor

Answers on P13

- Across
1. Money guarantor, for short

5. At no time (poetic)

9. Jazz singer Carmen

14. Russian river

15. Oliver Perry victory site

16. Baldwin, and others

17. US abbr.

18. Skycap's burden

19. Knots

20. Fail badly

23. Originate (from)

24. Shoot

25. Dickensian cry

28. Wheel parts

31. Uncannily

33. Cries at fireworks

36. Angry

39. Slog

40. Perfectly composed

44. Heart

45. Slavishly loyal followers

46. Spanish bear

47. Email messages as a group

50. In ____, completely

52. Verbalize

53. March Madness org.

56. Pitcher Hershiser

59. Becoming very excited or angry

63. Astound

66. Swarm

67. Lost fish

68. Entrance halls

69. A fan of

70. F.B.I. operative
71. Happy hour order

72. Commendation

73. She married Rochester
- Down
1. It's checkered at the end of a race

2. Audition tapes

3. Bumbling

4. Calling

5. Wyo. neighbor

6. Timeline divisions

7. Skating maneuver

8. To cut for the third time

9. Art of riding horses

10. Simpleton

11. "Lady in ____" - Chris De Burgh song

12. Goes with Ventura

13. Slalom segment

21. Insurance company headquartered in Rhode Island

22. Mud ____

25. Hobbit

26. Sunburn coolers

27. Plane starter

29. Simon and Garfunkel's "____ Robinson"

30. In order (to)

32. Eng. speed

33. Bank holdings, abbr.

34. Stir

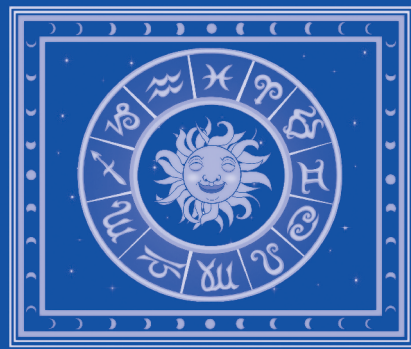
35. Hasbro board game

37. P.T.A. meeting place, abbr.

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38. Tallow source
41. Moviemaker Spike
42. Executive
43. Author Sinclair
48. Jacket
49. Brit detective rank, abbr.
51. Juice source
54. Nay sayers
55. Cut taker
57. Opposition
58. Truman's birthplace
59. Enter
60. Second in a series
61. Topic for Latin lovers
62. Unit of loudness
63. Sudoku, for one
64. Paper size
65. " ____ quit!"

HOROSCOPES



BY HOLIDAY MATHIS

Capricorn Closing Statements

When Plato said, "The measure of a man is what he does with power," he implied that the true test of an individual's integrity and virtue lies in their actions when they have the ability to exert power over others. In the last week of the Capricorn sun, we learn more about power, who has it, how to get it, the perils of keeping it and the most effective and useful ways to wield it. Life gets simpler for those who seek to build the well-being of others instead of seeking power itself.

ARIES (March 21-April 19). Being seen as powerful is different than actually being powerful. Being powerful involves taking risks, and rather fearlessly at that, as there's a degree of certainty about what you can handle and do. The truly powerful are less afraid of appearing foolish -- they can afford to -- whereas those who need to be seen as powerful cannot.

TAURUS (April 20-May 20). Trust your feelings. The logic won't add up, and if it did, you wouldn't need faith to bridge the gap. The fact that your feelings stretch beyond logic and into realms that cannot be sorted out through reasonable methods is a sign they are working properly, for this is the nature of feelings. They won't lead you wrong this week.

GEMINI (May 21-June 21). The principles of flag design suggest that a flag should be so simple a child can draw it from memory. This principle applies to at least three projects you'll take on this week. Distill things down to their essence, and then run it up the pole and see who salutes.

CANCER (June 22-July 22). You're awake and aware, alive in the current moment while anticipating the next one and the one five years from now, too. Most people are not going to be as conscientious, but it doesn't mean they care less. They care differently. You'll be most productive with a diverse team of various strengths and styles.

LEO (July 23-Aug. 22). It's a common fallacy that creative people like you should always be using their talent by doing what they do best. The thing is, you may not even know what you do best yet. You think you do, but there are other talents and applications for them emerging through the action this week. Keep an open mind and you'll be brilliant.

VIRGO (Aug. 23-Sept. 22). While it's true that people who have been very sad know the value of happiness, it's not necessary to have the two states side by side to understand the contrast. Let yourself be happy for long stretches and enjoy it. You don't need to pay for your good feelings in any way. Savor joy and let the warmth of happiness illuminate your path.

LIBRA (Sept. 23-Oct. 23). It will be easy to get support for old ideas,

but for the new ones, you'll need "proof of concept." This may seem daunting at first, but the key is to dive in and start building. This work could turn out to be the most fun you'll have all week. Seeing your ideas come to life is an unparalleled thrill.

SCORPIO (Oct. 24-Nov. 21). If someone does understand and support you before you make the thing, count that person as your No. 1, go-to mentor and champion. This kind of faith is a rare and beautiful occurrence. You have the confidence to seize it, the grace to appreciate it and the generosity to pay it forward.

SAGITTARIUS (Nov. 22-Dec. 21). It will often seem like others are commanding your moments through their needs, requests, puzzles or through the way they lead your attention with talk. This week, you'll take back your time by flowing your attention where you wish to. When it's difficult to get out of conversations by using words, use your feet instead.

CAPRICORN (Dec. 22-Jan. 19). Fresh endeavors sparkle up your week. When you are engaged in new activities, especially work you have very little experience with, you'll be often surprised, intrigued and determined -- all states that connect you strongly to the moment and help you to feel vividly alive.

AQUARIUS (Jan. 20-Feb. 18). Your adventures with a loved one are an experience in fusion. At times, you will feel like the two of you are one entity, working toward a common goal. Your ideas will run together; the experiences combine and blur. You'll be chosen for an important mission.

PISCES (Feb. 19-March 20). There's no need to keep track of who is doing what or giving versus taking and the like. You may seem to be making more efforts in a relationship, but effort takes many forms, and some of them are tricky and mysterious. Regardless, how it is now isn't how it will always be. The pendulum will swing and it will be the other person's turn to put in more.

THIS WEEK'S BIRTHDAYS: You've mastered an area of life, but this is not the only thing you will excel at by far -- it's a year of discovering untapped talents! You'll answer a different kind of calling and know right away that it's worth digging into. Good organization will allow you to scale your work, make hard things easy and accomplish impressive feats. More highlights: You'll be an incredible host attracting many visitors. Your love life features excitement and coziness, too, and you'll be learning new skills to improve your financial picture.



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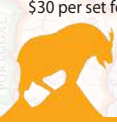


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11	A	C	E	12	T	O	R	E	13	P	R	O	
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SUDOKU ANSWERS

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TOUGHIE ANSWERS

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VALEMOUNT

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 info call 1-844-324-2004 or email events@rvcsbc.org.

January 22 Lets make music
January 29 Making talking sticks and story time in collaboration with RVCS Indigenous Literacy program

Jan 19-21 Bonspiel at the Valemount Curling Club. Contact Cheri Denhke for more info.

MON Jan 22nd Everyone is invited to join us for **Community is the Thread that Connects Us** We are coming together to introduce our program and gain insight into our community needs, from 2:00pm-3:30pm at the RVCS Valemount office (99 Gorse St). Coffee and snacks will be provided. This event is brought to you by the Indigenous Literacy program and made possible by RVCS and CALP. Contact the office to register 1-844-324-2004 or email events@rvcsbc.org

WED Jan 24th Join us for **Medicine Wheel Teachings** Join our Indigenous Literacy team as we share an afternoon of art, learning, culture and connection at the RVCS office in Valemount (99 Gorse St). Refreshments and supplies will be provided. Everyone is welcome! Registration is required please contact the office. This program is brought to you by the RVCS Indigenous Literacy & Seniors Program, made possible with funding from CALP.

Fri. Feb 9th Movie night fundraiser for Project Pump it Up (pump track development) at Valemount Secondary. The film is suitable for youth and adults and is about the transformative power of bikes in several people's lives. More details TBA.

THURS Feb 15 Tickets go on sale for the BCHBC Rendezvous 24 May 24-26. A weekend of riding and events held at the Valemount Rodeo Grounds.

SAT Feb 17th 2024 Winterfest 5-9pm plans so far include outdoor DJ & live music, food vendors, ice/snow sculptures, signature beverages, winter bowling, smores, maple syrup taffy, and warming stations! More activities are yet to be confirmed.

Ongoing Valemount Events

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 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 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 Join us for Seniors Drop In at the Valemount RVCS office (99 Gorse St) Escape the cold and join us indoors every Friday for Seniors Drop-In. Learn how to knit a mini tree and mini hats, relax the mind and body during Zumba/meditation, and play your favorite board game. I hope to see you there! January 19th from 2pm-3pm. No registration required.

TUES and FRIs at 7 PM **Curling and Drop-In Curling** Valemount Curling Club 98 Elm St. Clean shoes required.

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 lauraishere@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

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.

January 22 Stone soup day. Bring a rock and we'll read the story!
January 29 Tumble time

WED Jan 24th Join us for **Drop-In Tech Café** our staff provide FREE assistance and 1:1 support with your devices and basic tech questions. At the McBride office (942 3rd Ave) starting at 1pm-3pm. Brought to you by McBride Ault Literacy Program. For more information call 1-844-324-2004 or email: events@rvcsbc.org.

FRI Jan 26th **Movie Night at the high school** hosted by the Girls Volleyball team. Space Jam-A New Legacy. Concession available will snacks and supper type items. Doors open at 5:00. Movie will start at 5:30 with an intermission part way through. Thank you for your support.

MON Jan 29th Seniors are invited to come and pick up a paint brush and let Jessica Arnold lead you through **Paint Afternoon** at the McBride office (942 3rd Ave) for an afternoon of painting! This runs from 1-3 pm. Supplies and refreshments provided. This program is brought to you by the RVCS McBride Seniors Program. For more information and to register call 1-844-324-2004 or 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.

TUESs **Tuesday Night Jam** 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


WED's **Free Drop-in Pickleball** 7:30-9pm @ the McBride Hightschool. Everyone welcome (grade 8 and older) Bring clean gym shoes. Equipment and basic instruction provided. No experience, or high level of fitness required. Come have fun.

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.

FRIs& SATs **McBride Curling Club Drop-In** @7pm. (In January). \$5.00 fee. Bring clean shoes.



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.



Perennial Beds

Some of us hesitate to start a perennial bed or border, but once they are established, they will give years of pleasure to the gardener and all who visit. If the hesitation comes from not knowing exactly what you want to plant or how you want the finished bed to look, don't worry! Jump right in! Always remember that the shape of the bed can be changed over the years and that plants can be moved.

The first step is to determine where you want the bed. Will it be placed where you can see it from your favourite chair? Will it be placed where it will act as a welcome to your visitors as they walk in from the street or road? Will it be the edging of a favourite outdoor room or deck or patio?

Another thing to consider when deciding where to put the new bed is how much sun or shade does that area get. If you choose a spot with full shade or very little sun (less than five or six hours per day) then you will be limited with your choice of plants for the new bed. In a later column, I will deal with a shade garden and which plants prefer this exposure.

Once you decide where you want the bed, I find a garden hose or a piece of rope is the best way to lay out the shape of

the bed. It can be adjusted and changed before any digging has begun. It can be left there for a day or two and checked to see just how many hours of sunlight that spot gets every day. I also prefer not to make the bed too wide as getting into the middle once all the plants are grown becomes a trek through the jungle! Also, don't be tempted to make the bed too large. It is easier to expand it than to make it smaller.

Over the years, I have come to prefer edging the bed with a sharp straight shovel and leaving a shallow trench between the plants and the lawn. This trench will stop the lawn grass from creeping into the bed – especially if you have quack grass around. Many folks like to edge a bed with river rocks, bricks or other materials, but be aware that this requires a lot more work in keeping the edge neat. With the plain cut edge, you can just run the lawnmower around with the outlet facing away from the flowers and the edging is done.

Once the sod is removed and all the roots are dug out, amend the soil with some peat moss, rotted manure and compost and dig it in well. If the soil is quite acid (as found under pine and evergreen trees), some dolomite lime would

be a good thing to add.

Another great way to start a new bed for either perennials or other plants is by the “lasagna” method. You need to plan one year ahead for this though! In the late summer or fall, cover the area where you want the bed with cardboard that is overlapped at least 3-4 inches (10cm) and wet it down well. This will smother the grass and any weeds. Then place layers of any/all of the following on top of the cardboard: grassclippings, leaves, fruit and veggie scraps, coffee grounds, weeds, manure, compost, trimmings from the garden, etc. Try to have the dry materials (browns) to be twice as many as the fresh (greens) for better breakdown. The ideal is to have it about two feet deep when you are done. It will settle down to less than half that in a week or two! With the fall rains and the winter snow, it will keep the layers moist and by next spring, you will have deep rich soil without any back breaking turning of sod or digging.

In next week's column, I will continue with choosing plants and planting the new bed.



This cold is big difference from where Helen Lorenz grew up in Jamaica. She seems to have adapted pretty well braving the temperatures for a 4km walk on the evening of Jan 12th. /LEON LORENZ

During the recent cold snap we tried to capture the beauty of bubbles as they crystallized in the cold. It was a delicate balance as everything froze. Fingers, toes, the bubble wand, the straw, and the bubble solution. It was a fun experiment as bubbles froze, shattered or even rolled across the snowy yard.
/ANDREA & JESSICA ARNOLD

Books of the week!

BIOGRAPHY

ONE INCH FROM DISASTER

Kelly Randall Ricketts has spent over half his life in the Campbell River area of Vancouver Island and lived in almost every region of BC, and like many rural British Columbians, he has tried his hand at an astonishing array of occupations from logging to mining to wrangling horses. Add to this a passion for the outdoors, heavyweight boxing, performing his own music and storytelling for a lively memoir.

FICTION

NORMAL PEOPLE

Connell Waldron is one of the most popular boys in his small-town high school—he is a star of the football team, an excellent student, and never wanting for attention from girls. The one thing he doesn't have is money. This is a novel that explores the subtleties of class, the electricity of first love, and the inescapable challenges of family and friendships.

NATURE

THE BREATH OF A WHALE

This "intimate and spirited" essay collection "offers us the whale watch most of us can only dream of" as they reveal the elusive lives of whales in the Pacific Ocean—home to orcas, humpbacks, blue, gray, and sperm whales. To experience whales is breathtaking. To understand their lives deepens our connection with the natural world.

FICTION

RAZORBLADE TEARS

A Black father. A white father. Two murdered sons. A quest for vengeance. Ike and Buddy Lee, two ex-cons with little else in common other than a criminal past and a love for their dead sons, band together in their desperate desire for revenge. Provocative and fast-paced, S. A. Cosby's Razorblade Tears is a story of bloody retribution, heartfelt change - and maybe even redemption.

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MCBRIDE



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With curb appeal outside, warm and cozy comfort inside, and a backyard to die for, this home is a must see. The family-friendly layout features living on the main and bedrooms above, an inviting family room alongside the efficient kitchen, and easy access to the two-level deck and outdoor oasis.

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