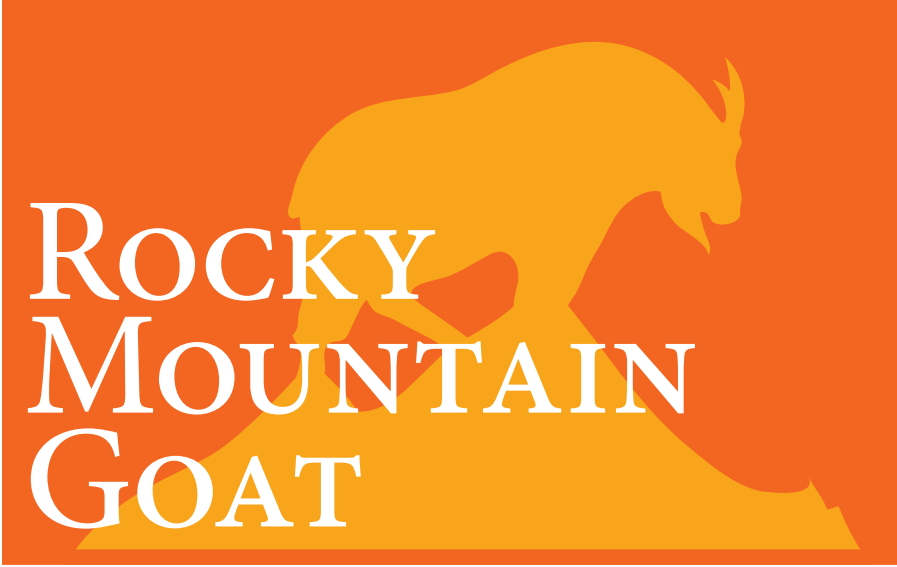




Occupied winter beaver lodge P7



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Thursday March 14, 2024
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Precipitation could still alter wildfire season severity: gov

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Despite the low snowpack that B.C. has seen this winter, it's still too early in the year to determine whether drought will make the coming fire season more intense, experts say.

The Ministry of Water, Lands and Resource Stewardship released its monthly Snow Survey and Water Supply Bulletin on Friday. While storms during the last week of February brought the heaviest snowfall B.C. has seen this season, snowpack in the Upper Fraser East region – which encompasses the Robson Valley area – fell from 61 per cent of normal to 52 per cent of normal.

“Snow plays a non-negligible role in keeping soils and forest fuels moist in the spring, and a low snow year can yield an early start to the drying (curing) of those fuels,” Environment and Climate Change Canada meteorologist Armel Castellan wrote in an email to The Goat. However, he clarified that springtime precipitation will play an important role in determining the intensity of wildfire season.

Castellan pointed to the spring of 2019, which was forecasted to be warmer than the two previous years. Meteorologists at the time were concerned that the fire season would be more intense than 2017 and 2018

– both of which broke records, with over 12,000 hectares of land burned each year. Ultimately, month-long rains through late June and July of 2019 alleviated these concerns, he said.

“This was an example of how despite a warmer than normal seasonal forecast, precipitation can play an important role in shaping the wildfire season during the summer months,” Castellan said. “To couple a warmer signal to a drier one in the same statement is a common oversimplification – these conditions do not always occur simultaneously.”

At a press conference regarding the March 1st Snow Survey and Water Supply Bulletin, head of the BC River Forecast Centre Dave Campbell said that it is too early to tell how low snowpack will affect soil conditions.

“Even with the low snowpack, we’ll still be going through a period of spring freshet,” he said. “That snow’s going to melt, that’s going to contribute a lot of water onto the landscape [...] there is a cycle that needs to take place as we go through the spring before we get into those areas where we’re going to see dry ground conditions.”

A statement sent to The Goat by the Prince George Fire Centre echoed these conclusions.

“Snowpack levels are one means of forecasting whether we’ll see an early or late start to the fire season,” the Centre wrote. “The intensity of the fire season, however,

is more dependent on precipitation levels and drying patterns as we move into summer. We’re too far off to provide reliable predictions at this time.”

In preparation for the wildfire season, the BC Wildfire Service shifted to a six-month-long rolling application model. This allowed local teams to begin interviews with candidates earlier than ever, according to the Province. The Prince George Fire Centre is in the midst of its annual recruiting cycle.

“We maintain full time staff at Fire Zone offices throughout the year, including the Robson Valley,” said the Prince George Fire Centre’s statement. Seasonal staff are starting to return, but the Centre has not been recalling staff early. Fire crews will be complete around mid-May, once new-recruit boot camps have finished, according to the statement.

The BC Wildfire Service will continue to monitor soil moisture and fine fuel dryness as it prepares for wildfire season, the statement said, adding that the low snowpack and warm winter suggest that this spring will be warmer and drier than usual. Still, spring weather may bring more rain and soil moisture, as has happened in previous years, it said.

“It is too early to say if the whole 2024 fire season will remain the same, since we can’t rule out the possibility of precipitation to temper the summer season.”



Viva Las Vegas!

The McBride Figure Skating club transported attendees to an evening in Las Vegas. The trip began at the airport and the tour included glitz, show girls, stage performances, gambling and a stop at a wedding chapel. See more photos on pg 8. /ANDREA ARNOLD



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Province providing funding, workshops for irrigation

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

McBride agricultural producers gathered at Elks Hall last Friday to learn about how they could improve their irrigation practices. In an effort to support producers as they cope with the impacts of climate change, the Ministry of Agriculture and Food has been delivering these water management workshops throughout the province.

Mark Raymond, Executive Director of the Extension and Support Services

Branch at the Ministry of Agriculture and Food, said the water management workshop is one of a number of workshops the Province has held over the past 15 years. These workshops are part of the BC Climate Change Adaptation Program, which was introduced to help agricultural producers address the impacts of climate change on their farms.

“Any workshop or education that we put on is to support producers in understanding some of the programs and services that we offer as a Ministry,” Raymond said. “So talking about

some of our funding programs that producers can access for things like irrigation, equipment or water storage, infrastructure support, as well as some of our other financial programs we have in place through our business risk management program.”

Raymond told The Goat that the Province earmarked \$83M for the Agriculture Water Infrastructure Program in its 2024 budget. This program is administered by the Investment Agriculture Foundation of B.C., which provides producers with funding to improve irrigation infrastructure on their farms.

While every water management workshop broadly shares the goal of teaching better irrigation practices, workshop instructor and irrigation designer Bruce Naka said he tailors each workshop to the needs of producers in the region. He also considers how climate change impacts water use, and incorporates historical data about water availability into his presentations.

“Our seasons are changing, and the unfortunate part about it is we don’t always have the water that we need,” he told The Goat. “But we have to look at it holistically, because the water isn’t only needed by farms. We have to consider the environment as well.”

For his presentation in McBride, Naka focused on irrigation for forage crops, as he knew that would be most relevant

to producers in the area. He discussed how to use the BC Agriculture Water Calculator to estimate the volume of water needed for irrigation, and how to assess the quality of water available on one’s property. All this is necessary to apply for a water licence in line with the Water Sustainability Act, a process which Naka described in detail.

Producer Aaron Ford said that he found the presentation helpful. He said that his forage crop is currently not irrigated, and since irrigation is relatively uncommon among producers in McBride, the workshop was a good opportunity to get more information on the practice.

“I want to support the initiatives of the Farmers’ Institute, so I was interested in what they were putting on,” he said. “I do irrigate [berries], so I have thought about doing a forage irrigation, and this was an interesting way to get some numbers and ideas.”

While the Province does offer some funding for producers to improve their irrigation practices, Ford does not believe the government will be able to cover the cost of installing an entire system for everyone who wants one. Still, he appreciates that the Province can cover at least some of the expenses, he said.

Naka’s previous presentations are available on bcclimatechangeadaptation.ca. Additionally, information on applying for irrigation improvement funds can be found at iafbc.ca.



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Must we spring forward?

By SPENCER HALL

This past weekend, many British Columbians sprung forward thanks to Daylight Saving Time, despite calls to ditch the practice.

According to University Canada West, Canadians first began observing Daylight Saving Time in 1918 in an effort to conserve energy during war time and boost productivity by limiting the time people were using electricity. The measure was brought back during World War II and again in 1971 during the energy crisis, where its remained in place, except for in Saskatchewan, the Yukon and in certain areas of Northern B.C.

Arguably, energy consumption — and conservation — has evolved since 1918

and even the 1970s. A paper published in the International Association for Energy Economics Journal suggests that because we use electricity for much more than just lighting these days, keeping the time change in place may actually be causing the public to use more energy from increased use of heating and air conditioning.

Sleep experts have called for the practice to be abolished due to health risks associated with Daylight Saving Time and changes to one's circadian rhythm. According to the John Hopkins Bloomberg School of Public Health, these risks include a higher possibility of heart attack, stroke, and mood disturbances. Some studies have also pointed to increases in fatal car accidents after time changes, which makes

sense considering how exhausted most of us feel after manipulating our sleep patterns.

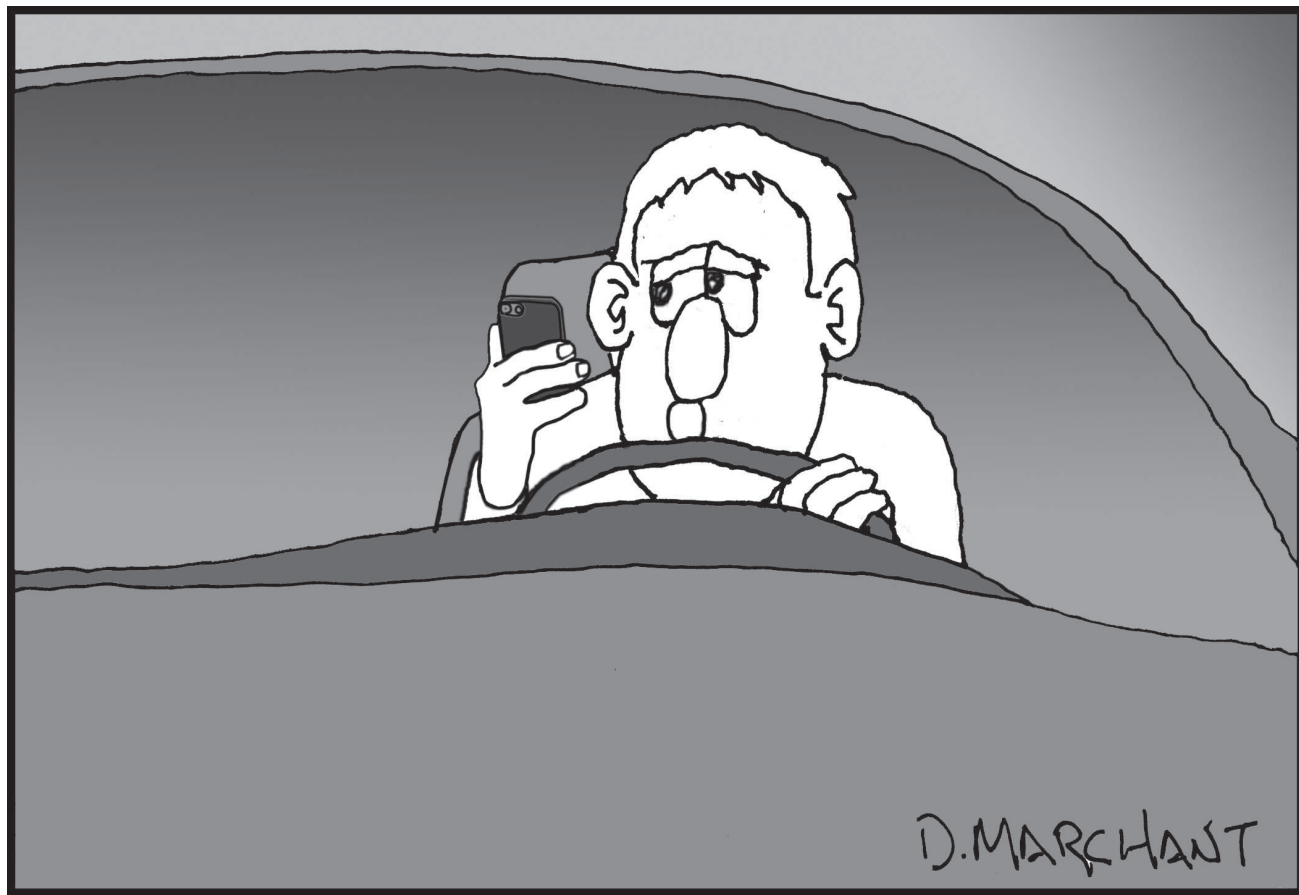
The Province introduced legislation back in 2019 to do away with Daylight Saving Time, but Premier Eby has said the change won't be enacted until certain states, like Washington, California, and Oregon make the switch to keep the Province's economy aligned with them.

This reasoning, however, doesn't make much sense, seeing as much of the B.C. Peace region and the part of the East Kootenays don't acknowledge the change and are out of line with the rest of the province for half of the year. I would think if these regions could adapt, so could our trade partners in another nation.

UPCOMING EDITIONS >>>> MARCH 28TH, APRIL 4TH

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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 when 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 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.

Carbon vault not the only answer

To the editor,

The RMG's 'Carbon Vault' article held several errors, not in Andrea's excellent writing but in Liam Parfitt's ecological understanding. He mentions harvesting the Teare Creek fire's charred standing aspen. He thinks their removal will enhance low shrubs and berries and thus provide habitat for moose. This is flawed ecological logic.

What happens when aspen is burned is that a massive habitat refuge for post-fire flora and fauna reintroduction occurs. I have spent several days walking in Teare Creek's burn, noticing bear, fox, and coyote tracks, plenty of ungulate sign (3 species), and witnessing sizable herds of two different species. The basal shoots and budding tops from charred maple and willow shrubs and poplar and birch trees all have been browsed to some extent.

The prime ecological key from the burnt aspens, though, is in their cavities, which are much more present than in charred conifer remains. These cavities hold immense ecological benefits for birds, bats, owls, squirrels, woodpeckers, insects, spiders, etc. These species initiate upward trends in ecological nutrient cycling, including prey for larger predators and the seeding of new berries and shrubs which Parfitt is fond of for moose food.

As the poplar and other post-fire remains drop, they occasionally pile into masses impenetrable to ungulates, true, however, these messy areas provide

ideal refuge for hare, lynx, martin, and other smaller mammals, as well as a safe zone from intensive browsing on the post-fire recovery of deciduous shoots into shrubs and trees. Not all of the forest falls so densely; Ungulates habitually walk around and jump over such things, so there is no great reduction in their habitat as the rest of the forest recovers.

Logging the mountain's benches, as Parfitt suggests, will disrupt the predator-prey balance by providing thoroughfares for wolves to access the burnt grove's heart.

Parfitt's thinking concerning post-fire ecological recovery is extremely flawed. At worst is a page out of the industrial playbook, where the prevailing belief is that if it doesn't have immediate economic value in the form of pulp, pellets, or board feet in the big mills, it should be liquidated into some new commodity, or burnt as slash. Freya Logging Inc, Parfitt's company, created massive slash piles in the Lower Raush in 2022 which were subsequently burned releasing all the stored carbon to the atmosphere. The future economics here, however, is in the hands of the ecological processes, not in commodification, and certainly not in the green-washed carbon shell game that dominates his new thought pattern.

Rob Mercereau,
Dunster B.C

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Global Thoughts

BY GWYNNE DYER
Not the Anthropocene?

Shock Horror! Anthropocene Cancelled! We're back in the Holocene! Man the Pumps!

An international panel of two dozen senior geologists has finally delivered its verdict: we are not in a new geological epoch. The Anthropocene (the 'Human' era) is now, in George Orwell's terms, 'oldspeak'.

But this wasn't an argument between one set of scientists who believe that the activities of human beings are transforming the behaviour of the entire Earth System, and another lot who don't. The in-house debates were about whether what's happening deserves the status of a geological epoch, and when did it really start?

For example, why did the pro-'Anthropocene' team pick the 1950s as the start of the epoch? Yes, there was a surge in fossil fuel burning, fertilizer use, and atomic bomb fallout in the '50s, but why not 5,000 years ago, when the global climate prematurely stopped cooling and began climbing instead?

The ten-thousand-year warm periods that come along about every hundred thousand years are called 'interglacials', and the one we are in right now is called the 'Holocene'. Like the thirty-odd interglacials before

it, it began with a huge surge in temperature. Average global temperature rose as much as 7°C or 8°C, even a bit warmer than the present.

Global average temperature would then normally have started the slow, relentless slide back down until the glaciers began re-forming again about 10,000 years later. That is, around now, since this interglacial officially started 11,700 years ago.

But this time round the glaciers are not reforming; in fact, the ones that are left are melting. About 5,000 years ago the average global temperature stopped falling and started rising again.

That made no sense – until Bill Ruddiman, an American palaeontologist, pointed out that this was when human beings started farming in a big way. There were only a few million of them at first, but they cut down a lot of trees (carbon dioxide), they tamed a lot of cows and sheep (methane from burps and farts), and they grew a lot of rice (more methane).

A few thousand years of that, and they had released enough greenhouse gas to raise the average global temperature by one full degree Celsius. That's why we aren't going back into the next big glaciation right



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

now. In fact, the whole Ice Age has been cancelled permanently.

Frankly, most people don't care what the geologists eventually decide to call this episode in the Earth's long history. Everyone else will call it the Anthropocene because human beings really are now in charge of what happens to the global temperature, the sea level and all the rest of it, whether we wanted that job or not.

The Anthropocene is not a badge of shame. It is just what the planet is doing right now. WE are just what the planet is doing right now. The only relevant question is whether the human race gets to continue in one way or another, which is the way that all evolution works.

More control over the outcome of our own evolutionary experiment, which is what the Anthropocene acknowledge and embodies, is not a bad thing. As Johan Rockström, director of the Potsdam Institute for Climate Impact Research, put it:

"We are now simply so big and so dominant that we now need to drive the vehicle. Currently we are just sitting there and not really recognising that we are the ones with the levers now. It's time to use them."



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MCBRIDE COUNCIL NOTES

Special Council meeting - C2C meeting, basketball support, & water feasibility study application

BY ANDREA ARNOLD

McBride Council met for a special meeting on March 4th. Mayor Runtz called the meeting to order and they moved directly into an in-camera meeting.

In Camera

The in-camera portion was to address a matter pertaining to Section 90 (2)(b) of the Community Charter that states the consideration of information received and held in confidence relating to negotiations between the municipality and a provincial government or the federal government or both, or between a provincial government or the federal government or both and a third party.

C2C meeting expenses

Council approved a one night accommodation cost for Mayor, Council and CAO for March 5 for the purpose of attending the community to community event being held in Clearwater on March 6.

Basketball support

Council approved a \$250 grant-in-aid to the McBride Mustangs Basketball team to help support travel expenses for their trip to provincials March 5-9.

Bylaw No. 826, 2024 Public Notice

Council voted in favour of adopting the Village of McBride Bylaw No. 826, 2024 - public notice, removing the need to post all bylaw changes in local papers prior to approval.

Application approval

Council directed staff to prepare an application to UBCM's Disaster Risk Reduction-Climate Adaptation Program for a water feasibility study project and instructed that staff bring project cost estimates before Council in March for a resolution of support prior to submission.

Council also authorized spending up to \$10,000 from the Growing Communities Fund to help cover expenses related to the application process.

Contract agreement

Council authorized the Village of McBride to enter into a contract with Rynic Consulting to deliver the 2024 Municipal and Regional District Tax one-year Tactical Plan by December 31, 2024.

Office closure

Council approved the Village office closure on Thursday, March 28, 2024 for the purposes of vetting, organizing and disposing of Village documentation. CAO Jeanette McDougall reported that the physical space available for storage within the office is being taxed beyond capacity. Due to regular job responsibilities Village staff do not have the time to deal with the documents, and feel that this is the most efficient way to remedy the issue.

Resolution submissions

Administration requested that Council consider submitting resolution(s) to the North Central Local Government Association (NCLGA) that will be considered during NCLGA 2024 Convention & Annual General Meeting being held May 13-16, 2024. CAO McDougall asked that Council members

email their resolution submission to her so they can be sent in by the March 8th deadline.

Councillor Joe Kolida asked that a resolution be submitted regarding the expense that members from smaller communities further away from the convention site incur to attend. He feels that the large municipalities have an advantage when it comes to booking hotels at reasonable prices near the venue as they have more staff to attend to the trip arrangements in a more timely manner.

Councillor Glen Frear said he would like to see the return of the BC Festival of Arts — an annual event that ceased to occur in May of 2001.

He would also like to submit a resolution shining a light on the interagency emergency communication program, and getting more communities on board with it. Although he was unsure as to the details, he would like to see more information brought forward to complete

an official resolution.

Committee of the Whole - 2024 Budget Meeting

CAO McDougall requested this item get rescheduled from March 19th to the March 26th meeting. She said that the staff member overseeing the budget preparation is working with the auditors next week and cannot work on the budget at the same time. Council made and passed the motion granting the request.

Council moved to return to an in-camera meeting at 7:22pm for consideration of matters of the Community Charter related to Section 90 (1) (c) labour relations or other employee relations; (k) negotiations and related discussions respecting the proposed provision of a municipal service that are at their preliminary stage and that, in the view of the council, could reasonably be expected to harm the interests of the municipality if they were held in public.

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2024 Columbia Basin Trust ReDi Grants Adjudication Committee Meeting Schedule

➤ March 14, 2024 at 4:30pm

➤ April 18, 2024 at 6:30pm

Meetings are held at the Village of Valemount Council Chambers (735 Cranberry Lake Road, Valemount)

The Columbia Basin Trust ReDi Grants Adjudication Committee Meeting schedule for 2024 is posted at the entrance of the Municipal Office, and on the Village of Valemount website. Please note that meeting dates and times may change. Approved changes will be posted on the front door of the Village Office and at www.valemount.ca.

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Village of Valemount Accessibility Committee

The Village of Valemount is seeking volunteers with relevant experience to fill a vacancy on the Accessibility Committee. **The position available is for 1 member representing the Indigenous community.** The applicant will be invited to sit on the committee for a one- or two-year term.

The Accessibility Committee is a "Select Committee of Council" and its role is to make recommendations to Council regarding matters related to accessibility, including identifying and preventing barriers to individuals in or interacting with the Village and developing an accessibility plan.

If you are interested in being part of the committee, please submit a brief statement expressing your interest and relevant experience, as well as any pertinent background information. Any personal information collected will be used to assist in appointing individuals to this committee pursuant to the Local Government Act 218 (3), and will only be used for related purposes. Your personal information will not be released except in accordance with the *Freedom of Information and Protection of Privacy Act*. Any questions about the collection of your personal information may be referred to the Information and Privacy Coordinator, Village of Valemount, 735 Cranberry Lake Road, Valemount, B.C. V0E 2Z0.

Please ensure your statement of interest is received by, or emailed to, the Village Office no later than 4:00 pm, on March 15, 2024 and is addressed to:

Krista Etty, Planner
Village of Valemount
planner@valemount.ca

Civic Connection

How do you feel about the tone of public discourse towards your local elected officials?
Is the tone sufficiently respectful that you would be comfortable running for public office?
How much do you know about the role of a local elected official?
Would information and training beforehand make you more inclined to run for office?
How much are your local elected officials compensated for the work they do on your behalf?
How much should they be compensated?
What level of compensation would it take for you to run for local elected office?
What else should be done to support those serving on Council, and to attract candidates for office?

These are all questions that the Village will be looking for answers for before the next election. Beginning in 2025, we will be connecting with residents to understand how we can increase election engagement. In the meantime, please start considering how you would answer the questions above.

From the desk of the CAO

Business Façade Improvement Program

This program is funded by Northern Development Initiative Trust and provides grants to business owners, non-profit societies or home-based businesses for renovation, restoration and redesign of commercial façades that are located in the Village of Valemount Downtown (5th Avenue), Railtown (Main Street) and Highway Corridor (Hwy 5 South) area. Each building is eligible to apply for an annual grant for up to 50% of façade improvement costs to a maximum of \$5,000. For more information visit: www.valemount.ca/services/grants-funding

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Seedy Saturday

The Open Gate Community Garden in McBride hosted its 11th Annual Seedy Saturday at the Dunster Schoolhouse this past weekend. This event promotes education around seed saving, environmentally responsible gardening, and heirloom and open pollinated seeds. Various vendors took part showing off their numerous products. Also available was garden advice, a seed library, bee display, free books and magazines, free child minding, door prizes, plants for auctioning off, snacks and lunch by donation. The morning theme and lecture was on drought, with special guest Bruce Naka on water management, mulching, composting, water barrels, and permaculture. The afternoon theme was on food security; topics including fermentation, canning, freezing, dehydrating, root vegetables, and recipes. / PHOTOS BY SANDRA JAMES



Born out of COVID, Wildways Botanicals was created by Shona Thorne who is based in Valemount. Unable to attend herself, Marion Farquharson (right) and Marcia Languay (left) tended to the stand which consisted of 100% Natural Upcycled Foods, with the goal of making local food last.



Jackie Edwards from Legrand Farm was there with her variety of jams, syrups, dressings, canned items, and more. The raw materials are all sourced from her farm in McBride, except for the peaches as they do not grow well locally.



Through the Lens with Leon Lorenz

A sure telltale sign that a beaver lodge is occupied in the winter is when there is an open air vent at the top. When beavers build their lodges they are careful to add a fresh air vent into the construction. On this particular day it was -20 C and I noticed some wisps of steam coming from the vent which is caused by the warm interior air hitting the cold outside air. I was hoping to see a more pronounced steam column, however I believe it may take at least -30C or colder to achieve this. When I held my face close to the vent there was enough warm air coming through to fog up my glasses. /LEON LORENZ

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Sula has her bags packed and is ready so "Let's Go to Vegas."

Jenny's focus is razor sharp as she moves to "Shutdown" her opponent and win the jackpot.



Josie and Georgia "Gotta Feeling" of excitement that fills the city of lights.



Watch your back for "Smooth Criminal" Saphira as she glides through the night.



The Drills skaters try their luck in a shady gambling den during "Vegas Nights."



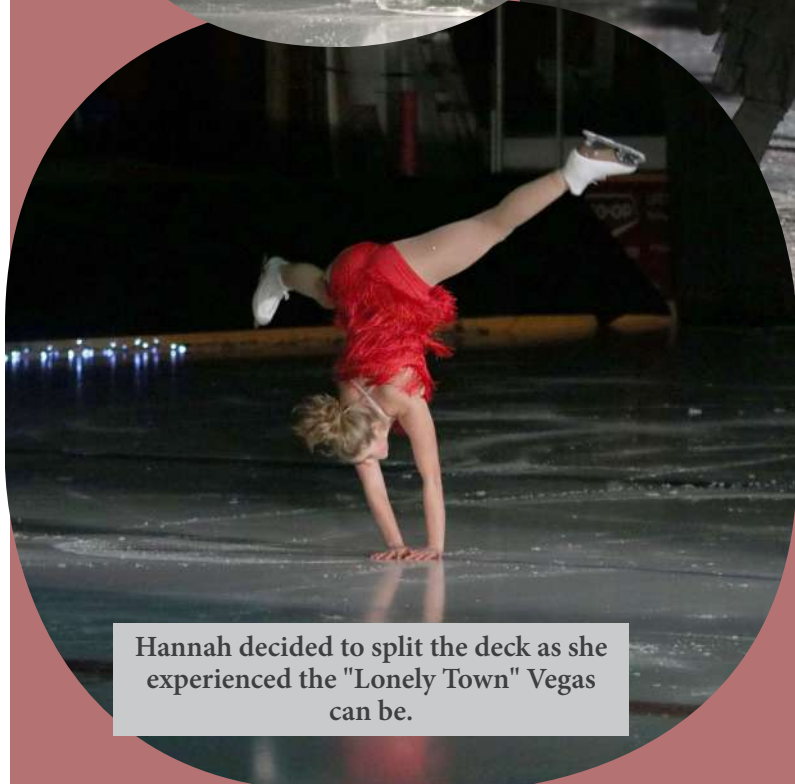
Morgan - Elvis performed a medley with legendary style.



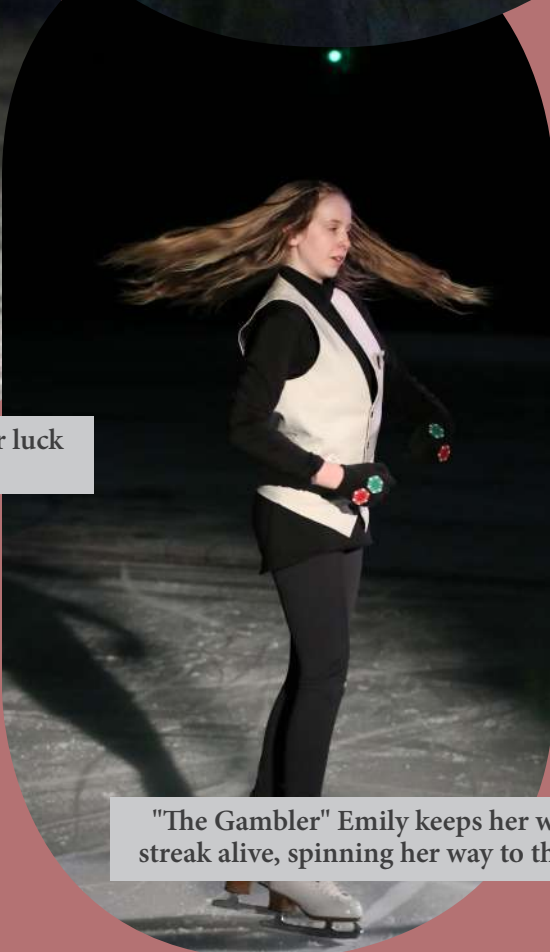
The senior members of the club are on the hunt for "Money, Money, Money," in a rich man's world.



The youngest members show off their luck with a roll of the dice.



Hannah decided to split the deck as she experienced the "Lonely Town" Vegas can be.



"The Gambler" Emily keeps her winning streak alive, spinning her way to the finale.

McBride Figure Skating Club

Residents left in dark after outage caused by semi



June MacDuff says she was told by workers on site that the semi is leaking chemicals, a fact which may be delaying the clean-up. The accident occurred a couple kilometres north of the Clemina Snowmobile parking lot. /PHOTO COURTESY JUNE MACDUFF

By Abigail Popple, Local Journalism Initiative Reporter, RMG

As of Monday afternoon, some Clemina Creek residents had been without power for over 40 hours after a truck crashed into power lines off of Highway 5 on Saturday night.

June MacDuff, who lives in the area, told The Goat that she has not received any communication from BC Hydro about when the power lines will be fixed. She said that the BC Hydro power outages map had predicted the outage would be fixed by 9:00 p.m. on Sunday, but that prediction has since been removed without any update.

“It kind of ticks me off,” MacDuff said. “I just feel like because there’s only 20 properties, roughly, [Hydro thinks] we’re not as important.”

MacDuff said the outage is affecting internet access at her home, leaving her without a reliable means of

communication. Because her water pump is electric, she and her husband have been melting snow over her wood stove to get water.

Additionally, MacDuff worries that the truck is spilling chemicals over the surrounding land. She said that the BC Hydro employee she spoke with at the site was uncertain of what the contents of the truck were.

“Nobody seemed to know how dangerous they were,” she said. “You would think that they would get on cleaning it up right away, too.”

A media representative for the Ministry of Environment and Climate Change confirmed that the Ministry was aware of the accident, and that a semi-truck was upside down at the crash site. However, the ministry was uncertain of whether anything was leaking from the truck.

BC Hydro was not available for comment by presstime Monday.

Local CVSE officer wins inaugural Toni Kristinsson award

By Abigail Popple, Local Journalism Initiative Reporter, RMG

Gord Handlen, a supervisor in the Valemount unit of Commercial Vehicle Safety and Enforcement (CVSE), is the first-ever recipient of the Toni Kristinsson Officer of the Year Award. Officers from across the province were nominated for the award, which annually recognizes one officer who demonstrates compassion, integrity and a commitment to public service.

In an email to the agency announcing the award, CVSE Director Samantha Eburne said that Handlen embodies the core values of public service.

“Gord is an outstanding CVSE officer and leader, who continually displays passion and service to all those around him,” she wrote. “Gord has had a significant positive impact on his team, putting much of his efforts into team building and demonstrating commitment, hard work and integrity.”

The award’s namesake, Toni Kristinsson, was the first CVSE peace officer to be killed while on duty. He passed away on February 1st, 2015, following an accident near Valemount on Highway 5.

Kristinsson is remembered for his kindness, work ethic, and passion for the job, said Handlen – qualities that the award aims to honour.

“He had a good sense of humour. He was fun to work with, very compassionate and dedicated to his job,” said Handlen. “He loved his job, and he loved living in



Val Hunsaker, Regional Manager of the CVSE’s Northern Region (right), presents Gord Handlen (left) the award. /PHOTO SUPPLIED

this area. So I think he still would have been here working, and we would have retired together.”

As a supervisor with the CVSE, Handlen spearheaded the initiative to have 24/7 coverage of the highways from Kamloops to Valemount. He emphasized that his team of four colleagues is what made his work over the last year possible.

“I can’t win the award by myself,” he said. “I’ve got a really good team here at Tete Jaune. They’re the best crew on the planet, and it takes a team to get anything accomplished.”



Reducing Food Waste

Food waste is an urgent, but solvable, crisis. Globally, one third of all food produced is wasted, and closer to home, it is even worse. In Canada 63% of the food we throw away each year could have been eaten – this is equal to 140 kilograms of wasted food per household!

With this in mind, the Regional District wants to help residents make their food go further and waste less. Here are some simple tips from Love Food Hate Waste to reduce food waste:

Plan it Out

The most effective way to reduce food waste at home – and save money – is to make a meal plan. Buy just what you need and use everything you buy. The less you buy, the less you waste.

Keep it Fresh

Do you know the best way to store produce and stock a fridge? Love Food Hate Waste shares proven methods, and also a freezer guide and details on shelf life.

Use it Up

Use up all the food you buy – from reviving food past its peak, to decoding best before dates and using up leftovers. Love Food Hate Waste has recipes to salvage foods destined for the garbage bin, and tips on drying or canning fruits and vegetables.

For more food waste reducing tips, visit lovefoodhatewaste.ca, or follow them on Facebook, Instagram and Twitter.

Recycling Kitchen Scraps

Potato peelings, coffee grounds, egg shells, banana peels and apple cores are all kitchen scraps produced on a daily basis. Instead of throwing them in the garbage, they can be easily recycled:

- Offer fruit and vegetable scraps to farmers to feed chickens, pigs or goats.
- Try vermicomposting, an effective food scrap composting process that uses Red Wiggler worms. It can be done indoors on a small scale, and it does not take up much space.
- Backyard composters can handle uncooked food scraps, coffee grounds and egg shells. Compost adds nutrients to the soil, and improves its texture and balance – making your food and ornamental plants grow better.

For more composting details, visit reaps.org or find REAPS’ virtual workshops on Facebook.



Purchase your own Composter

When residents start composting, up to 50% of organic waste is diverted from the landfill so the Regional District has a program to help you get started turning food and yard waste into nutrient-rich soil for your garden. Purchase an Earth Machine®, a durable 80 gallon backyard compost bin, and a helpful Wingdigger stirring tool at reduced rates, subsidized by the Regional District.

To order composters and stirring tools, email environment@rdffg.bc.ca



Earth Machine® composters \$50
Taxes included. Items available while supplies last.

Wingdigger stirring tools \$24



Valemount Public Library Association celebrates 60 years

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Valemount Public Library Association celebrated its 60-year anniversary last Wednesday.

The library has grown significantly from its beginnings as a book collection in Gwen Partridge’s kitchen, said board member Judy Holmin. A combination of grants and financial support from the Village, Regional District, and Province has helped the library evolve over the 20-plus years Holmin has been affiliated with the library, she said.

In 1988, the library moved into its current building at 1090A Main Street, built with money the Province raised from Expo 86, said Holmin. Since then, it’s undergone a number of changes: shortly before the 2000s, the library catalog moved from physical cards to an online database, and a lower level was added to the building 10 years ago, according to Library Director Wendy Cinnamon.

Today, the library offers books, spaces to gather, and boasts an expansive non-traditional collection of items like a thermal camera, musical instruments, and snowshoes, said Cinnamon. Patrons can check out anything from novels to birdwatching gear. And if a book is not in Valemount’s collection, librarians can borrow it from elsewhere in the province using an inter-library loan system, she said.

Darryl Polyk, the chair of the library board, said he appreciates that the library is a place where individuals and organizations can spend time with one another. The lower level of the library can be booked for clubs to gather, or patrons can use it to give presentations or take video calls, he explained.

“We have a policy that if you’re charging for something, then you can’t use our space,” he said. “But otherwise, it’s open for everybody to come down and use it.”

Cinnamon and Polyk hope that the library can expand further to include a space for teenagers and other patrons looking for somewhere to socialize. The board is in the process of applying for a grant with Columbia Basin Trust to build a room where people can sit and talk, without having to use the lower level.

“Wendy came up with the analogy that right now, the library is like a takeout restaurant. You can come and get things, but you don’t hang out there,” Polyk



Library board members and staff celebrate the library’s anniversary. Over eighty people visited to mark the occasion, said Library Director Wendy Cinnamon. From left to right: Darryl Polyk, Ellen Duncan, Maureen Brownlee, Peter Takach, Hollie Blanchette, Kacie Harray, Giovanna Gislimberti, Wendy Cinnamon, Judy Holmin. Not pictured: board member Jan Vanderzwan. / ABIGAIL POPPLE

said. “Whereas if we expand, we can become a dine-in restaurant where people can come and have casual places to sit and read and that type of stuff.”

Valemount residents told The Goat that they appreciate having the library as a way to meet people.

Brenda Funk, a resident of about three years, said that she uses the library as a space to host events and a way to make friends when she first moved to Valemount.

“I joined the book club because I was quite new,” she said. “And I’ve got grandchildren that live here, so I would bring them over for things that were going on. So I’ve gotten to know a lot more people by joining the library.”

Hannah McKirdy, an elementary school teacher, said she shares library events with her students, and regularly

visits with her son and nephews.

“We love the library,” she said. “I teach Grades 2-3, and we’ve used the thermal camera a bunch for our science unit on heat [...] It’s so awesome that there’s all of this stuff for the kids to use.”

The Library Association will continue celebrating its 60th anniversary throughout the year, said Polyk. Patrons are welcome to pitch ideas for clubs or library improvements to any board member, he said.

Cinnamon also hopes that residents bring new ideas forward, and that more people join the board.

“All the staff have been here a long time,” she said. “There’s not a lot of turnover and we’re all getting older, so we want to start getting new, fresh ideas.”

Seattle to Mount Robson on foot

By ANDREA ARNOLD

When 26-year-old Olly Cohen lost his job as a software engineer at Amazon last November, he decided that it was the perfect time to set out on the adventure of a lifetime.

Cohen invested in a baby jogging stroller, strapped skis to it and started the new year on the road. His plan was to jog and when the conditions were right, stash the stroller and head off-road for some backcountry skiing. He left his home in Seattle Washington on January 1st and has been travelling north on foot ever since, mostly running.

“It has been something that has been on my mind for a long time,” said Cohen. “I decided to design it (the adventure) from the ground up instead of looking for a new job.”

Cohen had been living in Seattle Washington and loved the active lifestyle that comes easily with living in the Pacific Northwest, specifically running and skiing.

Cohen was inspired by a pair of men who recently climbed 100 peaks around Washington in 100 days, and only travelled to these peaks by bicycle.

His planning led to a jogging/skiing adventure that would push his limits and feed his curiosity.

“I want to see what I am capable of doing and enduring,” he said.

He said that although he has always been the independent and adventurous type with a desire to go mountain climbing, skiing, hiking and travelling, this is the first time he has tried a human-powered trip. He has found it similar to taking a road trip, providing opportunities to meet new people and experiencing their way of life.

“At first the lack of snow was disappointing,” said Cohen. “Then I challenged myself to see how far north I could get by jogging.”

He started first with the goal to make it to the US/Canada border. Then to Whistler BC. From there he thought he’d try to run to the Rockies.

At the time of the interview, Cohen was nearing the

end of a rest period in Blue River before heading towards his next goal of Mount Robson. Although his path is not 100 per cent planned, he said the idea of travelling the Columbia Icefields Parkway appeals greatly, so that will likely be where he heads back south, heading towards the border again at Waterton.

“I did not set a final destination, more of a time cut-off,” he said. “I will be flying to the eastern US for my sister’s grad in May.”

Cohen has been averaging 40km per day and has been either camping along the way using the winter camping supplies he is hauling, or relying on the kindness of strangers for a roof over his head and a warm bed.

Cohen has been most surprised at the kindness of others he has experienced so far.

“I’ve always had faith in people, more so than many other Americans, I think,” he said. “I am blown away by the level of generosity I have been shown.”

In return, Cohen tries to help out while he is staying in people’s homes. For example, he took care of his host’s pets for a few days while staying in Blue River.

“People’s kindness comes when I need it the most,” he said. “When I’ve been exhausted, help finds me. I haven’t had to look for it.”

Cohn’s adventure has not been without its challenges. He has found that managing injuries, even minor ones, on the road and in the cold can result in longer healing times. Most recently, his knee has been giving him issues, and he hopes his extended stay in Blue River will help remedy that problem.

Cohen said depending on the type of day he’s having, the best part of each day can look a little different. Either the actual running and gaining ground, a day carving through fresh powder on his skis, or enjoying baked goods provided by a host — any one of these experiences can make a day great.

Along his trip, Cohen is raising money and donating it to an organization called GiveDirectly. This group gives cash directly to the world’s poorest people.

“I really like the simplicity of it,” he said. “Some of the people they help only have a monthly income of \$50. By



Cohen left his home in Seattle Washington on January 1st and has been travelling north on foot ever since, mostly running. / SPENCER HALL

giving another \$50, they are lifting that family above the global poverty line.”

Although Cohen views meeting people and building new relationships as part of his adventure, he is hoping that for the next two months he will not need as many recovery days, allowing him to cover more ground. Once he completes his adventure, he plans to participate in a marathon (42km) that he has signed up for in May.

PUZZLES

CROSSWORD

Answers on P13

- Across
- 1 Meat holder

4 Darlings

8 Immediately

11 "I knew it!"

12 Word-of-mouth

13 "___ we there yet?"

14 Prince William, to Prince Charles

15 Multigenerational story

16 Ball holder

17 Golf club part

19 ___ Beta Kappa

21 Child-friendly dogs, informally

24 " ... happily ___ after"

27 Basic ice cream flavor

30 Test version

31 Basis of matter

32 Supervised

34 Takes home

35 It may be dominant

36 Popeye's approval

38 Country singer Shania

42 Fishing-line float

44 Long sentence

47 Law and Order actor, with T

48 Round-faced bird

49 Take wing
- 50 Fawn's mother

51 1000 dollars in slang

52 Companion of ifs and buts

53 Sign off
- Down
- 1 Deep voice

2 "Here comes trouble!"

3 Zola novel

4 Mail-related

5 Time piece

6 ___ Heuer watch-es

7 Hit

8 People born in a particular area

9 Neighbor of Wash.

10 Kind of hour

18 Weak, as an excuse

20 Language of Israel

22 Virtual opinion piece

23 Word processor command

25 Airport abbreviation

26 Untouched

27 Front

28 Tucked away

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| 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 |
| 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 | | |

- 29 High profile
- 33 Gets into the website
- 37 "Born Free" lioness
- 39 Right-hand person
- 40 Image
- 41 Distress
- 42 Wetland
- 43 Need to pay
- 45 Saturn car model, once
- 46 Temporary craze

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 4 | 1 | | 2 | | |
| | | 1 | 6 | | | | | 8 |
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| | 3 | | 8 | 4 | | | | |
| 9 | | | | | 1 | 6 | | |
| | | 6 | | 7 | 9 | 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. Drink

4. Menu words, perhaps

7. Goat cheeses

12. Smack into

13. Colonel or captain

15. University of Florida team name

16. Friend of Fidel

17. Polynesian carving

18. Arriving per the flight board

19. Tree

22. Actor Estrada

23. Henry ___

24. 1968 Tom Jones song

28. Russia's grassy plains

33. Cure facility

35. Enjoy profits

36. Tree

42. It's within your range

43. Probe

44. Goes to dinner

48. More swanky

52. Their days are numbered

54. Women's magazine

55. Tree

60. Star of Paris

62. Was in the red

63. Wire service (abbr.)

64. Fairness judge, in a fairy tale

65. Prosperity, old word

66. Employees

67. Doctrine

68. Compass direction

69. Byrnes who played Vince
- Fontaine in "Grease"

Down

1. Bowed

2. Punjab capital, once

3. "The Essence of ___," Food Network show

4. El Prado hangings

5. Non-clerical

6. Egyptian cross

7. Mae of the mortgage industry

8. "___, Brute!"

9. "Hop ___!"

10. Hurler's pride

11. Compass point

14. Capital of Ukraine

15. "I understand!"

20. Slalom slopes

21. Ash to Jess

25. Article at the Louvre

26. "Caught you!"

27. Kubrick's killer computer

29. Ballpark snack

30. Price word

31. Place for a ring perhaps

32. 007, for one

34. Flower garden

36. "Mud"

37. "Desperate housewives" actress

38. No longer in the service, abbr.

39. Fallen space station

40. Special effects, abbr.

| | | | | | | | | | | | | |
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| 22 | | | | | | 23 | | | | | | |
| 24 | | | | 25 | 26 | 27 | | 28 | | 29 | 30 | 31 |
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| 36 | 37 | 38 | | | | | 39 | 40 | 41 | | | |
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| 44 | | | | 45 | 46 | 47 | | 48 | | 49 | 50 | 51 |
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| | | | 55 | 56 | | | | 57 | 58 | 59 | | |
| 60 | 61 | | | | | | 62 | | | 63 | | |
| 64 | | | | | | | 65 | | | 66 | | |
| 67 | | | | | | | 68 | | | 69 | | |

41. "The Cat in the ___"
45. Spotted wildcat
46. Stimulant
47. Last half of a drink?
49. Light up
50. Fled and wed
51. Reverse a tape player
53. Winter flakes
55. Frayed
56. Galway country
57. Rock's Stefani
58. Change the feed
59. Not engaged
60. Hosp. employee
61. Business attire

HOROSCOPES

BY HOLIDAY MATHIS

Height of Pisces Season

What animates a being? Does it maintain its essence beyond the life of a body? Did it exist before the body was born? While beliefs about the nature of the spirit are deeply intertwined with broader cosmological, theological and metaphysical frameworks -- and certainly, interpretations vary significantly -- a sense of renewal dances through the themes of this Pisces new moon week. Venus joins, too, all leading to a Neptunian conjunction.

ARIES (March 21-April 19). There's work to be done, all of which counts toward your improvement. In the same way that lifting weights builds muscle mass, processing information builds intellectual capability. As for strength of character, that comes either through enduring hardship or via your efforts to help, elevate and celebrate others.

TAURUS (April 20-May 20). You see the deals to be made and are extremely adept at negotiating and sensing the bargain to be struck. But even as you maximize your prospects, you acknowledge the truth of the matter -- the best opportunities are never transactional, rather it's what happens in the exchange of emotion that matters.

GEMINI (May 21-June 21). In every ending is a new beginning. Even so, getting through the passage takes a lot of energy. Transitions can look deceptively easy from the outside, but they require a combination of surrender and strength that can be tricky to muster. Fuel yourself with the rest, nutrition and compassion to assist the best possible outcome.

CANCER (June 22-July 22). You're learning! It is better to get these lessons early on in a process. When everything is new, you can be excused for not knowing. Also, gather up your first impressions and keep track of them because they will be meaningful to you later and important to your education.

LEO (July 23-Aug. 22). You'd be perfectly happy to go along with things the way they are, but something is preventing you from doing so. It's as though the universe just doesn't like a particular direction for you and is steering you differently. And though it may not be clear for several weeks, you can trust how these subtle nudges are shaping a beautiful future.

VIRGO (Aug. 23-Sept. 22). It takes a certain boldness to ask for what you want. Children often have the nerve before they've been discouraged or told it's impolite. This week, you'll overcome your reservations and speak up to express a desire. You also realize that everyone juggles their own obligations and commitments, so you release expectations.

LIBRA (Sept. 23-Oct. 23).

Sophistication allows you to simultaneously hold conflicting facets of a situation within your being. For instance, you may doubt the correctness of a methodology and still respect the ones who follow it. You may carry out a tradition that, logically speaking, makes no sense. It is love that often makes such things possible.

SCORPIO (Oct. 24-Nov. 21). In the same way the wing of the bird evolved to launch into the wind, you are changing and growing to find new ways to support yourself and get where you want to go. This week, it's a matter of adjusting your position to find the angles that will make use of resistance and turn it into lift.

SAGITTARIUS (Nov. 22-Dec. 21). While it will be strategic to bring a friend or entourage to the occasion where others are doing the same, it will be equally helpful to venture out alone to key events. You'll sense when it's better for you to show up in the fullness of your individuality so you have flexibility to move toward opportunity.

CAPRICORN (Dec. 22-Jan. 19). Don't use approval as a guidance system. Even at its best, from someone you admire, approval is still a fleeting and precarious measure of success. Come up with your own measures by which to determine success -- principles that will not change according to things like mood or trends.

AQUARIUS (Jan. 20-Feb. 18). To focus on what's new, different or dangerous is a natural function of human thought that has kept the species alive for thousands of years. Even so, you'll go deeper this week, be more aware of nuance and have the kind of insights about the mundane world that elevate your experience and contributions.

PISCES (Feb. 19-March 20). You've lived your life as a passionate person. You've earned certain badges of emotional development. You're not too worried about what will happen if you love too much, get hurt or appear foolish because you've been there so many times before and have felt the love, adventure and wonder that make a risk worthwhile.

THIS WEEK'S BIRTHDAYS: The year brings a pattern -- you grow and let go, grow and let go, becoming stronger and lighter at once. You have a timeless understanding of the complexities of life. Your wisdom extends beyond your years, and you'll have a profound impact on others as you live and love to your own code. The relationships you nurture will be the start of a network that will sustain you and others for years. Fitness endeavors will build your mind and body simultaneously. Work with people of different generations will be fulfilling.



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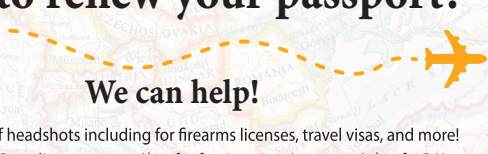
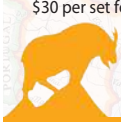
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TOUGHIE ANSWERS

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| Body Style | Travel Trailer |
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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) unless location otherwise stated. For more information call 1-844-324-2004 or email: events@rvcsbc.org.
Mar 18 –St. Patrick’s Day crafts
Mar 25 –Centennial Park playdate and hot chocolate

TUES March 12 **Valemount Gymnastics Association** AGM 6:30 pm at the Valemount Library. Anyone interested in the future of a gymnastics program in Valemount is encouraged to attend. Enthusiastic, committed parents are needed to form a new board.

THUR MAR 14 **Free Seniors Luncheon 12pm - 3pm** at the Valemount Community Hall 101 Gorse St; Free lunch, activities, conversation about aging in place and survey about health priorities. Organized by Elder Collaborative and partnered with RVCS & Emergency Support Services. Funded by BCCRN. No registration required.

SAT March 16 **St. Patrick’s Day Dance** at the Valemount Curling Club. 19+, tickets \$20 pre-sold, doors open at 9pm.

SAT March 23 Drop in between 1 pm to 3pm at the Valemount Legion Branch to honour Gail & Harold Corley, who will be moving from Valemount. They first arrived in Valemount in May of 1972 and in August of 1976 they returned and settled in for the long haul. They raised their kids, and worked hard until they retired, Harold from the bush and then from delivering propane and Gail up and quit sorting your mail. Come say goodbye

THURS Apr 11th **Valemount Sport Days Association Annual General Meeting** 6:30p.m. at the Goat newspaper office. Everyone welcome! Help us plan this year's Valemountain Days June 7-9th, 2024!

Ongoing Valemount Events

MON through FRIs The Valemount Seed Library is available in our lobby during business hours at RVCS Valemount (99 Gorse St). Office hours: Monday 10am-6pm and Tuesday to Thursday 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. For more information call 1-844-324-2004 or email: events@rvcsbc.org.

MON through FRIs the Free Food Farm Stand and Pantry are available for anyone who would like some free, fresh produce. We accept donations of unprocessed fruits and veggies also. The stand is accessible in the front lobby at RVCS Valemount (99 Gorse St) and is available to everyone- just help yourself! Emergency top-up food is accessible to our clients and anyone who walks through the door. This initiative is supported by one-time grant funding through United Way BC. For more information 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.

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.
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 has a **thrift store** at 7th and Cedar!
SUN **Pancake breakfast at the Valemount Legion** Sundays 8 to 10:30 am. 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 10am-6pm and Tuesday to Thursday 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.
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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. unless otherwise stated. For more information call 1-844-324-2004 or email: events@rvcsbc.org. Upcoming themes:
Mar 18 – Plant flowers to take home & first day of Spring
Mar 25 – Decorate Easter eggs and April Fool's Day craft

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.

THU Mar 14 Come for pie on PIE Day, March 14 2024, 3pm at McBride Anglican United Church, 459 Dominion Street. PIE is an acronym for Public, Intentional, and Explicit. Join us for pie, coffee, and tea to chat about allyship with and support for the LGBTQ+ community. We are a Christian faith community, welcoming and affirming all people as members of God's Beloved Community, celebrating all sexual orientations and gender expressions and family configurations, all ages, abilities, and cultures. All are welcome.

WED Mar 20 Join us for **Pottery Class** with Lyuba Milne 1-3:30pm at RVCS 942 3rd Ave where Lyuba will teach us clay molding techniques. Spots are limited and registration is required for this no-cost workshop. Contact 250-569-2266 or

events@rvcsbc.org to book your spot.
WED Mar 20 The McBride Old Age Pensioners Organization will be holding a **second workshop on Advance Care Planning** from 1pm to 3pm at the common room of Beaverview Lodge in McBride. Topics include advance planning for your health care, representation agreements. wills, Power of Attorney and other issues that are best dealt with early. A great workshop for all Seniors! For more information call Pete Amyoony 250-968-4334 or e-mail peteam@telus.net.
TUES Mar 26 **Soup and Bun** is happening11:30am-1:30pm at RVCS (942 3rd Ave, McBride). Come in out of the cold to enjoy a warm bowl of soup (by donation) with friends. This month's delicious soup is made by Bev McLennan- thank you!
Contact 250-569-2266 / events@rvcsbc.org for more info.

Ongoing McBride Events

MONs **ASL Club** meet weekly at the EFree church McBride. 12:30pm - 1:30pm. Beginners welcome! Contact Lonnie Lorenz if you have questions 250.569.7657
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.
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.
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**

DUNSTER

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.

Ongoing Dunster Events

WEDSs 11am-2pm **Dunster Coffee House** Come for coffee, tea, muffins and/or a bowl of soup at the Dunster Schoolhouse. All ages welcome! If you are looking for a quieter coffee date, there will be tables set up in the classroom for this.
SAT Dunster Community Association **Saturday Pot Luck Lunches** March 2nd, 16th & 30th at the Dunster Community Hall 11:30 to 1:00 Lunch served at 12:00 noon sharp Coffee, tea and juice provided. Donations gratefully accepted. Contact: Pete Amyoony 250-968-4358

DOMECREEK

THUS March 21 **A Free Afternoon with Raymond Olson** An afternoon of stories on the history of the Dome Creek community and area with local historian and author Raymond Olson. 10:30-2:00 Lunch is available - Chilli and Buns \$10.00 Spill the Beans will be open for coffee and treats. Bring cash.

HAVE AN EVENT?
Let us know!
CALL: 250-566-4606
EMAIL: ads@goatnewsmedia.com

Valemount and McBride teams

HUSTLE



The McBride Grizzly minor hockey team faced off against Valemount for one of their last few games of the season on Thursday, March 7. The final score was 2-1 for Valemount. The teams face off two more times this week to wrap up the year. Top right, Sara takes control of the puck with teammate James hot on her heels. Far left, Zeeva breaks away and carries the puck into the neutral zone while teammates Ryder and Memphis maintain the defensive line behind her. Left, Valemount breaks through the defensive line. /ANDREA ARNOLD



Valemount's U9 hockey team played four games in a tournament in Kamloops last weekend. The team borrowed several players from the U7 team. The players gave it their all and all three goalies that played did a great job. Above: Jackson and Artur get ready to hit the ice. Right: Dominic, Parker, William and Logan put pressure on the other team. Below: Desi nabs the puck. Below right: Taras (green socks) kept the pressure on. /LAURA KEIL



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