

WWW.ROBSONVALLEYREALESTATE.COM

Water concerns Cont'd from P1

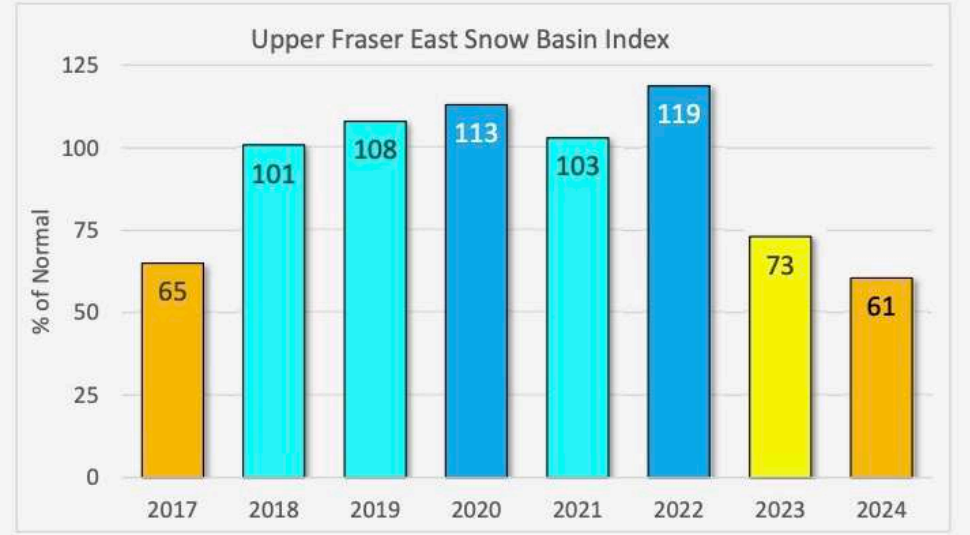
drought, wildfires, and expensive stop-gap measures.

“We’re in this reactionary cycle of having to address the climate impacts that we’re feeling in our watersheds,” she said. “We need to stop, take stock, and plan for the challenges that are being presented to us.”

These challenges will be felt by local governments the most as they scramble to cope with the consequences of recurring drought, said Harwig. She emphasized the importance of a collaborative approach between the province, city governments, and Indigenous governments in the effort to achieve water security moving forward. That’s why the Coalition is helping to advise the province to invest more money into helping communities address their water issues, she said.

The provincial government and BC-First Nations Water Table is currently investing in watershed security in the form of a \$100 million investment announced last March. While Harwig said this is an encouraging sign that the Eby administration is taking water security seriously, she worries that it won’t be enough to establish long-term, sustainable solutions the province desperately needs.

“With the budget [needed for] fighting forest fires and the housing crisis, there’s many demands being made on the government. But water has to be the common denominator,” Harwig said. “We



The Upper Fraser East region has just 61 per cent of its typical snowpack, the lowest ever recorded. /BC MINISTRY OF WATER, LAND AND RESOURCE STEWARDSHIP



Simple Goodness.



BC Fresh Boneless Skinless Chicken Breasts
family pack 14.31/kg

Save 38% off regular price

6.49 lb

Local



Fresh Whole Pork Tenderloin
family pack 8.80/kg

3.99 lb

Save 58% off regular price



MEXICO Fresh Asparagus
6.59/kg weather permitting

2.99 lb



IMPORTED Fresh Blueberries
1 pint weather permitting

4.99 ea



ADAMS 100% Natural Peanut Butter
500 g

2.99 ea



SMUCKER'S Pure Spreads
250 mL

2.99 ea



GENERAL MILLS Cheerios
cinnamon toast crunch, lucky charms or reese's puffs 300 g - 420 g

3.99 ea



CUT FROM WESTERN CANADIAN AAA CERTIFIED ANGUS BEEF
aged minimum 21 days

WESTERN CANADIAN Fresh AAA Certified Angus Beef® Sirloin Tip Roast or Steaks
family pack 17.61/kg

Save 30% off regular price

7.99 lb

Friday, February 16 - Thursday, February 22

can’t keep putting off addressing the water security needs of this province.”

An additional \$75 million dollars a year, Harwig and the Coalition estimate, could provide sufficient funding to achieve watershed security throughout BC. That money could go towards building more monitoring systems to collect data on water levels, researching more sustainable land use practices, and strengthening relationships between the Province and its municipalities – all of which are crucial to realizing watershed security in BC, according to Harwig.

“We’re all in this together,” Harwig said. “Sooner or later, we’re going to have to address [watershed security] much more aggressively.”

In the meantime, the Village of McBride is embracing the kind of collaborative approach that Harwig advocates for.

“The Province has been really good at every level,” Runtz told The Goat. He said he is grateful to have a strong relationship with Valemount Mayor Owen Torgerson: “When I’m done talking to him, I feel like the world is a whole lot better [...] We really appreciate having Valemount next door to us.”

The provincial government likewise plans to work with local governments to address the drought projected across the province. A series of in-person and online workshops to help farmers prepare for potential drought this summer is beginning on February 15; the McBride workshop will be held in-person on March 8th.

New BC Building Code coming into effect

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

A new edition of building codes for the province comes into effect on March 8. Blaine Harasimiuk, Manager of Building Inspection and Sustainable Practices for the Fraser-Fort George regional district, explained that the new codes will affect any building permits applied for on or after that date.

“Every permit that comes in gets a plan review,” Harasimiuk said. “Anything that we notice that doesn’t comply with the new code after March 8, we would make notes on that plan.”

While most of the codes have been carried over from the 2018 edition, some new requirements have been added.

For one, the province is updating its requirements for radon rough-ins. The second leading cause of lung cancer, radon gas is found in soil throughout BC; rough-ins are pipe systems that draws radon away from building interiors.

Radon rough-ins will now be required throughout the province. Because coastal areas tend to have less radon gas in their soils, they have previously been exempt from the rough-in requirement. Now, every new building in the province will need to include a rough-in, Harasimiuk said.

Rough-ins “have to be accessible in case there’s any future work that needs to be done on the soil,” he added.

Rough-in pipes will lead to the exterior of a building, where the pipe will be accessible should work be needed.

In an effort to cope with warmer summers, the province is now requiring new buildings to have at least one living space that does not grow hotter than 26 degrees. The province has not issued specific guidance on how to keep

rooms cool, but Harasimiuk explained that an insulated basement or air-conditioned room would comply with this requirement.

The codes have also been updated to align with the 2020 National Building Codes, published in March 2022. Mass timber construction – a technique which uses dense pieces of timber to build stronger, more earthquake-proof structures than typical timber construction – is now allowed under the BC Building Codes, in line with the National Building Codes.

Additionally, the province is working on new codes that will come into effect March 2025. While details remain to be hammered out, these regulations will include improved earthquake design elements and expanded adaptable housing standards. An adaptable house is designed for residents to “age in place,” and in the current Building Codes, includes design elements such as wide hallways, accessible building entrances, and control panels that can be accessed by someone in a wheelchair.

Harasimiuk does not anticipate difficulty in communicating the forthcoming changes.

“Generally discussions occur either on-site or before the code changes to let the general contractors know of the changes that are coming up,” he explained. Additionally, the Province will publish a ministerial order when new changes come into effect; Harasimiuk said that the Fraser-Fort George regional district is in touch with the Canadian Home Builders’ Association of British Columbia regarding building code changes.

The Goat reached out to the Canadian Home Builders’ Association of Northern BC, but did not receive a comment by press time.

Valemount Community Forest trying new management structure

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

In late October, Craig Pryor left his position as General Manager of Valemount Community Forest (VCF) for a position in McBride.

At the November VCF board meeting, Brian Shawara, the VCF Operations Supervisor, and Andrew Hubbell, mill manager of the Valemount Industrial Park, stepped in to take over Pryor’s management duties. It’s a management structure that the VCF has never tried before: Hubbell and Shawara will be continuing their old jobs, while sharing general management duties between the two of them.

The two sat down with The Goat last week to discuss the transition.

Pryor left his position with just a few weeks notice in late October – right at the start of the winter harvest season, which Shawara said is a particularly busy time of

year.

“Craig was wearing a lot of hats, and so when he left there was a pretty big void of management,” Hubbell explained.

He and Shawara share all the duties of the general management position while juggling the responsibilities they already had under Pryor’s management. For Hubbell, this means making sure the mill is functional and profitable while dealing with finances for the broader company; likewise, Shawara troubleshoots when shippers and contractors run into problems, as well as supervising the general operations of the VCF.

“It’s a steep learning curve,” added Shawara. “But I’m enjoying it.”

Hubbell agreed that it has been a learning experience. In his first six months as the mill operator, he supplied new working equipment for the mill and built relationships with customers – work he is more used to than his current management

duties.

“The role I’m more comfortable with is being boots on the ground,” he said. “But we’re getting there [...] I think this thing is going the right way.”

Hubbel and Shawara’s joint position is not yet permanent. The VCF board will reassess the situation in a subsequent meeting, likely March or April, Shawara said.

“If I don’t cut the mustard, so be it, I’m a big boy and I can take it,” Shawara joked. “But right now, I think I should be able to do it.”

In the meantime, Hubbell and Shawara are enjoying a good working relationship with the VCF board.

“They really take their mandate to heart,” Shawara said. “They’re passionate, they want to see us succeed. I feel like they’ve given us as much as they can in the situation, a lot of good advice and room to grow.”



Brian Shawara (left) and Andrew Hubbell (right) pose in the VCF board room. “The board has been fantastic,” Shawara said. “They’ve been really willing to let both of us dig in to the work.” /ABIGAIL POPPLE

Road closed amid Tete Jaune bridge work

By SPENCER HALL

The Ministry of Transportation says Blackman Road will be closed from L’Heureaux Road to Tete Jaune Access Road for two weeks so crews can conduct bridge maintenance on the Tete Jaune bridge that crosses the Fraser River.

According to the Ministry, the road will be closed in both directions to allow for the replacement of the timber deck on the Tete Jaune Howe truss bridge.

“The work is routine and addresses wear in the existing wood planks,” the Ministry said in an emailed statement to The Goat.

The closure began Monday and the Ministry anticipates that the road will reopen on February 26th.

A detour is currently available via the adjacent Highway 16 and Highway 5.

Winter Fest promises to be a rollicking evening downtown

By LAURA KEIL

A light show, bouncy castles, and a live ice carving demonstration are just a handful of the great activities Valemount residents can look forward to at this year’s Winter Fest, spearheaded by Tourism Valemount.

The “block party” event will take place Sat. Feb 17th downtown on 5th avenue between Birch and Cedar streets (primarily between the Gathering Tree and IGA). The road will be closed for the event, which takes place between 5pm and 9pm.


“We wanted it to be a block party event,” said Tourism Valemount Executive Director Marcie Down. In previous years, Winter Fest has happened at the sportsgrounds and inside the arena.

Down said Tourism Valemount got additional sponsorships in the last couple weeks that allowed them to expand the activities including renting three bouncy castles which will be set up inside the former Fields building across from the Gathering Tree. Several businesses will be open late including the Gathering Tree with children’s activities and the Rocky Mountain Goat, where kids can get their photos taken with the special guest mascot “Olaf.”


The ice carver — Tyler Welfing of CarveWel Creations from Vernon — will be carving three different sculptures in the lots next to the brewery starting at 2pm or 3pm in the afternoon. Residents can watch the figures come to life over several hours. Welfing is also a wood carver and will have several wood carvings on display. The ice carvings will be on display until they melt.

Other highlights include a light show, DJ, dance party and “lawn” games with prizes. The maple syrup treats fell through however.





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.



Porches, Patios and Decks

When we think of gardens and gardening, sometimes we forget that “the garden” consists of more than the soil and the plants. The porches, decks, patios, gazebos and quiet places to sit and enjoy the growing parts of the garden can be just as important. I have lived at places where you walked out the door and “worked” in the gardens and went back inside to relax. I have lived in other places where there were large decks, outdoor living areas and lounge chairs, hammocks and picnic tables. I spent much more time outside in those places with the outdoor spaces designed for living and relaxing. At one home on Redtail Road in McBride with decks on three sides of the house and a wonderful view in all directions, I ate most meals outside and spent a lot of time outdoors in good weather.

Porches can be a haven on a rainy or snowy day and can be a great place to leave the wet boots so the mess is not dragged into the house. If it is screened in, you can enjoy a breeze even when the bug season is in full swing. If the

porch has removable windows or frames with plastic, they can be enjoyed even on a warm sunny day in mid winter. One great advantage to a porch is they are usually higher than the rest of the outdoor space and thus give a good view of the entire garden area.

Decks can be a great way to even out an uneven hillside and give you much more usable space. They can be built around existing trees and in any shape you desire to fit your property. If you want them to be permanent, they should always be built on concrete piers and be constructed of long-lasting cedar or well stained or painted wood. Benches can be built right into the decks and container plants and shrubs and trees planted at the edge of the deck can give protection from the wind and give privacy from the street, road or the prying eyes of neighbours and passers-by.

Patios are a really flexible way of setting up a low maintenance garden area. A well-poured concrete slab

or slate or brick base can be laid out in any number of geometric forms according you to own personal tastes. Small pockets of soil for shrubs or plants can be used to break up the stark lines of the concrete, or you can stick to containers to soften the lines. With the addition of a picnic table, hammock and a small pond or water feature, the patio can be a quiet and pleasant place to spend an evening or entertain friends.

The beauty of thinking in terms of porches, patios and decks as an important part of your garden design, is that you can start with one and add on as the years go by. Imagine coming out of the house onto a porch with a beautiful view of the entire garden, going down a few steps to the patio where you can have supper after a long day at work and then down a few more steps to a deck surrounded with potted plants and trees and shrubs to a restful snooze in the hammock to relax and unwind.

We can all dream...can't we!



Spencer Hall
Editor & Owner
goatnewspaper@gmail.com

Wood Smoke Reduction Program needs to address community concerns

While the Village continues to participate in the Province’s Community Wood Smoke Reduction Program to improve local air quality, many Valemount residents hesitate to trade in their woodstoves because doing so would mean losing their main source of heat in the event of a power outage.

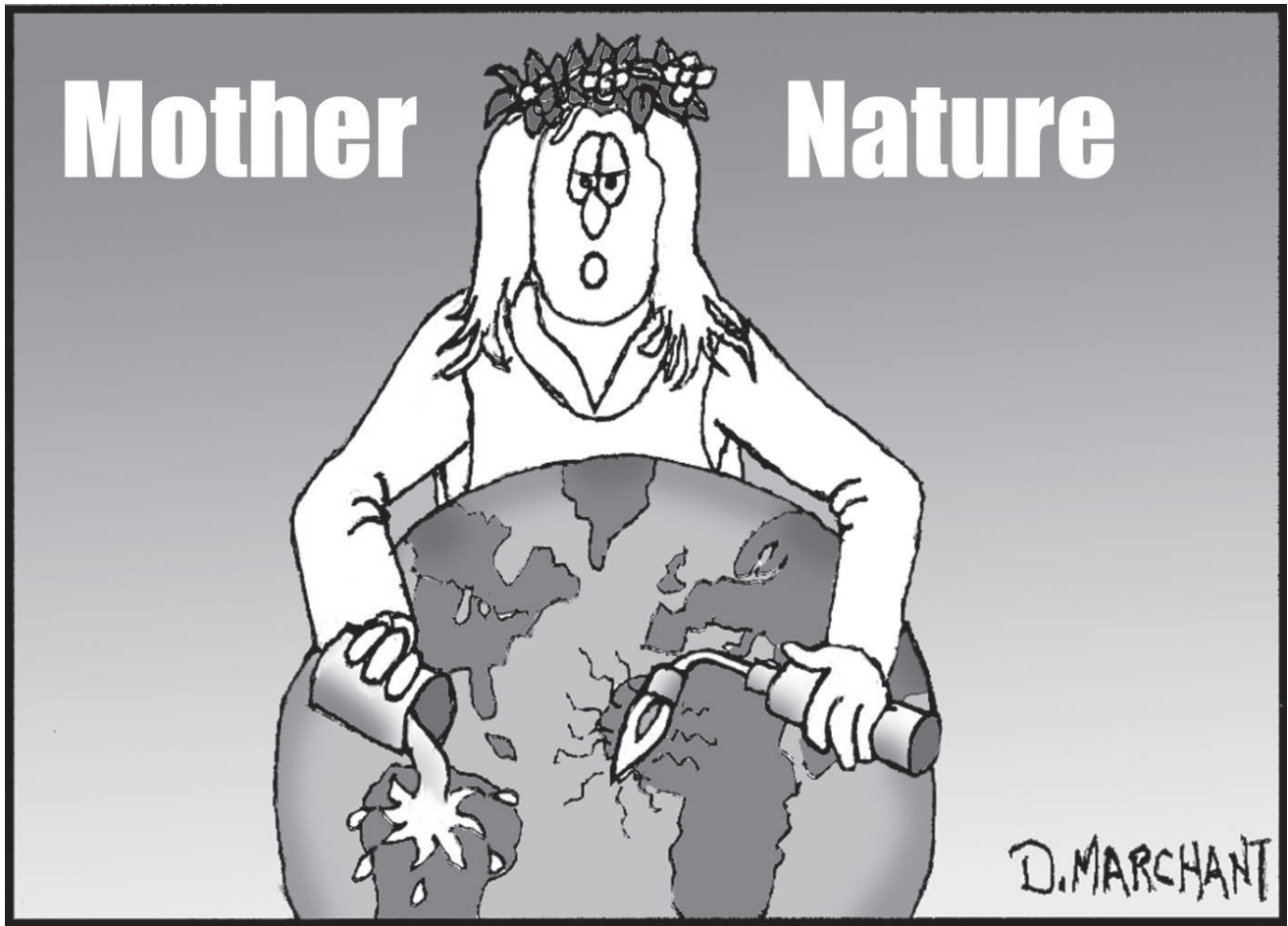
In a 2020 home heating and air quality survey put together by the Village, respondents were asked why they burn wood as a source of heat. Of the survey’s 97 respondents, 40 said they still want to be able to heat their homes if the power goes out. 48 also responded that wood is cheaper

than other fuel sources.


The crux of why the smoke reduction program isn’t as successful as it could be lies in those two responses. To participate in the program requires a significant amount of money up front and many residents aren’t convinced if they made the switch if they’d still be able to heat their homes should the Village experience a power outage. The program does allow participants to keep their old wood stove to be used in certain situations, but only if a heat pump is installed. It’s also a challenge to find someone locally to install heat pumps.

The survey did show that if financial barriers were removed, many residents would prefer to switch to electric heat sources. Of the 97 respondents, 37 would prefer to change their heat source to an electric heating source, with 17 preferring an electric or gas furnace and 15 preferring to install a heat pump. Nine respondents indicated they’d prefer to have wood as their heat source.

In order to make the Community Wood Smoke Reduction Program effective at improving Valemount’s air quality, these barriers must be addressed.



“I HAVE BEEN PLAYING IT STRAIGHT FOR LONG ENOUGH AND I AM SICK AND TIRED OF BEING ABUSED.”

SUBSCRIBE TO THE GOAT

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

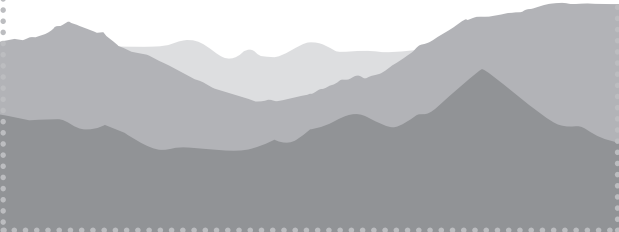
☐ Mail-out to Robson Valley address \$76.65 (Seniors/low-income \$69.30) *GST included in prices

☐ Online subscription \$57.75/year

☐ Mail-out outside Robson Valley \$113.40/year (Seniors \$102.90/year)

☐ Add online subscription to paper subscription (\$15.75/year)

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



REGULAR CONTRIBUTORS:
Pete Amyoony
David Marchant
Sandra James
Leon Lorenz
Rachel Fraser



Spencer Hall
Editor & Owner
goatnewspaper@gmail.com



Laura Keil
Sales & Design
ads@goatnewsmedia.com



Andrea Arnold
Associate Editor & Reporter
ajareporting29@gmail.com



Abigail Popple
Local Journalism Initiative Reporter
abigailpopple@protonmail.com




Sharon Ireland
Admin & Office Manager
ads@goatnewsmedia.com



Deanna Mickelow
Feature Sales
dmickelow@gmail.com

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 do not publish anonymous letters. Write to us! goatnewspaper@gmail.com. We ALWAYS confirm receipt of letters. If you have not received a reply from us, please call us at 250-566-4606 so we can make sure we receive it. Our letters deadline is Sunday 5pm the week of publication. Letters received after our deadline may still be included if space is available, otherwise they will be bumped to the following week.



Response: No turning lane for transfer station

Letter to the editor

I can understand the decision of the ministry of transportation to not add a turning lane at the transfer station. The issue can be solved much cheaper and easier than with a bunch of asphalt:

A little patience.

I do understand the pressure that people who would like to turn off the highway feel. All too often I am being tailgated in this 90km/h area, mostly by drivers from out of town. I believe that one of the reasons for this is the absence of more speed limit signs: there is only one sign announcing the 90km/h zone. While one can argue legally that that is enough to declare the speed limit, I would

argue that many highway users will quickly assume that normal highway speed can be resumed because they are now “out of town”. And out of town 100km/h is usually resumed.

A way to mitigate this would be the relatively cheap installation of a few more speed signs letting “out of towners” know that there is a continual 90km/h zone all the way to the crossing at Abernathy’s.

Unfortunately, impatience is all too common when somebody turns off a highway. To solve this I personally pull over onto the shoulder and let vehicles behind me pass before I turn (left or right) in an area of elevated highway speeds. It is just so much safer – and honestly, I am already at my destination so why be in

a rush? Waiting a few seconds to let others pass is no inconvenience, it’s literally “street smarts”.

While on the issue of highways speed, I have recently calculated how much money it really costs to break the speed limit:

If you are driving at a speed of 120km/h instead of the posted 100km/h, a modern F-150 with 3.5L engine uses about 13 liters of fuel instead of 9.8 liters. You can calculate what you spend on additional fuel and compare that to the time you arrive early at your destination. The result is roughly \$27 for each hour that you save. If you drive 25.000km per year, this adds up to \$1000!

I just gave you a free \$1000. Just for learning

to keep the speed limit. Go buy yourself something nice. You deserve it.

Of course, \$27/hour reflects only the direct financial cost. You can also save yourself the stress of straining your eyes, shoulders and nerves, the increased risk of an accident, the additional wear and tear on the vehicle and, yes, the speeding ticket, which (oh dare I say it) you deserve for having broken the law.

A shout out at this point to the brave and often under-appreciated people of CVSE and RCMP: thank you for your service of keeping the highways safe.

Tim Haus
Dunster, BC



Opposition to UNDRIP about national sovereignty

In last week’s Editorial, it was stated that the BC Conservative Party is now calling for the repeal of BC’s adoption of UNDRIP. The Editorial went further to say that doing so will be a step backwards for reconciliation. I would like to ask the Editor to consider a more nuanced approach to dissenting political opinions. There is a much, much more important discussion

to be held regarding UNDRIP, and it has to do with exactly who has the authority to write and shape Canadian laws... or the laws of any other Nation State. I have watched with alert ears in recent years as the “Mainstream Media” rationalized their misplaced disrespect for the prospects of a Trump Presidency; the aftershock of being so wrong about their foregone conclusions.

But this “Earthquake” was soon followed by Brexit... again to the shock of the so-called political and media experts. This past month, the “Far-Right” and “Middle-Right” of Europe has become the fixation fear of the Mainstream Media. So what is going on? I plead with the Editor to dig deeper.

Once-upon-a-time there was an alliance of Western Democracies. These Sovereign

Nation States won a war against Tyranny then sought to build a new, better world of peace and commerce for all. Part of this new World Order was the UN. It was ultimately guaranteed with American Money and the might of the US Military. Five Nations held an absolute Veto on any resolution or action. Two of

CONT'D ON P6

Global Thoughts

BY GWYNNE DYER

Turning Japanese

It did not end well for Karolina Shiino, the young woman who won the title of Miss Japan two weeks ago. She has just handed her crown back after a scandal-mongering magazine revealed that she has been having an affair with a married man, but there is an upside to the story.

Both Shiino’s parents were Ukrainians. After her father died her mother married a Japanese man and moved to Nagoya, where Karolina grew up from the age of five. So she is completely fluent in Japanese, she is a Japanese citizen, and she sees herself as Japanese.

Similar things happen to Chinese-born kids growing up in Vancouver and Turkish-born kids growing up in Leipzig, and nobody sees it as remarkable. They become Canadians, or Germans. But a Ukrainian-born kid turning Japanese? Unthinkable in Japan, or at least it used to be.

As a tearful Karolina Shiino said after accepting her crown, “There have been racial barriers, and it has been challenging to be accepted as Japanese.” But the famous Japanese obsession with being racially pure is not Japanese at all. It’s the position from which most countries that receive mass immigration started out.

In 1968, when the first wave of immigration from the West Indies was settling in Britain, a Conservative politician called Enoch Powell made a rabid racist speech warning that it would end in “rivers of blood”. His speech was condemned by ‘the establishment’, but a lot of ordinary people shared Powell’s desire to sent the immigrants home.

Half a century later, the newest actor to play Doctor Who (than whom nobody can be more archetypally British, even though he is allegedly an immortal space alien with two hearts) is Ncuti Gatwa, a man born in Rwanda and raised in Scotland. Fifteen percent of the UK’s population are immigrants, and there have been no rivers of blood.

Most people get used to diversity and many welcome it. There will always be some who cling to their prejudices, but mass immigration has peacefully transformed many countries – and Japan will be next.

Japan’s birth rate is low, its population is falling fast, and it needs immigrants if it is to keep the show on the road. Only 1.2% of the country’s population was foreign-born in 2000; that has almost doubled to 2.3% now – and the Ministry of Labour predicts that it will be 11% by 2070.

And what about China, whose population is already falling and will halve by 2100. A falling population means a population whose average age is going up, and China will need at least a hundred million immigrants in the next generation just to care for them.

It’s hard to imagine a China where 15%-20% of the population are Indians, Filipinos, Nigerians and Indonesians, together with a sprinkling of Swedes, Americans, Japanese, etc. But if that doesn’t happen, very bad things will happen both to elderly Chinese people and to the Chinese economy.

However, the poorer Asian countries from which most of this immigration would come won’t emigrate if there are enough opportunities at home. Birth rates are already at replacement level and still falling in most of those countries and their economies are growing fast, so their citizens may not come in the necessary numbers.

In that case, the only major long-term provider of immigrants for East Asia may be Africa, where birth rates have stayed high and economic growth is not keeping up. That would be a very interesting cultural mix, but why not?



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



1st Place 2021, 2019, 2018, 2015, 2nd place 2022, 2016, 3rd place 2023 for Newspaper Excellence B.C. & Yukon <2000 circulation
1st place Best Feature Photo 2023
2nd place Online ad award 2022
3rd place Best Feature Photo 2022
2nd place Best Photo Essay 2021
3rd place Best Outdoor Recreation writing 2021
3rd place Best Ad Design 2021



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

THE ROCKY MOUNTAIN GOAT is one of just a few locally-owned community newspapers in BC. Thank you for helping to make this publication a success!

CONTACT US

CALL 250-566-4606
EMAIL ads@goatnewsmedia.com
OR goatnewspaper@gmail.com

1170 5 AVE VALEMOUNT
MON 9:30am - 4:30pm
TUES CLOSED
WED 9:30am - 4:30pm
THURS 9:30am-4:30pm
FRI 9:30am - 4:30pm

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

The Goat is a member of the National NewsMedia Council, an independent org established to deal with acceptable journalistic practices and ethical behaviour.

We acknowledge the financial support of the Government of Canada.

Nous remercions l'appui financier du gouvernement du Canada.

If you have concerns about editorial content, contact goatnewspaper@gmail.com/566-4606. If you are not satisfied with the response, you can file a complaint at mediacouncil.ca/1-844-877-1163.

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



There is an actual organization with an actual website that states a very strong and radical agenda for the entire world. This organization is not democratic, but for some reason

Joseph Nusse
Valemount, BC

The Village of Valermount Office and Visitor Information Centre will be **closed** on Monday, February 19th, 2024 for Family Day.



Carpet Bowling open to all adults

Members of the group who have already taken their turn gather at the end of the playing surface to await the outcome /ANDREA ARNOLD



Above Eunice Wentz bowls the last ball in the round in attempt to land closest to the jack. The McBride Old Age Pensioner Organization (OAPO) hosts carpet bowling at the Robson Valley Recreation Centre twice a week. Club treasurer Ed Lukawitski says that although the focus is on bringing seniors together, it is open to all adults at no cost. The sport is a loose combination of bowling, curling and bocce. A small white ball (jack/kitty) is gently tossed down the green carpet. Once it is in place, teams take turns rolling/curling weighted balls down the green in an effort to have their ball stop closest to the jack. Once all the balls are in play, the team with the ball closest to the jack gets the point. The group plays Tuesdays and Fridays 10-12. No previous experience is necessary. The OAPO has purchased all the equipment to have two games going at the same time. As the games are held in the racquetball court, clean footwear is required. /ANDREA ARNOLD

Books of the week!

FICTION

ADULT ONSET

Adult Onset is a powerful drama that makes vividly real the pressures of life and love, and the undercurrents that run deep through even the most devoted families. Mary Rose MacKinnon is a successful author who has opted to put aside her career in her 40s and devote herself to her young family. Crafted with humour and unerring emotional accuracy, Adult Onset is a contemporary tale by turns searing and uplifting.



NON-FICTION

FINDING THE MOTHER TREE

Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths—that trees are not simply the source of timber or pulp but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own.



YOUTH

UNDER YOUR FEET... SOIL, SAND AND EVERYTHING UNDERGROUND

Under Your Feet offers you the opportunity to expand your knowledge of the natural world and soil-dwelling creatures big and small. Bursting with colorful illustrations and photography, this is the perfect book for budding young plant experts, animal fanatics, and geologists, and anyone who is curious about the ground we walk on.



REFERENCE

RAISING CHICKENS

In Raising Chickens, poultry breeder Suzie Baldwin offers a practical guide to everything both the beginner and more experienced hen owner needs to know, from whether to buy chicks or hens, what varieties to choose, how to tell if you're buying a healthy chicken and how to ensure it stays that way, to how many chickens you should keep, and what kind of coop is best, and much more.



NEW TITLES EVERY MONTH!

The **RMG**
Bookstore

VALEMOUNT HOURS:
MON 9:30am-4:30pm
TUES CLOSED
WED-FRI 9:30am-11:30am
1170 5th Avenue
ACROSS FROM THE IGA DOWNTOWN



Important Notice Regarding Changes to Valemount's Television & Radio Service



The Valemount Entertainment Society has been notified that the Anik F2 satellite, which provides all television and radio signals to Valemount, is failing. All existing TV and radio programs must be moved to the Anik G1 satellite. While Valemount will still have the same four channels (7, 9, 11, 13) and 16 subchannels (9.101-13.106), many of the existing channel locations will change.

We will lose all the TV and radio signals below for the dates listed during the changeover *:

- Feb. 15 - 22:** YTV, Knowledge, APTN
- Feb. 20 - 22:** Global, Nat Geo Wild, Movie Time
- Feb. 21 - 22:** CTV Sci-Fi, CTV Edmonton, Food Network, BBC News, Discovery, History, Sportsnet 360, CBS Seattle, PBS Seattle, CBC Vancouver, Rock 101 FM, CISN Country FM

All 16 television channels and two FM radio stations will be off the air Feb. 21 & 22.

A new channel listing will be published after everything has been moved and tested. You'll need to reprogram your TV with this new information.

If you have questions, contact Michael at VCTV at: 250-566-8288, or by email at: tv@vctv.ca

Thank you for your patience and understanding.

* INFORMATION IS SUBJECT TO CHANGE



250-569-7236

Your heating
and plumbing
specialists!

Text us!

250-569-7240

TSBC Licence #LGA00089408



Robson Valley Ventures
McBride BC

Terrance McNally
250-569-7945
robsonvalleyventures@gmail.com

HVAC SERVICES
Installation / Repair / Maintenance

- Furnaces
- Ventilation
- Air conditioning
- Wood & pellet stoves



Providing WETT inspections in the
Robson Valley area

STAY
WARM



STAY
SAFE



SHIRLEY BOND
MLA | PRINCE GEORGE - VALEMOUNT
250-612-4181
Shirley.Bond.MLA@leg.bc.ca
f /ShirleyBondforBC
x /ShirleyBond

A message from your local MLA

Home Heating

A home heater's odyssey From wood stove to heat pump



With all (interior) doors kept open, Rachel Fraser's entire trailer stays comfortable down to below -20 degrees Celsius. She kept her wood stove for really cold days and outages. /RACHEL FRASER

By RACHEL FRASER

You can take the girl out of the city, but... she'll probably freeze to death.

When I bought my trailer in Valemount in the summer of 2022, the small wood stove in the front vestibule was the only heat source in it. There had been a propane furnace in the past, but a former resident removed it, ostensibly because it wasn't being used. I had been living in Vancouver, and I'd never even used a wood stove before, but I trusted that I'd figure it out, and it would work fine for me for the time being if it had been working for him. "Plus," I thought. "It's only July."

I could light a fire, but I'd never used a wood stove before. I'd never cleaned a chimney, I'd never bought wood, I didn't know what a cord was or what size I wanted the wood cut to in order to fit the stove. I still haven't figured out how to set the dampers to have the fire, or even embers last more than a couple of hours, so come winter I was getting out of bed in the morning to see my breath and lighting a fire with cold fingers, and the couple of occasions I had to be away for a night or two at a time, I was feeling like I was choosing between risking burning my house down if I left space heaters on, or freezing my cat if I didn't. I know people around here love their cozy wood heat, but it was a miserable first winter relying on it.

I intended to put in a new heating system, but I was undecided on which one. Given that it's a 50-year-old trailer, it wasn't worth investing in something with too big an upfront cost. I didn't want combustible fuel for sustainability reasons, though I intended to keep the wood stove for power outages and coziness on demand. Efficiency was critical if I was going to be using electricity.

I considered several options: a boiler system with either in-floor heat coils or radiators, infrared panels, heat pump, or electric baseboard heaters. Radiant in-floor heating would have been my first choice, but the

infrastructure requirements and equipment costs just didn't make sense. Likewise with radiators.

I really liked the idea of infrared panels. They are a radiant heat, which means that they heat the people and objects in a room, rather than the empty space, like a forced-air heat source. No blowing air or dusty vents. The manufacturers say they are extremely efficient, certainly much more efficient than electric baseboards, but with a similar install factor. The equipment is a bit higher cost, but depending on your square footage and layout, still probably less than a new furnace or boiler. The manufacturer's rep or distributor does an audit of your current heating requirements, and based on your layout, ceiling heights and square footage, supplies a package of panels for your configuration.

Unfortunately, they don't seem to have caught on much outside of hot yoga studios, so there isn't a lot of feedback from homeowners out in the interwebs. The little that engineers and industry insiders have weighed in is mixed. I decided to buy one panel for my bathroom and try it out. One upside to infrared is that it inhibits mold growth. Since I had discovered an extensive ecosystem behind the shower surround I'd ripped out, anything that prevented it spreading again was a huge selling point.

I ordered it in September with a 6-8 week lead time. After multiple follow-ups and assurances that it was shipping next week, and after a couple of cold snaps and multiple days in the minus 30 range, during which different pipes froze and burst in that bathroom, on two separate occasions, I cancelled the order in February.

I decided a heat pump was the way to go. Heat pumps are essentially air conditioners that can also heat spaces via an exterior unit that pulls the warmth out of outdoor air in winter and feeds it to one or more indoor heads, which use forced air to heat or cool the room. They are efficient because they are transferring the heat rather than generating it from scratch.

CONT'D ON P10

The crucial role of chimney cleaning

COURTESY THE HEARTH, PATIO AND BARBECUE ASSOCIATION OF CANADA

1. Preventing Fire Hazards

One of the most compelling reasons to prioritize chimney cleaning is the prevention of fire hazards. As you enjoy your wood burning fireplace, stove (or pellet stove) creosote – a highly flammable substance – accumulates on the interior walls of your chimney. Creosote is a byproduct of burning solid fuel like wood or pellets, and over time, it can build up and create a thick layer that increases the risk of chimney fires.

2. Ensuring Proper Ventilation

When a chimney becomes clogged with creosote, debris or animal nests this obstruction can cause harmful gases, like carbon monoxide, to be forced back into your living space rather than being safely vented outdoors. Regular chimney cleaning ensures these gases are properly vented and maintains your home's indoor air quality.

3. Maximizing Heating Efficiency

A clean chimney also contributes to an efficiently burning fireplace. When a chimney is obstructed, the draft necessary for proper combustion and heat transfer is compromised. This can lead to inefficient burning, decreased heat output, and an overall

wastage of energy.

4. Extending Appliance Lifespan

Chimney cleaning goes beyond immediate safety concerns; it also impacts the lifespan of your heating appliances. A buildup of creosote and other debris can accelerate the deterioration of your chimney's lining, as well as the interior components of your fireplace.

5. Professional Expertise

Look for a WETT-certified expert who will have the knowledge, tools, and experience to thoroughly clean and inspect your chimney, identifying any potential issues that require attention.

HARNESSING NATURAL HEAT...

...from below

By ANDREA ARNOLD

Dunster resident Ken McNaughton installed a geothermal heating system into their home in 2014. Prior to the installment, they had been heating their home with wood heat through an outdoor furnace. McNaughton had installed a few for others in the area and decided he should have first hand experience with the system if he was going to continue. He also completed three training courses, one in Kitchener, Ontario and the other two in Calgary, Alberta. McNaughton opted for geothermal heat instead of going for a heat pump that pulls heat from the air. “The ground provides a more consistent temperature than the air,” said McNaughton. “The fluid coming into the house holds a pretty steady temperature around 32 degrees fahrenheit regardless of the air and surface temperature. The water in the system gets up to 120 degrees fahrenheit.” The system they needed in order to completely heat their house was unique in that they needed two different types of heat, both forced air and in-floor. In order to pull the heat from the ground, McNaughton

dug six trenches seven feet deep out in a nearby field, and laid thin wall geothermal tubes in each trench to create what is called a loop. The tubes are filled with a water and methyl hydrate fluid, 75/25 percent split. The methyl hydrate acts as an antifreeze, preventing the fluid from freezing. The fluid flows into the house and into the geo unit (heat pump) where it undergoes a reverse refrigeration process. Heat is exchanged (removed from) the antifreeze like fluid and transferred into stored water that is cycled from the water storage tank. The water/ methyl hydrate is returned to the trench loop where it gathers more heat. This is where the McNaughton’s system varies from the others that he installed. From the water tank, the hot water travels in two different paths. For the in-floor heating the water is pumped from the tank, and through the floor system before returning to the tank. For the forced air system, the hot water enters a triangular radiator that is located above a large fan. The fan blows air across the radiator and into the ducting to distribute warmth throughout the house. In order to install the horizontal loop system, a large portion of land surface is required. The option for a vertical loop is possible. It required holes drilled to

approximately 150 feet so it is used for more urban or populated areas. The size of the unit needed to provide adequate heat determines how many trenches or holes are needed. McNaughton says that there is very little regular maintenance needed for these systems. In his case, with the two types, he has to clean the air filter and check the water level in the storage tank. The whole system uses about a quarter the electricity or 30 amps, that an electric furnace uses. “Our hot tub uses the same amount when it is on,” said McNaughton. He says it costs about \$200 a month to keep it running. A geothermal heat pump system has a life expectancy of about 30 years. McNaughton has had his for 10 and has no regrets about making the switch. As McNaughton has been out of the business for a few years, he would guess that the cost of supplies and installation would be over \$30,000. Both of these systems can be switched to provide air conditioning. The forced air temperature can be switched to cooling by the flip of a switch. The water-to-water that provides the in-floor heat requires a more complicated process to activate a reverse valve within the geo unit. “For the week or so out of the year that air conditioning would be nice here, it isn’t worth the work,” said McNaughton.

...and from above

By ANDREA ARNOLD

Kelly and Leona Eyben had discussed the possibility of setting up solar power for some time before actually taking the leap. “We had agreed that if we were going to get solar panels, we were going to get lots,” said Leona. They stayed true to that statement and when the time came, they had 48 panels installed, creating a power generating surface 84’x11.5’ that began producing power in November 2021. Prior to the panels, the pair was paying between \$6000-\$6500/year in electricity, and up to \$4,500 on pellets to heat their home, their B&B and their shop, approximately 4000 square feet in total. A year ago, they switched from the pellet heat in the B&B to a boiler system, and would have seen an increase in electrical costs had the solar panels not been offsetting their costs. Solar panels are often installed on rooftops to take advantage of direct sun. However, the Eyben’s home has a complex series of slopes and no one side met the criteria for size and sun exposure. “Also, we’d have to climb on to the roof to clear snow off them in the winter,” said Kelly. “We decided to put them in the yard. Where they are gets the most direct sunlight throughout the year, and we can reach them to clean them from the ground.” This allows them safe access for both the process of clearing snow, and washing the panels. The only two types of regular maintenance required. April to June is the best time span for production. Kelly says that they average producing 150 kilowatt hours a day. Production drops to under 100 kilowatt hours in the hotter months, and stays low as the days get shorter, the sun gets lower, and cloud or snow cover impedes the panels’ sun exposure. They start producing small amounts very early on in the year. In fact, at around noon on the day of the interview, Feb 1, even though it was a heavily overcast day, they were still generating enough power to light 29 100-watt light bulbs. “The best combination for production is cool with lots of sun,” said Leona. Although the summer months do not result in the highest production, Leona says that most days they build up credits, as the pair uses a very minimal amount of power on hot days. The power that is not used by the Eybens is transmitted into hydro lines and sent into the grid. This amount is recorded and they build up a credit so that in the darker and colder months, they first “pay” their electric bill with credits before actually having to pay money. The first winter the panels were in, they had not had the opportunity to build credits during the high producing months, and now this winter has been an abnormal one in regards to temperature, so they have not gotten a clear picture of what an “average” year is going to look like. However, they have estimated that their total cash



Leona Eyben stands on the far left, next to the expanse of solar panels in their back yard. /ANDREA ARNOLD

payout to cover the hydro bill for this year is going to be around \$2500. A drastic decrease from the almost \$10,000 they were paying for Hydro and pellets prior to the panels and the switch from the additional pellets. Kelly reported that in addition to the power that the property used in the first 18 months the system was active, they generated 45.05 mega watts that was fed into hydro lines and distributed through the grid. The system they had installed cost around \$43,000. They were told that they should expect the panels to pay for themselves within seven years. One misconception that they have addressed when talking to friends and neighbours is that they are not immune to power outages because of the system. “When the power goes out everywhere else, it goes out here too,” said Leona. “There is a safety shut off so the power stops flowing out, to the house as well as the grid, to prevent anyone from getting electrocuted while working on wherever the problem is,” said Kelly. The Eybens have discussed the possibility of purchasing some backup batteries, but they are an expensive purchase with a relatively short life span. They have decided that for how often they would be used, they would not pay for themselves before having to be replaced, so they have, at this point, decided against the additional purchase. They have discussed the possibility of installing more panels, but that is still in the discussion phase. “It (the solar panel bank) is the best investment we’ve ever made,” said Leona.

DRYDEN’S PLUMBING, HEATING & PROPANE SERVICE

And Septic Solutions

*Bonded & Licensed
with over 30 years
experience*

250-566-1536

Home Heating



Banking might look different in 2024

But here, **different is how it's done.**

Our experts remain committed to you - up close or from afar, we've got coverage and solutions for you. Speak with our experts about your home insurance, mortgage or home lending products today.

Integris McBride
433 Main St
McBride, BC V0J 2E0
1-866-554-3456 | integriscu.ca



Odyssey Cont'd from P8

I figured I could even take advantage of rebates. I was looking at the BC Hydro website, but right away, I discovered that not a single contractor on the Home Performance Contractor Network (a required designation for your contractor's work to qualify you for a rebate) would be willing to come out to install it. In fact, I couldn't find anyone that would, in Prince George, Kamloops, or on the other side of the Alberta border. Until I mentioned it to the out-of-town friend-of-a-friend I'd hired to do my plumbing.

As pure, dumb luck would have it, he was working on his refrigeration ticket, and was happy to add to his experience.

We were both relatively new to the technology, and we looked at a lot of different options, but in the end, I ordered a Senville 36000 BTU dual zone mini-split heat pump online for about \$5000. My contractor may have preferred a higher BTU count, but I was conscious of the online industry wisdom that an overpowered unit for the space undermines its efficiency.

The heat pump has two "heads" - the interior units which distribute heat - one installed in my bedroom at the back end and the other in my front room. The front head is required to heat about 500 square feet of relatively open space, while the back head heats my 200-ish sq ft bedroom and three other smaller rooms. When I had the final electrical hook-up completed at the end of last November, finally, I had been using space heaters the week prior. Having similar slightly-below-zero temperatures the first week of use gave me the opportunity to compare. My energy usage dropped by over 30 per cent. While it's impossible to control for all factors, when I compared to the times the previous winter when I was depending more on space heaters than just wood, that 30 per cent seems to hold steady. My Hydro bill for December-January was \$380, and I've only used the wood stove once.

With all interior doors kept open, the entire place stays comfortable down to below -20 degrees Celsius. When temperatures were hitting -38 this winter, my bedroom was ok without any auxiliary heat, but I put a small space heater in the bathroom. Even with the heat pump jacked up to 84 degrees, fan on high AND my electric fireplace also maxed, it was a bit chilly in the front half of the house. A fire in the wood stove was required to get rid of the chill completely.

Even though a little help is needed on the coldest days, I'm happy. It was a solid investment. And I am really, really enjoying being warm this winter.

Applications closing early for Federal Greener Homes grant

BY RACHEL FRASER

Federal grants offered to Canadian homeowners for making energy-efficient changes are being phased out because they were too successful.

"They ran out of money," said Trevor Genshorek, an energy evaluator with Upgrade Energy Advisory Ltd. in Kamloops, who has traveled to the Robson Valley to provide EnerGuide evaluations for local program participants.

So many Canadians took the government up on the Greener Homes Initiative that the program is closing the application window for the grant portion within two weeks, according to a government news release issued February 5th, almost a year earlier than the Dec 2024 deadline the government set out when the program rolled out in 2020. Natural Resources and Energy Minister Jonathan Wilkenson, who made the announcement, said that over half a million applications have been received, and 165,000 homeowners have received grants so far. He said that they were closing the applications to prepare the roll-out of the next phase of the Initiative, which would focus on low- to median-income households, giving them access to energy savings as well.

The Federal Greener Homes Initiative includes a grant of up to \$5,000 (plus \$600 towards the cost of the EnerGuide evaluations), which is closing, but the program will continue to offer a 10-year interest-free loan homeowners can apply for of up to \$40,000 towards qualifying retrofits.

Wayne Wood from HomeTech Energy Solutions in Prince George, another energy evaluator who has done program evaluations in the Robson Valley said of the loan: "This is the thing that's really driven the program over the last year and a half... It's such a great deal."

Once the applicant completes the pre-retrofit evaluation, and gets quotes for the work, they can apply for the loan

through the online portal and get a response quickly for how much of the value of the work the program will cover.

"Typically, it's most of the costs of whatever you're doing," Wood said.

However, he said the loan works a bit backwards, in that the homeowner doesn't get that money until after they've completed the work and after he's completed the post-retrofit inspection, confirming the equipment and/or materials were installed. The homeowner has to have access to the means to loan themselves the money until the government loans them the reimbursement, typically 5-6 weeks after the post retrofit evaluation is submitted.

The first step is to begin the grant application on the NRCAN website. From there, you're directed to choose an energy evaluator to complete your pre- and post-retrofit EnerGuide evaluations. There are many listed, but most would have to travel from the Lower Mainland or the Island. HomeTech Energy Solutions and Upgrade Energy Advisory are the closest, and like many professionals who serve the Valley from larger centres, try to coordinate multiple clients in a visit to share travel costs.

In the first of these evaluations, Genshorek says he measures the insulation, as well as the windows and doors, does a calculation on the mechanical equipment (furnace, HRV, etc), and then does a blower door test, which fills it with negative pressure and checks for leaks. He then plugs the collected information into an online NRCAN tool, which generates a report. Based on the report, he recommends upgrades that would benefit the homeowner and the home. The report also calculates a savings forecast, which he says gives customers some confidence in the value of their investment.

A provincial rebate program through CleanBC, with partners BC Hydro and Fortis, also offers incentives in four overlapping categories: insulation, windows and doors, heat pumps and water heaters. The BC Hydro

website offers up to \$10,000 in rebates, but the program is geared towards people whose homes are already primarily heated by electricity. Additionally, in order to access the insulation or heat pump rebates, installations are required to be done by a Home Performance Contractor Network (HPCN) member. None of the three qualifying contractors in Prince George travel to the Robson Valley, nor did any that the Goat contacted in Kamloops, Quesnel or Williams Lake. Robson Valley Ventures installs heat pumps and is currently working on becoming certified with HPCN to help local homeowners access grants. The Goat was unable to find any local homeowners who'd participated in the Provincial rebate program, nor had the energy evaluators we spoke to worked with any locals who had accessed rebates.

Homes heated by oil, propane or natural gas fall under the Fortis program, which offers rebates to switch to more efficient natural gas equipment, which would not be applicable in the Valley.

Despite the federal and provincial push for heat pumps, it's still a novel enough technology that finding a qualified installer can be very difficult.

"Heat pump is the toughest one, even here (in Prince George)," said Wood.

He said the most popular grant category he does is windows, and that many people are surprised at the difference upgrading to triple pane windows from windows installed in the 70s and 80s makes. Second in popularity is solar panels.

"They're very affordable now," he said. "And if you get the loan, your savings on hydro, in many cases, pay your 10-year interest-free loan off, so they're almost free."

Program participants whose applications are in already (and presumably those who rush theirs in before the cut-off) will have until 2027 to complete the requirements and qualify for the funds.

BC Family Law Virtual Focus Group

Are you a survivor of Intimate Partner or Family Violence and have navigated the Family Law Court system?

We would like your insights and opinions to help make the system work better.



Date #1: Thursday, February 15th 10:00am - 11:30am
Date #2: Wednesday, February 21st 1:00pm - 2:30pm

Held virtually via Zoom

Please contact us to secure your spot and for more information:
1-844-324-2004 or events@rvcsbc.org

Brought to you by the Family Court Support Program at RVCS

Funded by the BCSTH and Rise Women's Legal Centre



Valemount and McBride

Registration is required.

All participants will receive a \$100 Amazon Gift Card

TURNING DREAMS INTO REALITY, ONE PROPERTY AT A TIME!



Sherri MALONE

CALL ME!
1-250-566-1022

Realtor at
ROYAL LEPAGE ASPIRE REALTY



EMAIL: sherrimalone@royallepage.ca
WEB: propertiesinvalemount.com
OFFICE: 1275 5th Ave, Valemount BC V0E 2Z0

GET THE WORD OUT!

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

PUZZLES



CROSSWORD

Answers on P13

- Across
- 1 Reggae's Marley

4 Drain strength

7 Small dog's spot

10 Preceding period

11 Newton, e.g.

13 It may need massaging

14 Consume

15 Worry

16 Animal doctor

17 Cut prices drastically

19 Berg material

21 Tease

23 Seasons french fries

26 Part

29 Hot breakfast

31 Kind of lens

33 Impatient and anxious

34 Boundaries

35 Scaleless fish

37 "The law is a ____" (Dickens' Mr. Bumble)

38 Skier's mecca

42 Lamb cut

44 Self images

47 Naval agreement

48 "____ you kidding?"

49 Michelin item

50 Dearie

51 Occupied a certain position
- 52 Salon goo

53 Commercials
- Down
- 1 Pollen robbers

2 Famous office

3 Test

4 Fish dish

5 Insect that's a symbol of industriousness

6 Pastry

7 Flattened

8 Bio stat

9 Lobster catcher

12 Chubby Checker's dance

18 Emulates Peggy Fleming

20 Desert animals

22 Med school grad

24 Price label

25 Wily

26 One in a suit

27 Punishment

28 Employs

30 Dined

32 Long suit

36 Artist equipment

1	2	3		4	5	6		7	8	9
10				11			12		13	
14				15					16	
17			18				19	20		
			21		22		23			24
26	27	28			29	30				
31				32				33		
34						35	36			
		37					38		39	40
42	43			44	45	46			47	
48				49					50	
51					52				53	

- 39 "____ Was a Rolling Stone" (Temptations hit)
- 40 Watched
- 41 Takes home
- 42 Regulation
- 43 The dot-com ____
- 45 Event for a band to play at
- 46 Mining find

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

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. Sparkle

6. Started a fire

9. Holy man

13. Graph starter

14. Followers

15. Rental car agency

16. 'Cause ____ gon' give it to you", Mark Ronson

18. "____, I need somebody" Beatles song

19. "Bedroom ____s" by Duran

20. Last 3 letters of a huge Stones hit

21. Opposite of sur

22. Plant more seed

24. Country singer with the hit "Not on Your Love," Jeff ____

25. "Later"

28. Last Supper count

30. Reveal

33. Side x side

34. "Put your hands up" are the last words of this LMFAO song

40. Billboard category

41. Europe's largest active volcano

42. Kind of group

46. Part of Nasdaq, abbr.

47. How Macbeth's witches repeated things

48. Norah Jones' "____ of my Heart"

51. Wrinkle removers

52. Morning moisture
53. Where to get a "six-pack"

56. Pink Floyd song which starts with the line "Ticking away moments that make up a dull day"

57. "____ without you" from a LeAnn Rimes hit

61. Quotation notation

62. Well-ventilated

63. Baseball squads

64. Punk rock 'n' roller Mike

65. Crafty, like a fox

66. Rachel Platten's "Broken ____"
- Down
1. Oversupply

2. Dieter's alternative

3. Tiny, in part

4. Granting that, in brief

5. "Hot dog!"

6. Southeastern Conf. team

7. BBC rival

8. Sound of reproach

9. Punjab capital, once

10. Strongly disinclined

11. Top economist, first name

12. Luxury ski resort

14. Otherwise

17. Refusals

21. Swimming or floating

22. Carrot, radish or parsnip

23. Weed ____

24. Band that made the Disraeli Gears album

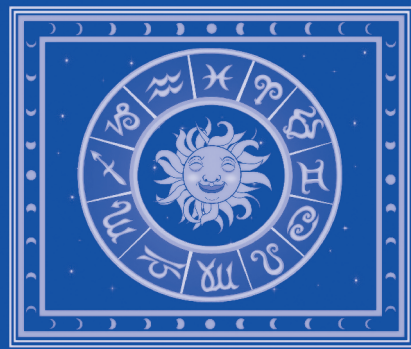
25. Chalice

26. ____ pinch

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				
51							52				53	54	55
56						57	58	59		60			
61						62				63			
64						65				66			

27. Cont., abbr.
29. Vex
31. Words to the song
32. Remote-controlled craft
35. Tenth of twelve, for short
36. The Miracles "Tracks of my ____s"
37. Elevs.
38. "Star Trek" rank, abbr.
39. Aloe Blacc's "The ____"
42. Altar
43. Teaser ads, for instance
44. Department store section
45. Healthy red
47. Tennessee player
49. ____ Sayer's "You Make me Feel Like
- Dancing"
50. "Dallas" family name
53. Friend of Dennis the Menace
54. Part of Y.S.L.
55. Clutter
57. Keeps
58. Vinaigrette component
59. Like some smiles
60. Rapper prefix

HOROSCOPES



BY HOLIDAY MATHIS

Multiple Aspects for Love Week

Some languages, such as Greek, feature distinct words for different kinds of love. Others build their nuances around one core word. Either way, since no two loves are alike, there will never be enough words to cover the gamut. Neither will there be enough poems, songs, books, art forms or even actions to encompass love's many flavors. Multiple planets aspect the Valentine action of the week. May you appreciate the various flavors love takes, recognizing the uniqueness of each.

ARIES (March 21-April 19). Relationships are invented as you go. This week, you'll act without knowing which direction things will take. All you can control about it is where you're coming from. You have love in your heart and you open it. It doesn't always spill. Sometimes, it's giving looks from the outside, like stillness. Sometimes, love is restraint.

TAURUS (April 20-May 20). There are many aspects to the week that will seem like a quiz, except the answer key is nowhere to be found. You won't know what you got right until much later, when the correct answer bears fruit. So do what you can and take your guesses where you must. In time, tests get easier because you mind them less.

GEMINI (May 21-June 21). Learning about people is part of how you respect them. You find out their preferences and tune into their rhythms. You observe the way they communicate and work. And you do it all without asking a lot of questions, which can make people uncomfortable and self-conscious. The rapport you create will be most excellent.

CANCER (June 22-July 22). The intricate dance of cause and effect eludes immediate recognition, weaving its threads through the tapestry of time. You would not be in the place you're at now had you not set something in motion years ago. And though this week echoes the harmonies of the past, you are also modulating the theme and dreaming a new dream.

LEO (July 23-Aug. 22). People project onto you what they want and need you to be to complete their own story. And while you might exist as a character in someone's imagination, the real you has your own agenda to fulfill. It will, in places, overlap with what others want from you in interesting ways this week. You're a genius at making relationships groove.

VIRGO (Aug. 23-Sept. 22). Commitment creates change. You'll make a larger investment in someone. You'll double down on a promise to yourself. You'll dig deeper into the work. It's the effort itself that forms you. The more you put in, the better you can feel the edges shaping and strengthening you.

LIBRA (Sept. 23-Oct. 23). You are fully aware that there are many possible

approaches to the week. You could go longer or lighter with the work. You could do more, less, higher, deeper, lower or none. The point is, you are free. And what's the point of freedom if not to exercise it? With whimsy, you avoid slipping into a rut. You'll experiment to prove you can.

SCORPIO (Oct. 24-Nov. 21). You laid down a few rules for yourself, and now it might not seem like much fun to follow them. It's so much easier to adhere to your own directives when they're easy and comfortable. Could you reduce the work of this in some way? A smaller ask could help you build a habit painlessly instead of setting yourself up for struggle.

SAGITTARIUS (Nov. 22-Dec. 21). They say, "You can't take it with you," and maybe that's why people are so adamant about keeping what they have while they have it. You are feeling less materialistic. You'll let go of certain attachments in the name of freedom and levity. Even so, you'll appreciate what matters to others, and your respect in this regard will engender trust.

CAPRICORN (Dec. 22-Jan. 19). Even though you give love in the spirit of strength, the connections between people form in the soft, vulnerable places of the soul. There's no way to get closer that doesn't involve emotional risk. You'll put yourself and your feelings on the line this week, knowing that everything worth having takes courage to get -- love included.

AQUARIUS (Jan. 20-Feb. 18). You show up for your people in all kinds of ways -- with your presence, with your willingness to do what they've come to expect, and with the surprising way you go above and beyond. Taking initiative says the most. It's also notable this week how people tend to go out of their way to be near you -- a huge compliment.

PISCES (Feb. 19-March 20). If you know where the lines of territory are, you typically don't bother crossing them because it's just not worth it. The trouble is, most borders are invisible, disputable and negotiable. Encroachment is inevitable, but this also lends itself to communication and could ultimately bring people together. To share is divine.

THIS WEEK'S BIRTHDAYS: You'll thrill to the boomeranging evidence that you're a formidable presence in the lives of others. You'll be trusted with authority, and you'll make it count toward forwarding important aims and improving systems that affect many. New people come into your life. You give without hesitation and love unbridled. More highlights: You'll pick back up with an endeavor from long ago and have much better luck this time around. You'll give an acceptance speech. You'll see distant sunsets.



LOCAL RESOURCE DIRECTORY

Advertise with us! \$13/week (4 week minimum) or \$500 for the year!

Accounting



CAMPBELL & SCHREURS
Chartered Professional Accountants Inc.

ACCOUNTING • TAX • ADVISORY

Call or email to book an appointment
t: 1-800-846-9190
e: ca@campbellco.ca

KAMLOOPS • BARRIERE • VALEMOUNT



Chartered Professional Accountants Inc.

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

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

Automotive



Travis' Automobile Service

SNOWMOBILE REPAIR
INSPECTION FACILITY
LICENSED AUTOMOTIVE & HEAVY DUTY MECHANICS
SPECIALIZING IN DIESEL
ENGINE REPAIR, 4x4 REPAIR,
AND MISCELLANEOUS REPAIRS
WELDING, LATHE WORK &
TIRE SALES

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

Computers




**COMPUTER
SERVICING & REPAIR**

Servers, Networks, PC Repair, Upgrades,
Virus Removal & Remote Access

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

No Obligation Estimates, Affordable Rates & Reliable Service
Serving The Robson Valley Since 2005


Construction



**Whisper Creek Cabin
Rentals and Builders**

SHAWN & DIANE FOWLER
BC Licensed Builders

250 566 8483
shfowler@telus.net
www.whispercreekcabinrental.com
1170 Canoeview Pl, Valemount



PRODUCTS	SERVICES	FOR HIRE
All gravel products	Road building and subdividing	Manlifts, zoom boom, trackhoes, rubber tire hoe, skidsteer, dump trucks



**VALEMOUNT
SAND AND GRAVEL**

Call:
250-566-8483

Drywall



**ROBSON VALLEY
DRYWALL
SERVICES**

call or text 7782017114
 @robsonvalleydrywallservices

Electrician



SWIFT CURRENT SERVICES LTD

RESIDENTIAL COMMERCIAL INDUSTRIAL

FSR A - Electrical Contractor
info@swiftcurrentservices.ca
250.566.5290

Forestry



Want to know what is going on?

VALEMOUNT
COMMUNITY
FOREST

VISIT THE WEBSITE!
www.valemountcommunityforest.ca

Fuel



Our Energy Serving You

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

1-877-873-7467



Delivering Fuel East to McBride & Valemount

Four Rivers Co-operative

Commercial, Farm & Personal

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

Valemount Cardlock: 1500 - 9th Avenue Valemount BC TF: 866.309.2667	McBride Cardlock: 2130 Zeidler Road McBride BC TF: 866.309.2667	Prince George: Tel: 250.564.3488 TF: 866.309.2667 Fax: 250.564.3433
--	--	--



**CANGAS
PROPANE**

YOUR LOCAL
PROPANE PROVIDER

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

Lawyer



KUHN LLP
LEGAL COUNSEL

LORNE K. WELWOOD

BUSINESS LAW • PERSONAL PLANNING
WILLS & ESTATES • REAL ESTATE
E: lwelwood@kuhnco.net • P: 604.864.8877 • C: 604.613.6521
MCBRIDE * ABBOTSFORD
Call or email for consultation

New Valemount location!
1290 6th Ave
(H&R Block building – access from Dogwood)



MSRLAW.CA 250-566-3950

Millwork



BRKH Custom Woodworks Ltd.
Quality Millwork. 894 1st Ave, McBride

Douglas Fir
Cedar
Spruce
Birch
Pine


V-Joint, Flooring, Decking,
Moulding, Shiplap &
Channel Siding
Custom Woodwork

admin@brkh.ca 250-569-3175 www.brkh.ca

HAVE A BUSINESS?

WE CAN ADVERTISE IT WITH A
BUSINESS CARD SIZE AD!
ads@goatnewsmedia.com
250-566-4606

Optometrist

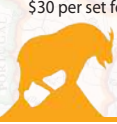


**DR. MONIKA BRAUN
DR. JENNIFER LANGFIELD
OPTOMETRISTS**

HINTON OPTOMETRY CLINIC:
158 Athabasca Avenue, Hinton

For appointments call 780-865-3915 or 1-800-323-9891
Monday/Friday 8 AM-4 PM, Wednesday/Thursday 9 AM-5 PM, Tuesdays 9 AM-6 PM.
Closed for Lunch Mon & Fri 12-1, Tues-Thurs 1-2.

Photography



Time to renew your passport?

We can help!

We do all kinds of headshots including for firearms licenses, travel visas, and more!
\$30 per set for Canadian passports (\$40 for foreign visas/passports). \$25 for PAL.

By appointment only:
250-566-5135

Studio location:
Valemount Goat office
1170 5th ave,
Valemount, BC



LOCAL RESOURCE DIRECTORY

Advertise with us! \$13/week (4 week minimum) or \$500 for the year!

Security



Clear Security
Securing what matters

ALARMS-DIGITAL VIDEO
24 HOUR MONITORING

Mike Dryden
250-566-1536

Nathan Carne
250-819-4752


- Fire, smoke, flood detection
- Video surveillance systems
- Local installation technician
- Serving McBride, Dunster, Valemount & Mt. Robson

Septic

Valemount Septic Service

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

BLAIR or MIKE 250-566-1536




Television

Valemount Community TV
Local TV matters!

Michael Peters
Station Manager

PO Box 922, 211 - 99 Gorse Street
Valemount, BC, Canada VoE 2Z0
www.vctv.ca

250-566-8288
Email: tv@vctv.ca



Septic Cont'd




NORTH BLUE SEPTIC

Septic Design, Install and Inspection in the Robson and North Thompson Valleys

Albert Venor
Registered Onsite Wastewater Practitioner

250 674 8311
albertvenor@hotmail.com

BLUE RIVER, BC



"The Friendly Little Truck!!"
We rent nice Porta Potties too!! :)

Robson Valley Septic
Dome Creek, McBride, Valemount, Blue River - 569-7812

Trucking

**GRAVEL PRODUCTS
REDI-MIX CONCRETE
7 & 8 AXLE LOWBEDDING**

OTHER SERVICES
Tandem & Tridem gravel trucks
Concrete Products
Tractor Service
Log Trucking



Myron Baer 250-569-7245 | Brendan Zimmerman 250-569-7404
glacierstoneind@gmail.com

Rustic Luxury
Home Services

VALEMOUNT RENTAL LISTINGS
Great housing options available now!
Furnished & Unfurnished
Apartments & Detached Homes
CALL JEN TODAY!
PHOTOS & DETAILS
www.rusticluxury.ca Call 250-566-1323

PUZZLE ANSWERS

CROSSWORD ANSWERS

1	B	O	B	4	S	A	P	7	L	A	P		
10	E	V	E	11	U	N	I	12	E	G	O		
14	A	T	15	S	T	E	W	16	V	E	T		
17	S	L	A	18	S	H	19	I	C	E			
20	K	I	21	D	22	S	A	L	T	S			
26	A	R	E	27	O	A	T	M	E	A	L		
31	C	O	N	32	A	C	T	33	E	D	G	Y	
34	E	D	G	E	S	35	E	L					
37	A	S	38	A	S	39	E	N					
42	L	E	G	43	E	G	44	O	S	47	A	Y	E
48	A	R	E	49	T	I	R	E	50	P	E	T	
51	W	A	S	52	G	E	L	53	A	D	S		

SUDOKU ANSWERS

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

TOUGHIE ANSWERS

1	G	L	I	T	Z	6	L	I	T	9	L	A	M	12	A		
13	I	T	H	O	14	I	S	T	15	A	V	I	S				
16	U	P	T	O	17	N	F	U	N	K	18	H	E	L	P		
19	T	O	Y	20	I	O	N	21	N	O	R	T	E				
22	R	E	S	O	23	W	24	C	A	R	S	O	N				
25	C	I	A	O	26	T	H	27	I	R	T	E	E	N			
28	U	N	F	O	29	L	D	30	A	R	E	A					
31	P	A	R	T	32	Y	R	O	33	C	K	A	N	34	H	E	M
35	R	O	C	K	36	M	T	E	37	T	N	A					
38	S	P	L	I	39	N	T	E	40	R	41	A	S	S	N		
42	T	H	R	I	43	C	E	44	R	U	L	45	E	R			
46	I	R	O	N	47	S	48	D	E	W	49	G	Y	M			
50	T	I	M	E	51	H	O	52	W	D	O	I	L	I	V	E	
53	A	N	O	N	54	A	I	R	Y	55	N	I	N	E	S		
56	N	E	S	S	57	S	L	Y	58	G	L	A	S	S			

PROVINCIAL CLASSIFIEDS

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

**bccommunitynews.com/
advertise**
1-866-669-9222
Book by province or whole country and save over 85%!

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

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

GOAT CLASSIFIEDS

AS LITTLE AS \$8/WEEK!

ads@goatnewsmedia.com
250-566-4606

Classifieds In print and online, too!	under 20 words	\$8/week
	under 40 words	\$12/week
	Classified with photo (<40 words)	\$30/week
	Box classified with border (<40 words)	\$25/week
	'Guaranteed to Sell'	\$40/2months (<40 words)

ROBSON
VALLEY

Community Events

Send us your event to ads@goatnewsmedia.com or call 250-566-4606. Use 40 WORDS or less and we will publish it FREE up to a month before

VALEMOUNT

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.

February 19 Stat Holiday no FPDI

February 26 Pink shirt day awareness and activities

THURS Feb 15th 10-11:30PM join a virtual focus group in the Robson Valley looking for what changes are needed to the **Family Court process**. Are you a survivor of Intimate Partner Violence or Family Violence and have navigated the Family Law Court system? We would like your insights and opinions to help make the system work better. Join us virtually over Zoom. A second date is available on WED, Feb 21st 1pm-2:30pm. Registration is required, please contact the office at 1-844-324-2004 or email events@rvcsbc.org to save your virtual seat. All participants will receive a \$100 Amazon gift card. Funded by the BC Society of Transition Housing and RISE Women's Legal Centre

SAT Feb 17th 2024 **Tourism Valemount presents Winter Fest 5-9pm** plans so far include outdoor DJ & live music, food vendors, ice/snow sculptures, signature beverages, winter bowling, smores, bouncy castles, and warming stations! 5th Ave between Birch and Cedar.

SAT Feb 17th Karaoke at Scooters restaurant 8pm.

THURS Feb 22 The Wardens live at the Valemount Community Theatre. Doors at 7, show 7:30. Reg. admission \$30, student/senior \$25. Tickets available at Infinity or www.valemountarts.org.

SAT March 9 Pet First Aid Certification Course. See barkfirstaid.ca to register.

Ongoing Valemount Events

TUES, WED, 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.

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

TUES & FRI Drop-in soccer at Valemount Secondary. Age 12+. \$5 and waiver must be signed.

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 the CARE-A-VAN 778-915-8550 for a ride in the accessibility bus.

WED & SAT **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.

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

SAT 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.

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

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

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

MON through FRI the **Valemount Seed Library** is available in our lobby during business hours at RVCS Valemount (99 Gorse St). Office hours: Monday to Wednesday 8:30am-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 FRI 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.

February 19 Stat Holiday no FPDI

February 26 Show your support early and wear a pink shirt and play with play-Doh

WED's Starting February 7th to March 13th Join us for a Six Session **Healthy Cooking Program Food Sense** that is Free of cost. Cook simple & delicious meals, Share tips in the kitchen, Learn how to read nutrition labels. Held at the McBride Secondary School in the Foods Room (1300 2nd Ave) from 4:30-7:30pm. Children 13 and up are welcome with adult accompaniment. Registration is required please contact the office register 250-569-2266 or email events@rvcsbc.org . This program is brought to you by the RVCS Adult Literacy and Family Support Program.

THUR Feb 15th 10-11:30PM join a virtual focus group in the Robson Valley looking for what changes are needed to the Family Court process. Are you a survivor of Intimate Partner Violence or Family Violence and have navigated the Family Law Court system? We would like your insights and opinions to help make the system work better. Join us virtually over Zoom. A second date is available on WED, Feb 21st 1pm-2:30pm. Registration is required, please contact the office at 1-844-324-2004 or email events@rvcsbc.org to save your virtual seat. All participants will receive a \$100 Amazon gift card. Funded by the BC Society of Transition Housing and RISE Women's Legal Centre.

WED Feb 21 **Advanced Care Planning workshop** hosted by The McBride Old Age Pensioners Organization (OAPO) 1- 3pm at the common room of Beaverview Lodge in McBride This workshop will include going through the Ministry of Health booklet called "My Voice" which give information and forms for advance planning for your health care, representation agreements, wills, Power of Attorney and other issues that are best dealt with early. If you would like to attend we advise you to get a copy of "My Voice" booklet" ahead of time so you can look through it. They are available free at the Public Health Office in McBride (next to the hospital) from Monday to Thursday from 9am, to noon and 1pm to 4pm. At the workshop, will be the Public Health Nurse Ashley Flavelle and the former Notary, Linda Fry to answer questions and explain your options. A great workshop for all Seniors! For more information call Pete Amyoony 250-968-4334 or e-mail peteam@telus.net.

Ongoing McBride Events

MON through THURS, McBride RVCS (942 3rd Ave) 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.

TUES **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.

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

TUES 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 **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 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.

THUR & FRI **Weekly Adults' Programs** at the McBride Library: Fibre Artists (Thurs, 10:30am), Writing Group (Fri, 1:30pm). Call 569 2411 for details.

MON & WED 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 Mar 9 10am-3pm The **Annual Seedy Saturday** presented by the Open Gate Community Garden in McBride @ the Dunster School. Vendors will be selling seeds, plants, garden decoration and all sorts of prepared products made from our local agricultural bounty and informative presentations throughout the day. Bring seeds to participate in the big seed swap table. If you or someone you know would be interested in being a vendor or presenter please reach out by email to pggardens@hotmail.com

Ongoing Dunster Events

SAT Dunster Community Association **Saturday Pot Luck Lunches** at the Dunster Community Hall 11:30 to 1:00 Lunch served at 12:00 noon sharp Coffee, tea and juice provided. Donations to the Dunster Community Association gratefully accepted Hope to see you there! contact: Pete Amyoony 250-968-4358

* February 17th

* March 2nd

* March 16th

* March 30th



proudly presents:



The Wardens

7:30 pm (doors at 7:00)
Thursday, February 22
Valemount Community Theatre

Regular admission \$30
Student/Senior \$25



Tickets available at Infinity or
<https://www.valemountarts.org/>

Over \$3M earned by Village from pipeline expansion

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Village of Valemount made upwards of three million dollars from the use of its sewage and water system during the Trans Mountain Pipeline Expansion Project, said CAO Anne Yanciw.

Commercial users may use the Village's water and sewage systems at their own

expense, provided they receive approval by Council resolution beforehand.

The Expansion Project used plenty of water for dust control, fire suppression, and hydrotesting, among other construction activities. Over 215,000 cubic meters of water was sold during the project, according to Yanciw, netting the Village \$1,374,534. The Expansion Project also required the use of temporary bathroom facilities,

which moved over 77,000 cubic meters of septage through the sewage system, earning \$2,442,658.

The money has been placed into surplus, said Yanciw. In the future, Council may choose to move the money into reserves.

Alongside fees for its use of the Valemount water and sewage system, Trans Mountain has invested more than \$5 million into local

infrastructure improvements in communities along the pipeline, a representative for the Expansion Project told The Goat. In Valemount's case, the project contributed \$2 million to upgrades for the Village's roads, municipal water and sewer services. The construction of these upgrades was completed in fall 2020.

LOVE LOCAL CONTENT?

Never miss a story! Subscribe today: CALL 250-566-4606 or subscribe online: therockymountaingoat.com/subscribe



Chickadee-dee-dee

Lately there have been quite a few Black-capped Chickadees around feeding and chirping away with their various calls. Chickadees eat berries, insects, and seeds for much of the year. They have a beak that is well adapted to cracking open oil, and energy rich conifer seeds, their main winter food. The Chickadee makes at least fifteen different calls to communicate with its flockmates, and offspring. The best known is the Chickadee-dee-dee that gives the bird its name. /SANDRA JAMES



Through the Lens
with Leon Lorenz

The tracks left behind from the wild kingdom imprinted in fresh snow is sorta like reading a newspaper as it tells me many things. Some of these (but not all) are very possible to determine as in direction of travel, how old is the sign, how many individuals, species, sex, size, hunting success or failure, resting, feeding, flight or fight and many others. Here a vole or mouse had met its journey's end as a large owl had silently swooped down to grab the little rodent for a snack. /LEON LORENZ

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

Shelly
Battensby

REALTOR



DIFFERENT
BETTER

NEW LISTING!

\$465,000



820 Beaven Crescent

VALEMOUNT

Come on in and say "Ahhh". This one-level, three-bedroom home exudes comfort and welcome throughout. With a custom kitchen and open concept living, you'll love where you live. On 0.69 acres in town, this home also features a covered deck with hot-tub, detached garage, and a garden pavilion.



1123 8th Avenue

PRICE DROP!

VALEMOUNT

\$419,000



Stop the bus! You need to check this one out! Four-bedroom, two bathroom, updated and modern, this bungalow is everything you are looking for. The rooms are bright and well proportioned, and the yard gives you room to run around. This is a motivated seller. Quick possession is available.



2022
100%
CLUB AWARD



RE/MAX
CORE REALTY

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

SOLD

FOR SALE

3315 Sawyer Rd



\$950,000



Stunning 4 bdrm /3 bath custom built log home on over 5 acres of private land. This gorgeous home boasts a brand new metal roof, new custom kitchen, massive bright living room with vaulted ceilings. Private master suite with ensuite, walk in closet and your very own deck. Bonus "Mother in Law Suite" with private entrance equipped with a mini kitchen and currently rented. Huge deck, firepit, picnic area and dbl garage completes this incredible home! By appointment only.

Your Local Realtor

For over 23 years

call
TAMMY



Tammy VandeNobelen

250-566-1025

tammyvan@royallepage.ca

ROYAL LEPAGE

Ruby Award

2022

ROYAL LEPAGE

Aspire Realty