



Geese take flight

P8

ROCKY MOUNTAIN GOAT

Your weekly source of news, views and entertainment

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*Through the Lens
with Leon Lorenz*

Barred owls hunt by day or night with dawn and dusk the preferred times. Like for most owl species, ambushing from a perch is one of its favourite hunting tactics. /LEON LORENZ

Trans Mountain pipeline at Blue River operational after faulty valves replaced

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Canada Energy Regulator granted a Leave To Open – a document declaring a pipeline safe to operate – for mainline piping along the Trans Mountain Pump Stations in Blue River, McMurphy, and Blackpool on March 28th. A November inspection of the Blue River station had revealed damage in four valves, some of which caused the welding around one valve to crack. The damage has since been resolved, according to documents reviewed by The Goat.

Under the Canada Energy Regulator Act, companies must file for a Leave To Open before a pipeline can operate. The Leave To Open process requires submitting results of pipeline inspections and pressure tests to the Regulator.

According to documents Trans Mountain submitted as part of this process, three of the failed valves have since been replaced, while one has been repaired and tested for efficacy. The new and repaired valves were not tested on-site at the Blue River station, but they were successfully tested at the manufacturer’s facility, the test results say.

In an email to The Goat, Trans Mountain said the equipment was tested and inspected throughout several stages. Technicians discovered the valve damage during initial inspections and reported their findings to the Canada Energy Regulator, said the email.

Trans Mountain submitted its Leave to Open application, including test results from its new valves, on February 23rd. The Canada Energy Regulator approved their application roughly a month later. Valves will be inspected annually in adherence with the company’s integrity management

CONT'D ON P2

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Trans Mountain Cont'd from A1

program, according to the application. The Blue River mainline piping was mechanically complete in late 2023, according to Trans Canada's email. Their presence in the area will be smaller now that pipeline construction is complete, said the company. "While pipeline construction is complete, smaller work crews will return to finish right-of-way cleanup and reclamation," the email reads. "Trans Mountain has been in the community for more than 70 years with our existing pipeline system. We continue to live and work in the communities." The email also says Trans Mountain has External Relations and Indigenous

Relations advisors who work with local communities and maintain the info@transmountain.com email, where anyone can contact with concerns. In a phone call with The Goat, Thompson-Nicola Regional District representative Lee Onslow said she has not heard concerns from constituents regarding the pipeline. "It seems it truly is part of the process that they need to follow in order to get the pipeline operational," Onslow said when asked for comment on the Leave To Open. "I would assume that if they're granted it, that they probably went through the safety procedures that are required."

Damaged equipment leaves over 1600 without power

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

A power outage affected over 1600 residents throughout Valemount, McBride and Albreda Sunday night. Power was cut off at 5:05 p.m. and was restored at 3 a.m., according to BC Hydro's outage list web page. In an email to The Goat, Hydro spokesperson Susan Edgell said the outage affected the transmission line in the North Thompson and Robson Valleys. Its source was located south of Clearwater, near the Blackpool Trans Mountain pump station. "The outage affected everyone living along this transmission line, from the outskirts of Kamloops all the way north

to Valemount/McBride," Edgell wrote. The transmission line south of Clearwater was re-energized at around 9 p.m., according to Edgell. However, rocky and mountainous terrain made it difficult to access damaged infrastructure at the outage source, so it took until early Monday morning to restore power to other communities on the transmission line, she added. Power was not restored to all of McBride until early Monday morning. BC Hydro is still uncertain about what caused the outage, according to Edgell. There is a good chance that a fallen tree damaged equipment, she said.

Correction

In our April 11th story "Parents face wrench in plan to expand school kitchen" we reported that Valemount Elementary School has 60-plus students. The school actually has over 120 students.

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Friday, April 19 - Thursday, April 25

Board of Directors - Call for Applications

The Village of Valemount is currently accepting applications from area community members interested in serving on the Board of Directors for the Valemount Community Forest Corporation OR the Valemount Industrial Park Corporation, for a two-year term.

The Valemount Community Forest (VCF) and the Valemount Industrial Park (VIP) support the community by maintaining local control over forest resources, creating local employment and economic diversity with the Village of Valemount.


Role of Directors and Desired Competencies

The Boards of Directors assist with decision making for the Valemount Community Forest and the Valemount Industrial Park, in the best interests of the Companies, and in accordance with VCF/VIP Policies and Village of Valemount Policy No. 81.

The Board of Director's Regular Board Meetings are once a month at 3:00 p.m. Members will be notified in advance of changes to a meeting date and/or time. Directors are expected to attend all meetings of the board, participate in board discussions and vote on matters before the board.

Applications are available on the Village website @ www.valemount.ca, and are to be submitted to the Village Office by 4:00 pm on April 30, 2024, referencing the following:

Attn: Corporate Officer
Re: Application for VCF OR VIP Board of Directors
Applications can be submitted in person to:
735 Cranberry Lake Road, Valemount, BC.
Monday - Friday 8:30 am to 12:30 pm, 1:30- 4:30pm
Or via email to corporate@valemount.ca



VILLAGE OF VALEMOUNT
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McBride Council: Special projects manager, new mower & new budget meeting schedule

BY ANDREA ARNOLD

McBride Mayor Gene Runtz called the Council meeting to order at 6:06 p.m. on Monday April 8th.

CAO Jeanette McDougall introduced Phil Strain, who has stepped in as a Special Projects Manager to help with water planning. Strain has a background working in local government and has worked in a similar situation within the community of 100 Mile House.

Funding for quest for water

Council moved to support an application by the Village of McBride to submit an application to the Union of British Columbia Municipalities Disaster Risk Reduction- Climate Adaptation (category 1) 2023/2024 grant program. This grant is for up to \$150,000 and with the motion, Council supports the proposed activities and agrees to provide overall grant management for the development of a Village of McBride Alternate Community Water Source Feasibility Study.

New lawnmower

Council granted pre-approval for the purchase of a new 2024 Stihl RZ560 Zero turn mower from Horseshoe Lake Ventures in the amount of \$15,299.99 excluding taxes. Public Works Manager explained that there is currently a promotion that will mean they will receive a new whipper-snipper along with the purchase to replace their current very old and tired one.

Swag bags

Council agreed to support the McBride Tourism Committee's recommendation to cost share the purchase of welcome bags for the 2024 Rendezvous participants. They agreed to spend up to \$400 from the Municipal and Regional District Tax reserves.

Orientation

Council approved administration's request to spend up to \$1000 on a Council orientation session.

Office closure

Council agreed to Administration's request to close the office for the day again on Friday May 17, to allow them to continue sorting, filing and the destruction of documents to allow for better office organization. CAO McDougall said that they had made good progress on March 28th when they spent the day working on this project and she figures they need another day or two to complete the job.

Budget timeline

Council passed a motion to approve CAO McDougall request to email a new budget meeting date schedule to them. The final deadline to have the budget submitted to the province is May 15, so council needs to give it third reading on May 9, and final reading and approval on May 10.

In-Camera

Council voted to move to an in-camera session. The meeting was for consideration of matters of the Community Charter related to section 90 (1) (c) labour relations or other employee relations; and (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.

The public meeting was recessed at 6:26 p.m. for this meeting to begin.

Valemount Council: Railroad upkeep, Earth Day plans, Lheidli T'enneh consultations

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Village Council discussed upcoming railroad maintenance, supporting Earth Day events and amendments to various bylaws at their March 9th regular meeting.

After Mayor Owen Torgerson called the meeting to order at 7:06 p.m., Council amended the evening's agenda. Initially, the agenda included an in-camera session to discuss matters related to the security of the

property of the municipality, but Council decided to remove that item. Council also added an item to the agenda: a letter from Robson Valley Community Services (RVCS) requesting a letter of support for a grant application.

After approving the amended agenda, Council moved on to the evening's delegation.

Delegation

Victoria Hua and Tyler Banick of Canadian National Railway, also known as CN, gave a presentation on the company's upcoming plans to rehabilitate the railroad crossing at 5th Avenue. The crossing needs new wooden planks, along with a replacement for damaged rail and fasteners, said Hua. Read more about CN's plans in this week's issue.

Council moved to receive the delegation.

Correspondence for Action

Robson Valley Community Services (RVCS) sent a letter asking Council to provide a letter of support for their application to Infrastructure Canada's Rural Transit Solution Fund.

Because of the lack of regular transit within and between Robson Valley communities, the region is a "transportation desert," according to the letter. RVCS is seeking funding to plan and design transit for the region, and partner with Valemount's Care-a-Van service to make it better funded and more accessible.

Infrastructure Canada requires applicants to provide letters of support from local governments to prove that they offer a variety of services within their region. RVCS reached out to Valemount and McBride Councils to acquire letters of support.

Councillor Hollie Blanchette moved to provide a letter of support, seconded by Councillor Hugo Mulyk. The motion carried with all in favour.

Reading File

Highway Association meeting

Councillor Pete Pearson is also President of the Trans Canada Yellowhead Highway Association. The Association will have its annual general meeting in Edmonton on Friday, May 31st.

Pearson moved for Council's support to send him to Edmonton on the 30th, then return on Saturday, June 1st. Mulyk seconded his motion, and it was carried with all in favour.

Highway Association Call for Resolutions

Torgerson said that the Regional District of Fraser-Fort George has agreed to submit a resolution on the Village's behalf asking for the Jasper Park West Gate to be upgraded to have an additional bypass lane and reconstructed ticketing kiosks.

Celebration of Tourism

On May 18th, Tourism Valemount will host a Celebration of Tourism event. The public event will include speeches from local representatives and Council members, followed by a social hour at 7:30 p.m.

Tourism Valemount sent a letter asking Council and Mayor Torgerson to attend. Torgerson said that he will be attending the event.

Earth Day event

Tourism Valemount is holding a "Cache In, Trash Out" event at George Hicks Regional Park on April 20th, two days before Earth Day. The event will include a lesson on geocaching – a scavenger hunt-like activity where participants find hidden boxes based on GPS coordinates – and a clean up of litter in the park.

For last year's Cache In, Trash Out event, the Village provided handheld trash pickers and a garbage truck. Tourism Valemount asked Council to provide the pickers and a garbage truck or bin for this year's event, and invited the Mayor and Councillors to attend.

Pearson moved to provide these items, seconded by Mulyk. The motion carried with all in favour.

Lheidli T'enneh Community Consultations

In January, Premier David Eby announced that the Lheidli T'enneh First Nation would receive funding for a community consultation project regarding a Centre of Excellence for Children and Youth in Northern B.C. The consultations, taking place in 16 different municipalities,

will be used to identify what services the Centre will provide based on the needs of children and youth in the region.

Torgerson said he would like to attend the consultation in Valemount, which will be held on April 25th.

Administrative Reports

Development Permit for Bakery

Owners of the Valemount Swiss Bakery applied for a development permit to add a second floor to its building, and extend its parking lot. The permit included a variance to allow the use of compact soil and crushed rock, as opposed to pavement.

Council passed a motion to approve the variance.

Bylaws and Policies

Change to public notice

Council previously moved to give first and second reading to an amendment to the Village's Public Notice Bylaw at the March 12th Council meeting. The amendment names the Village website as a method of notice for public hearings and meetings.

Council moved to give the amendment third reading with all in favour.

Dispute adjudication bylaw

At the most recent Council meeting, Council moved to give first and second reading to an updated dispute adjudication bylaw, which establishes fines for violations of building codes. The previous bylaw was adopted in 2003 and was out of date, according to the staff report.

The bylaw amendments align with the current B.C. Building Codes, and brings the Village in line with the Regional District regarding the cost of fines for violating the codes.

Council moved to give the bylaw third reading with all in favour.

Changes to building bylaw fees

Village staff drafted a set of updated fees for building inspections and permit applications. The proposed fees were given first and second reading at the March 26th meeting.

Council moved to give the Fees and Charges bylaw 3rd reading.

Adjournment

With no in-camera session for the evening, Torgerson adjourned the meeting at 7:37 p.m.

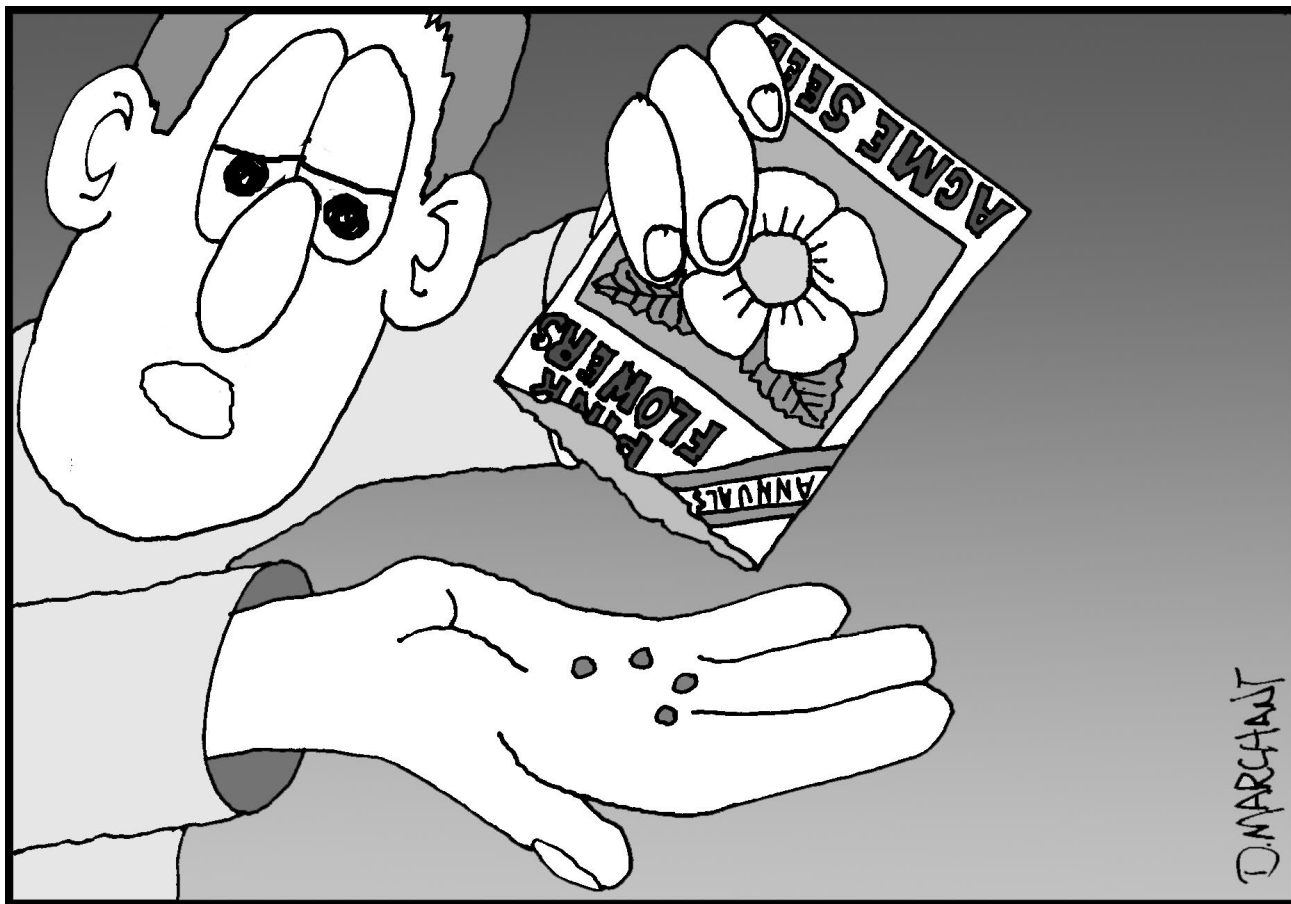


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Letters/Op-Ed

About Letters to the Editor

The Goat welcomes all letters to the editor and values diverse opinions in our newspaper. Letters should address something that appeared in the newspaper or a current event. Recommended letter length is 400 words or less due to space constraints. Longer letters may be rejected or the author asked to reduce the length. The Goat formats letters and grammar according to Canadian Press style. No substantive changes are made without the author's approval. Letters are reviewed for clarity and libel, but are not fact checked and may contain errors or misleading statements. Letters must be submitted with a phone number for verification purposes and the location of the author, but only the name of the author and location will be published. We may publish anonymous letters 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.



An open letter to Scotiabank

To whom it may concern,
Escalated Customer Concerns Office, Scotiabank
I was directed to this email address by a person at the McBride branch of Scotiabank.

My wife and I have been customers there for nearly 50 years. We were extremely disappointed to hear of the branch closure, which will make in-person banking at your bank nearly impossible for us, as we travel to Prince George only a few times per year.

I would suggest that you consider facilitating a new bank opening in McBride. As you are probably aware, Integris Credit Union is considering opening a branch here. It would benefit ourselves and the entire community if that happens. You could assist by offering to sell your branch building there to them if they were to open a branch. While this might not be helpful to your bank for strict competition purposes, your cooperation in this regard would repair much of the ill will that has developed in the community towards Scotiabank from the planned closure.

Sincerely,
Roy Howard
Dunster, BC

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Global Thoughts

BY GWYNNE DYER

There Really Are Rules



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

History is mostly a matter of dates, and the key date is always that of the last conquest. All previous conquests are then magically forgiven and forgotten.

This observation is prompted partly by the current wars in Ukraine and Gaza, but equally by the confused apology that a young student union official made on the website of a Canadian university where I spoke recently.

In Canada, the world capital of apologies, almost every public event begins with an acknowledgement that it is taking place on the 'unceded territory' of one or more 'First Nations'. This statement of collective historical guilt can lead the impressionable young to false conclusions.

"My name is [name withheld]," wrote the student union leader I mentioned above. "I am a settler and uninvited guest on the unceded territories of the Songhees, Esquimalt, and WSANEC First Nations."

It would be funny if it weren't so sad. She was born in Canada, as were her parents for several generations past, and she has no other home. She feels guilty only because she doesn't understand how history works. The people she is apologising to were almost certainly once conquerors themselves.

There have been human beings in the Americas for

at least fourteen thousand years. Unless the cycle of perpetual conquest and re-conquest worked differently there than it did everywhere else in the world, there can be no patch of ground that did not change hands violently several times during that long period. We just don't know the details.

History always worked like that. The wars of the European great powers in the 'modern' era were just variations on an old theme, and nothing really changed until 1945. Then everything changed.

The Second World War killed at least 40 million people and was ended by nuclear weapons. People were rightly frightened, and they collectively concluded that the endless wars and the constant changing of borders by force had to stop.

The United Nations Charter went into effect in late 1945 and it made a new rule: the use of force is prohibited, and borders may no longer be changed by force.

This froze many historical injustices, because borders are the result of past wars, not of free votes or legal decisions. However, allowing the borders to be changed by force again would open the door to endless future wars.

There were no good alternatives, and the new rule is still being observed in the vast majority of cases even eight decades later. All the colonial borders remained intact when the European empires collapsed, including the internal borders of the old Soviet Union. As a result, there have been no more great wars, only local ones.

So why is it right to call Israelis who build Jewish settlements in the occupied West Bank 'settlers', but wrong for the young Canadian woman to see herself as a 'settler and uninvited guest' in her own country? It really is a question of dates.

Canada's borders, like those of most countries, are older than the UN Charter and were fixed by the freeze. Those of Israel and Palestine were fixed by the UN partition of 1948 but were immediately changed by the war of that year. They can only be settled by mutual agreement, and seizing more land in the meantime is illegal.

Whereas the border between Russia and Ukraine already existed before 1945, was ratified by Moscow on several later occasions, and cannot legally be changed by force. There really are rules, although their enforcement is distinctly spotty.



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BC Hydro calls for more power amid higher demand for electricity

By ANDREA ARNOLD

BC Hydro has reported that electricity demand in British Columbia is expected to increase by 15 per cent over the next 6 years. In response, on April 3, BC Hydro issued a call for power. They have requested proposals to acquire about 3,000 gigawatt hours per year of electricity.

The Robson Valley is no stranger to independent power projects, or IPPs. These plants supply energy to the BC system year round and several times a year the local sites kick in to provide electricity when something goes wrong along the lines.

However, none of the run of the river power projects have the capacity to meet the requirements of this call, and their output is already calculated in the provincial energy budget.

BC Hydro is looking for proposals for new projects that have a maximum output between 40-200 megawatts.

John Wheeler has worked alongside most of the IPPs in the valley as a consultant and works designing electric energy systems. Wheeler says that the maximum output of energy generated from the run-of-the-river hydro projects that are dotted throughout the valley fluctuates with water levels.

“During freshet or run off, when the water levels are at their highest, that is not the time of year that the demand for power is taxing the system,” he said. “Also, none of the local sites have the additional production capacity they are calling for.”

The call states that in order to participate in the program, the proposed project must be a newly constructed facility, which could include new generating units that will generate additional energy to what has previously been produced.

If that was all there was to it, then potentially, there are a few new sites around the Robson Valley that could meet the capacity requirements with a lot of time, money and work invested.

The call is not only for hydro power. It also includes solar, wind, biomass, bio gas and geothermal heat.

“Although McBride is a windy place, it does not maintain a steady enough wind to produce consistent power,” said Wheeler. “Unless you were to build on the top of a mountain.”

As we recently reported in the heating feature the Goat ran in February, locals with

solar panels have found that the hottest coldest/darkest months are not when the panels are producing at their best. It is these times that the demand for power is at its peak.

If an IPP that would be able to meet the production requirement was constructed in the valley at this time, the power would not be able to be used by the population.

“The transmission lines that run through the Robson Valley are not capable of carrying a load equal to what they are calling for,” said Wheeler.

The notice from BC Hydro states that their integrated resource plan includes advancing upgrades to transmission infrastructure to achieve additional capacity. Through his experiences working with the local IPPs, Wheeler figures that hundreds of kilometres of new transmission lines would be needed in order to supply power from a Robson Valley source into the main grid, and he would be surprised if local lines were included in the upgrade plans as the amount of energy is not available when BC Hydro needs it, to justify the cost.

Other ways BC Hydro is hoping to make adjustments to meet demand are:

Ramping up energy efficient activities and investments to limit peak demand

Offering voluntary time-varying rates, like optional time-of-use rates that begin in June

Updating the net-metering program that enables customers with solar installations to sell power back to BC Hydro’s grid

Renewing electricity purchase agreements with existing clean or renewable independent power producers on a cost-effective basis

Continuing to explore the expansion of existing capacity at the Revelstoke generating station

Advancing the integration of utility-scale batteries (energy-storage systems).

So, at this point, the call for power does not seem like a call that can be answered by anyone in the Robson Valley.

However, there may be future opportunities for smaller scale production. The notice from BC Hydro also states that they, along with The Province, New Relationship Trust, and PacifiCan are developing a new program stream to help offset the higher anticipated cost of small-scale power projects. The development team for this program intends to begin engagements with First Nations this spring.

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Notice Disposition of Land: Airport Land Lease

Pursuant to Sections 26 and 94 of the Community Charter, notice is hereby given that the Village of Valemount intends to lease property to Code Project Enterprises Ltd.

The land to be leased is a 2000 sq. ft plot located on the east side of the airport, legally described as Block A, District Lot 5705 Land District 05 THAT PART OF DL 5705, to be occupied by an airport hangar.

The annual rental fee for the space, from April 2024 to April 2025, is \$698.84, to be increased by 3% annually for the term of the five-year lease.

For more information please contact:

Carleena Shepherd
CO, Village of Valemount
735 Cranberry Lake Road, Valemount, BC V0E 2Z0
(T) 250.566.4435
(E) corporate@valemount.ca

Village of Valemount Five Year Financial Budget – Public Document

All interested members of the public are invited to view the Consolidated 5 Year Financial Plan Budget. Hard copies will be available at the Village Office 735 Cranberry Lake Rd, during regular business hours, and on our website under the Finance tab.

The public consultation period is from April 4 to 18, 2024. Comments are to be received by the Director of Finance at dof@valemount.ca prior to **April 19 at 12:00pm**.

All comments received will be provided to the Village Council for consideration in advance of the third bylaw reading, which is expected to be on the agenda at the April 23, 2024 Council meeting.

Village of Valemount - Notice of Public Hearing

Please Take Notice that a **Public Hearing** for Street Vendor Permit 03-24 will be held:
Tuesday, April 23, 2024 at 7:00 pm
Council Chambers, Village Office
735 Cranberry Lake Road, Valemount, BC

1. Street Vendor Permit 03-24 proposes to allow The Funky Goat Eatery to operate for up to three years, 7 days a week, from 7:00 a.m. to 11:00 p.m.
LEGAL DESCRIPTION: Lot 2, DL 9778, Cariboo District Plan PGP35390 (1170 5th Avenue)



At the Public Hearing, anyone who deems their interest in land to be affected by the proposed Street Vendor Permit 03-24 shall be given a reasonable opportunity to be heard. Comments may be made in person at the Public Hearing. Written submissions can be submitted by email to publichearing@valemount.ca, or via letter to the Village of Valemount. **Written submissions will be accepted until 12:00 pm on April 23, 2024.**

All correspondence and materials submitted in response to this Notice will form part of a public record. All written submissions and verbal presentations must state your name and area of residence. Anonymous submissions will not be accepted. The author's phone number and email are not relevant and should not be included in the correspondence if the author does not

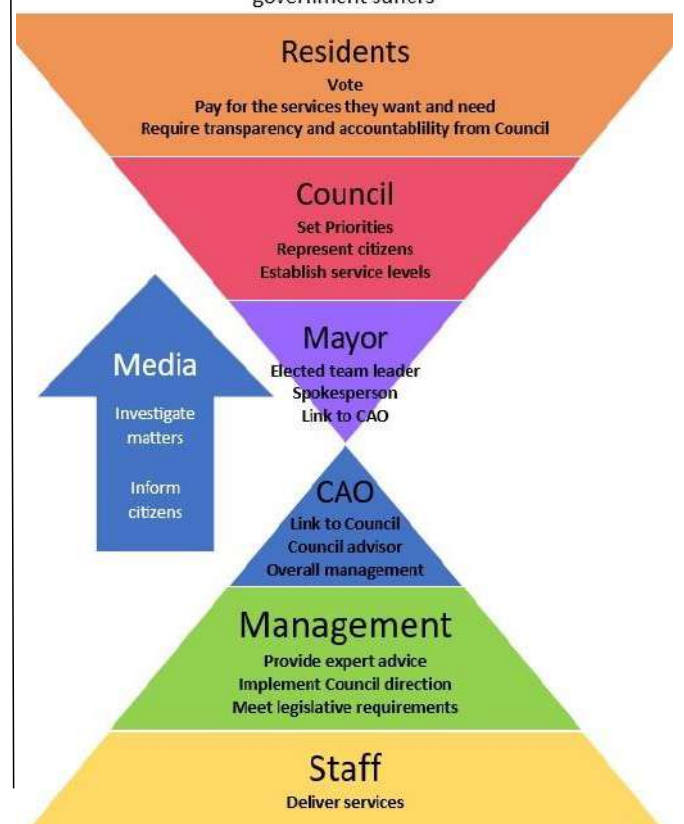
Cont'd...

wish this personal information to be disclosed. Digital copies of Street Vendor Permit 03-24 are available at www.valemount.ca. Paper copies will be available for viewing during regular office hours (Mon. – Fri. 8:30 a.m. – 4:30 p.m.), until April 23, 2024 at the Village Office, 735 Cranberry Lake Road.

Civic Connections

Responsibilities for Effective Local Government

Whenever any of these groups fail in their responsibility, effect local government suffers



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Regional District considering \$500K loan to regional museum

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Regional District of Fraser-Fort George board of directors will decide whether to grant a \$500,000 loan to the Fraser-Fort George Museum Society in Prince George during their April 18th meeting. If the proposed agreement is approved, the Society will pay back the loan over the course of five years at an interest rate of four per cent.

The Society requested assistance from the District to cover debt that is detrimental to the museum's operation, according to the proposed agreement.

Tracy Calogheros, CEO of the Fraser-Fort George Museum, told The Goat the debt was accrued during the pandemic. The museum underwent renovations to improve air circulation, replace carpeting, and replace structures in the children's gallery with easier-to-clean alternatives to prevent the spread of COVID-19, she said.

Among other things, the museum

also installed a repatriation gallery showcasing items from neighbouring First Nations, and began making space for the development of a zoo within the museum, Calogheros said. While these changes were a long time coming – she said the museum had not been updated since 2001 – they took longer than expected.

"It was intended to open in May of 2023, but we weren't able to get opened until the end of October in 2023," Calogheros said. "What that did was create a revenue challenge because we had no earnings during our high season. So we have been carrying forward a fairly substantial deficit just around that \$500,000 mark."

Calogheros said if the loan is not approved, the results will be catastrophic for the museum, which serves a vital role in the Fraser-Fort George community. The museum is the only Class A facility in B.C.'s central interior, she said – meaning the museum is properly climate-controlled and can house delicate artifacts.

"The work that we do as an archeological repository is vital," she said. "We're also doing a lot of work around repatriation and rematriation of Indigenous belongings [...] we are helping Indigenous communities to retrieve their personal belongings from other museums."

However, Calogheros said the Regional District has historically been very supportive of the museum's work. She believes the District's loan has a better interest rate than what would be offered at a bank.

"I think we're very lucky to have [...] a regional district that recognizes the value that art and culture bring to their communities and a sense of place," Calogheros said. "That's something many of my colleagues across the country are very jealous of. That support from the Regional District is what has allowed us to do the cutting-edge work that we have been doing."



Branch 266

Regular Events:

Friday Night Dinners w/ Weekly Special 5:30 p.m. to 8:00 p.m.

Sunday Pancake Breakfast 8:00 a.m. to 10:30a.m.

Bingo- Second Thursday every month Doors at 6:00 p.m.

It's National Volunteer Week. Thank an awesome local volunteer!

Coming Events:

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Branch 266 manages the Local Loan Cabinet, a local source of aids to daily living such as walkers, crutches, wheelchairs and more. Call 250-566-1115

General Meetings:

Third Tuesday of each month @ 7 p.m.

Hall Rentals available for events, meetings, seminars. Call 250-566-1115 or email valemountlegion266@gmail.com

Royal Canadian Legion Branch 266, 970 Main Street, Valemount

CN to rehabilitate 5th avenue crossing

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

At the most recent Village Council meeting, Canadian National Railway (CN) outlined plans to rehabilitate — that is, do major infrastructure maintenance on — the railway crossing at 5th Avenue. The work is expected to take 12-18 hours, during which time the crossing will be closed to traffic.

Tyler Banick, a Public Affairs Manager at CN, told The Goat that the work will likely be done between May and November. However, the exact date and time depends on when material is procured, weather conditions, and how soon CN finishes work on high-priority crossings. Banick added that CN will give residents as much advance notice as possible before work begins.

During the Council meeting, CN Public Works Officer Victoria Hua said supporting components of the railway have been damaged and need to be renewed. This includes wooden planks, rail, ballasts, ties and fasteners.

Pursuant to its agreement with CN, the Village will be paying for the rehabilitation, Hua said. This includes the

cost of materials, labour, and hiring third-party services such as traffic control and materials delivery, she added.

CN advised the Village of this projected cost in an email on January 18th, according to Hua's presentation. This left very little time for the Director of Finance to account for the \$150,000 item in the Village's financial plans, Councillor Pete Pearson said during last week's meeting.

"[The cost of rehabilitation] amounts to just over 12 per cent of our municipal budget," Pearson told The Goat in a follow-up email. "The more lead time the better for a municipality to start planning for what was an unexpected item."

Banick told Council other communities shared Pearson's concerns over timeliness. He said CN has been making an effort to notify communities of forthcoming rehabilitation in September and October so they have more time to budget.

Mayor Owen Torgerson asked if the rehabilitation costs would have to be paid in full, or if the Village could work out a payment plan. Hua said CN could create a payment plan for the next few years, adding that she would send more details on potential payment plans to the Village CAO.

Earth Day Indigenous Garden Workshop

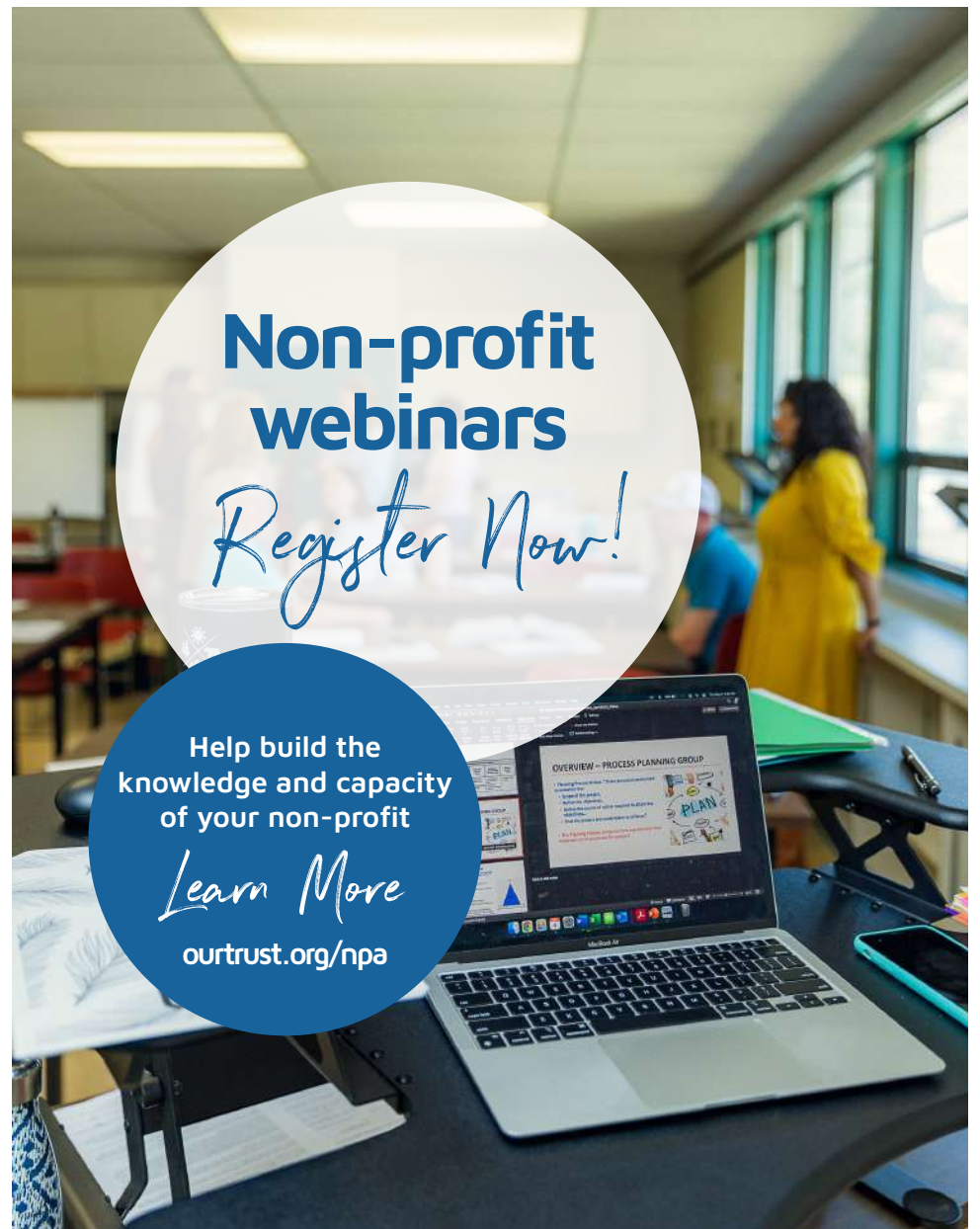


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Red tape preventing construction of Valemount farm, couple says

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Bret and Cristina Hutchinson, both engineers with experience navigating the ins-and-outs of building regulations, have hit an unexpected roadblock in their plans to establish a farm in Valemount, they told *The Goat*.

The couple has been drafting plans for the property – located on the Agriculture Land Reserve – since deciding to purchase it last April, said Cristina. They hope to spend their retirement on the property farming specialty crops such as hops and lavender, and maintaining an apiary.

In line with these plans, they drew up plans for an agriculture packing house – a structure used for preparing and storing crops – they told *The Goat*. The plans included a bathroom, laundry facilities, small kitchen, and storage space, said Cristina. It was not meant to be a residential building, so they did not include a bedroom, she added.

With their plans complete, the Hutchinsons began to apply for a building permit with the Regional District of Fraser-Fort George. However, they were surprised to find that the application required an approved Notice of Intent for placing soil fill from the Agricultural Land Commission, said Bret. A Notice of Intent, when approved, permits people to place fill or remove soil for specified farm uses, according to the Agricultural Land Commission Act.

To avoid potential delays to their building permit, the Hutchinsons filed a Notice of Intent in late January, Bret said.

The two felt confident in their application given their jobs as engineers, which require them to interpret building permit applications, Cristina added.

However, the Agricultural Land Commission denied approval of their Notice of Intent. In an email to *The Goat*, Soils Team Lead for the Commission, Katarina Glavas, said the application was denied because the building plans included uses that would usually be associated with a residential building. Additionally, the Hutchinsons had described the building as a packing house, but the Agriculture Land Reserve Use Regulation requires agricultural production to occur on the property for a packing

house to be permitted, she said.

Bret said this decision is contrary to the Necessary Farm Use Structures in the Agricultural Land Reserve Guideline, which states that a farm use structure can be built on property if it is required for planned farm use.

Bret and Cristina have since tried to work with the Commission to modify their plans accordingly, but the Commission's decision letter says that the decision cannot be reconsidered.

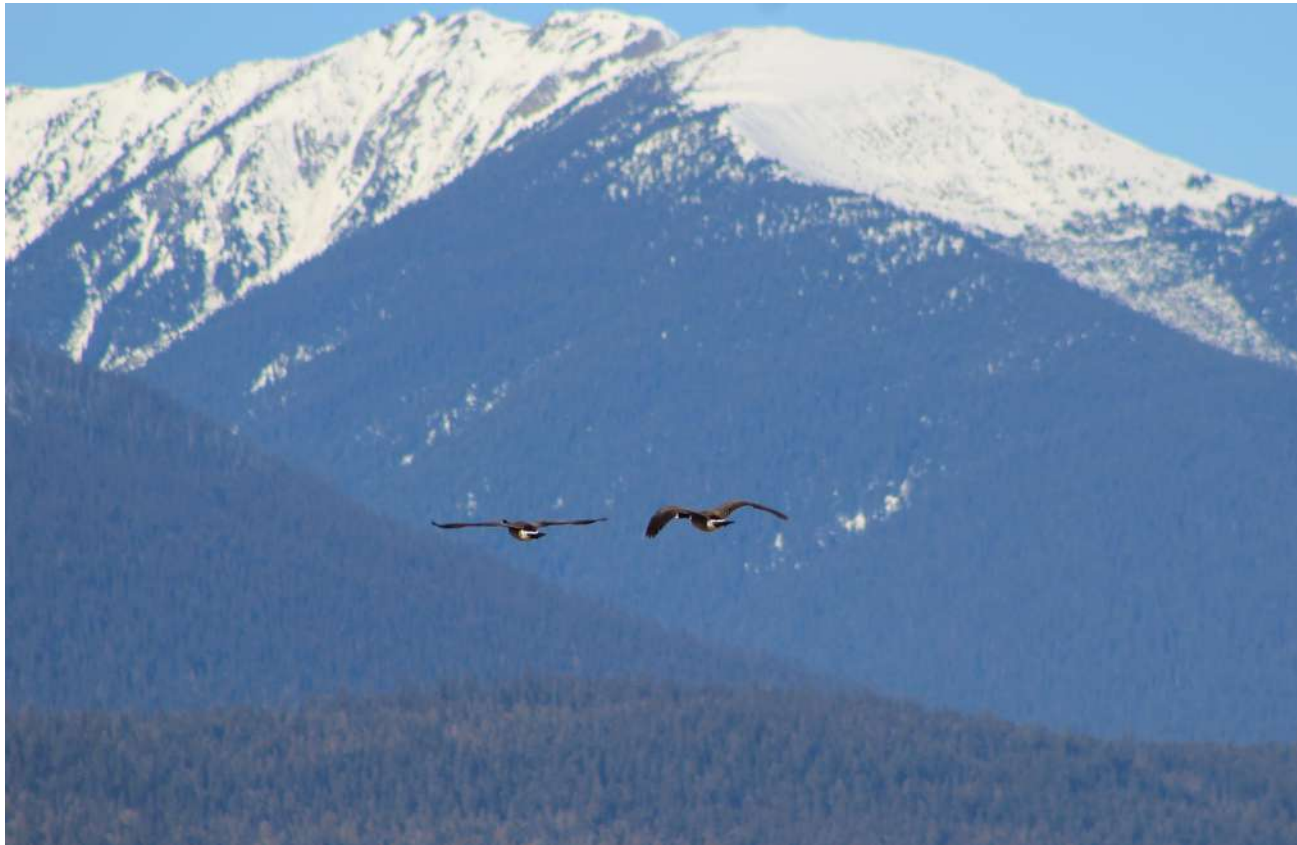
"This could be solved really easily by getting together and having discussions [...] instead of government just saying 'no,'" said Bret. "They provided no input to get from 'no' to a 'yes.'"

The two have discussed finding legal representation, said Cristina, but have decided to reach out to Director Dannielle Alan at the Regional District and MLA Shirley Bond for support instead. She said she hopes politicians will hold the Commission accountable to its regulations and guidelines, which she and Bret believe do not forbid the type of building they wish to construct.

"Bret was talking to a lawyer, and she was like, 'It sounds like you need to engage an engineer.' And Bret was like, 'No, we're there already,'" she said. "Bret and I have the background to read this. I couldn't imagine a typical farmer [...] how are they supposed to navigate these avenues if we're having trouble?"

The Hutchinsons have met representatives of the Regional District to discuss other options, such as submitting an application for non-farm use or submitting the application as a residential building. Bret said they are concerned about the lack of a set timeframe for receiving a decision on non-farm use applications, as construction has already been delayed due to the Notice of Intent being denied. Submitting the application as a primary residence also poses problem, he said, as more than one residential building can't be constructed on a property: the Hutchinsons plan on building a residence in addition to a farm structure, and they would not be able to do this if the packing house was listed as a residence.

The Hutchinsons have requested more clarity about the decision from the Commission, and are waiting to hear back, said Bret.



Geese flying above the Fraser River where they have been congregating as of late. / SANDRA JAMES



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Sandhill cranes are one of the oldest living bird species in the world. During the breeding season, cranes rub mud on their feathers with their beaks and are often stained hence the rusty colour on their bodies as a result. They have a bald red patch on their head behind their sharp beak. Sandhill cranes mate for life and crane pairs do a very complicated dance before breeding. Nests are built attached to vegetation in shallow water or at least close to water. Both parents build the nest, a mound of plant material pulled up from around the site and anchored to surrounding vegetation. They arrive in British Columbia between March and May and return south through September and October. / SANDRA JAMES

Treasure Island



Wyatt, Cohen and Michael are a part of the motley crew that takes to the high seas alongside Jim in search of riches.

Once again, staff from the Missoula Children's Theatre from Missoula Montana arrived in McBride to transform the Roundhouse Theatre into a playhouse in a week. They started with auditions with the elementary school students on Monday, worked hard with the students all week and by Friday afternoon presented a one hour performance of Treasure Island. The performance included not only recited lines, but also singing and dance choreography. The Missoula Children's Theatre has been coming and producing performances in McBride since the early 1990s. It was exciting for parents to watch their kids as they remembered what it was like to be in some of the earlier productions. /ANDREA ARNOLD PHOTOS



Finley and Anna, along with their gull friends fly above the ship, and direct the crew on their way to the island.



Mya, Saphira and Valerie set sail as a brightly coloured pirate trio in cahoots with Long John Silver.



Long John Silver's long missing parrot "Flint" made an appearance near the end of the performance as Mykayla flapped her wings and squawked, mimicking Silver, as parrots do.



Long John Silver, Sarah Freeman Tour Actor/Director, and Jim Hawkins played by Olivia, take a closer look at the map that will take them to and around Treasure Island.

Nourish your body, fuel your life

BY AMY PAWLIUK, REGISTERED NUTRITIONAL THERAPIST

If feeling better and preventing disease is a goal of yours, this article is for you.

Our bodies can only operate within a narrow range of conditions, and are pretty good at keeping us within these conditions to keep us alive. For example, if you get too hot with a fever or too cold with hypothermia you will die. Similar to temperature, our body has a narrow window of tolerance for how high or low our blood sugar can be and still operate effectively and stay alive in.

This applies to ALL of us, regardless of age, not just diabetics, or people who have been warned they are headed that way if they don't make changes. Most people know that being too high isn't good, but being too low can also be harmful.

Our blood sugar impacts way more than you may think. Weight gain, inflammation, liver health, fatigue, brain fog, hormonal issues, skin conditions, poor sleep, menopause and pms symptoms, mental health symptoms, mood swings, our immune system, and even Alzheimer's have all been connected to blood sugar!

Even symptoms of dizziness, headaches and nausea can all be linked to blood sugar in many people!

Let me explain blood sugar a little bit here... when we eat food it is broken down into useable parts and sent through our bodies to be used or stored. It gets around our bodies in our bloodstream. When we eat carbohydrates they are converted into sugar (glucose) by the time it hits our blood. This is not a bad thing, our bodies rely on glucose in our blood as our primary energy source and to fuel our brains. We would literally go into a coma and die if it went too low.

In response to rising blood sugar levels we release insulin triggering our cells to absorb the sugar and keep the level in our bloodstream safe. When our blood

sugar rises slowly the response is less and we have lovely smooth blood sugar with minimal spikes and crashes. This is ideal.

The trouble happens when too much sugar hits our blood stream too quickly it causes it to rise quickly causing a blood sugar spike. This spike triggers larger amounts of insulin to bring our blood sugar levels quickly back down into a safe range. This results in a 'crash.' The crash triggers our bodies to raise our blood sugar again either by eating quickly digestible carbs (cookies, candy, sweets) or with a stress response causing our bodies to dump sugar that was stored in our cells back into our blood stream to keep us alive.

Both of these responses continue the cycle of spikes and crashes so the main goal really is to prevent them in the beginning!

Eating food in a state as close to how it grew usually maintains the most protective qualities of that food. Eating an apple compared to drinking apple juice will have very different impacts on your body!

If you can eat the food very quickly, chances are that it is also hitting your bloodstream very quickly. Think how quickly you can eat a doughnut, or a bag of chips. Choosing foods that take time to chew, generally also take time to get to your bloodstream, resulting in more stable blood sugar levels.

One of the largest things I work on with my clients is learning how their choices impact their blood sugar and simple things they can do to improve it while still enjoying their lives and the foods they love. Most of the recipes I have on my webpage, such as the Buffalo Chicken Salad, Blueberry Banana Bread or Coconut Macaroons, are very blood sugar friendly.

If you would like to learn more please reach out!

As always, if you have a topic you would like me to cover please let me know!

Love, Amy



Amy Pawliuk is a registered nutritional therapist residing in Valemount. You can find her on Instagram and Facebook @ [wildwellnessholisticnutrition](https://www.instagram.com/wildwellnessholisticnutrition). /FILE PHOTO

Valemount Historic Society AGM

Wednesday, April 24th at 2pm, downstairs at the Valemount Public Library



The society is looking for new board members! Please come out if you're interested in the history of Valemount and the Robson Valley. For more information, contact Paul @ 250-566-9154

Thank you

Thank you to the community's of Valemount and McBride for all of your donations. The Valemount Elementary School PAC was able to raise over \$1800, making our fundraiser a HUGE success!

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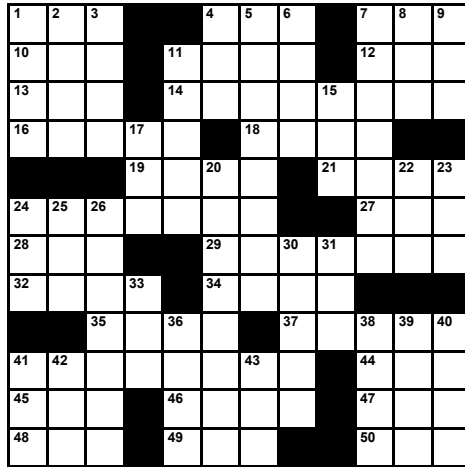
Answers on P13

Across

- 1 Soothing the body and soul center
- 4 Let me think
- 7 Certain red wine, informally
- 10 Short form of a famous flower
- 11 Male companion
- 12 "Diamonds ___ Forever" (1971)
- 13 Miners find this
- 14 Give directions to
- 16 A kind
- 18 Air traveler's assignment
- 19 Mixer at the bar
- 21 The motion of the ocean
- 24 Poison in classic mysteries
- 27 Formula ___
- 28 Tree fluid
- 29 Storehouse
- 32 Exchange
- 34 Patched
- 35 Legislative disciplinary
- 37 Notions
- 41 Computer screens
- 44 Listerine rival
- 45 Dazzle
- 46 Periods
- 47 Fraternity letter
- 48 ___ blood cell
- 49 "If I ___ be so bold ..."
- 50 She

Down

- 1 Factor in an air quality rating
- 2 Unadulterated
- 3 "Let it be so"
- 4 Female bird
- 5 Total drubbing in sports
- 6 Silent
- 7 Carefulness
- 8 Arrow trajectory
- 9 Back a horse
- 11 Animal with a shaggy mane
- 15 Snitch
- 17 Purpose
- 20 Mass exodus of a sort
- 22 Law and Order investigation subject
- 23 Seafood delicacy
- 24 Clod
- 25 Unvarnished
- 26 Brought forth
- 30 "___ Family Robinson"
- 31 Purpose
- 33 Greek letter that represents the golden ratio
- 36 Agenda point
- 38 Per unit
- 39 Muscle soreness
- 40 Unrest
- 41 Ruin
- 42 Have a debt to
- 43 Sunbeam



HOROSCOPES



BY HOLIDAY MATHIS

Twilight of the Ram

The final flickers of Aries season light this bold week of last-ditch efforts, getting the work in right under the line, meeting the deadline with a flash pot, delivering the goods and then the mic drop ... So, what do you need to wrap up to ready yourself for the next cycle? Mercury and Venus conjunction in the twilight moments of the ram will call out like a bartender at closing time. "Goodnight, all. You don't have to go home, but you can't stay here."

ARIES (March 21-April 19). Your willingness to stray from conventional wisdom feels very natural and normal to you, though you may be surprised how difficult this is for many people. Your novel approach will be a source of fascination this week, and you will field interesting opportunities from those who are impressed by your approach.

TAURUS (April 20-May 20). It seems improbable that your change of heart would transform the world, but in fact reality is altered in both subtle and significant ways by the difference in your perspective. Who you flow love to and how is one part of the equation that brightens your personal realm and causes a ripple extending beyond your imaginings.

GEMINI (May 21-June 21). No one is positive at all times, and if they were, they would not also be trusted or well liked. Overly negative opinions are slightly more believable and a whole lot more off-putting. You'll walk on the sunny side of life and wear a visor. Throwing a little shade here and there is a typical function of human intelligence.

CANCER (June 22-July 22). Resilience can't be cultivated or demonstrated without some hard knocks. It's not your turn to build resilience, but you'll help others find it in themselves as you empathize with those who are going through hardship. Some degree of conditioning will take place inside the tender care you give to those in need.

LEO (July 23-Aug. 22). The reason you do things that scare you is because the thrill of action is far better than the sinking sensation of missing out. You're exceptionally brave this week. You won't risk anything as precious as your safety, health or relationships, but you'll risk your heart, your ego and the status quo.

VIRGO (Aug. 23-Sept. 22). Some could say you're looking for a unicorn. Sure, you want something outside of the typical range, but that doesn't mean it's nonexistent. Anyway, you have to try. There's a chance the so-called unicorn is also looking for you. And even if you don't find it, the quest will be of tremendous benefit.

LIBRA (Sept. 23-Oct. 23). The decisions you make this week

will have far-reaching effects. Your best option may not be the one that's recommended by the experts, but they don't have your exact circumstances. Only you know how things feel to you, and that sense will be more important than compliance with authorities and norms.

SCORPIO (Oct. 24-Nov. 21). Attractiveness is an inside job that involves adjusting your thought processes and accepting yourself as a unique individual. You've many outstanding features, some typical and some special -- all adding up to a very lovable package. There is still more to you than you know. You'll learn and celebrate yourself -- so will they.

SAGITTARIUS (Nov. 22-Dec. 21). You set out looking for the answer to a vexing question and soon realized you were not the only one vexed. Even so, the answer has not been forthcoming. Maybe it's not the answer but the question that needs adjusting. A group discussion will stir up creativity and inspire a new approach.

CAPRICORN (Dec. 22-Jan. 19). There's a time to shine and time to reflect the shine of others. There's also a time to move in the shadows, not because you're hiding but because you're observing the scene. Watching is a form of research. The more relevant information you gather this week, the brighter you'll shine when it's your turn.

AQUARIUS (Jan. 20-Feb. 18). People don't know how to treat you unless you show them. Some require more teaching than others. You'll feel inclined to let the little thing go, but respectfully expressing yourself along the way is the most compassionate manner of interaction. To withhold opinions or fail to assert yourself is to risk internalizing resentment.

PISCES (Feb. 19-March 20). You'll be selling this week, though perhaps not in the traditional sense. Maybe you're selling an idea, a vision of the future or a general sense that you're the right person for a role. Present with certainty. Don't offer too many options, or the expression "paralysis by analysis" will apply to the situation.

THIS WEEK'S BIRTHDAYS: The year brings you deep fulfillment and purpose. You'll sprint through a course of action, at first out of duty, though soon you'll develop a passion. Partnerships and teams won't always follow the plan, and that's magical, too, due to your talent for mining the opportunity in every situation. With your open mind and a courageous heart, life has endless potential. More highlights: A new mentor, a slow build, and a responsibility that requires constant investment and gives an eventual jackpot return.

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.

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

Answers on P13

The Toughie

Answers on P13

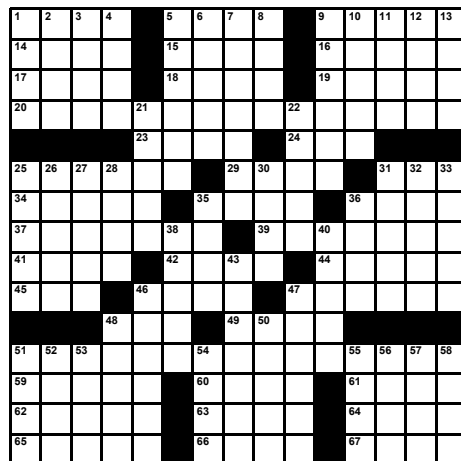
Monthly events by Myles Mellor

Across

- 1. So
- 5. Computes the bottom line
- 9. Carry on
- 14. Cordial
- 15. TV actor, Scott
- 16. Painter's plaster
- 17. Fifty-fifty
- 18. Figure (out)
- 19. Bond girl in "Octopussy"
- 20. Army parade
- 23. Biotic precursor
- 24. Propel, in a way
- 25. Compendium
- 29. Parts of journeys
- 31. A Turner
- 34. Get used (to)
- 35. Countertenors
- 36. Dummy
- 37. Relating to a city leader
- 39. Fest beginning
- 41. Has a tab
- 42. Barry Sanders, once
- 44. Assists
- 45. Four-poster, e.g.
- 46. Getz, jazz tenor
- 47. Meet, as expectations
- 48. P.T.A. meeting place, abbr.
- 49. Supply-and-demand subj.
- 51. When President Eisenhower was elected and George Foreman became the oldest heavyweight
- boxing champion of the world
- 59. Acclimate
- 60. Blue-ribbon
- 61. Like many a winter sky
- 62. Rugby formation
- 63. Betelgeuse, for one
- 64. Marsh
- 65. Undue speed
- 66. Actors Kingsley and Affleck
- 67. Hardy role

Down

- 1. Bedside pitcher
- 2. Five-star review
- 3. Norman with a legendary swing
- 4. It means everything
- 5. Out
- 6. Intimidate
- 7. Purify liquid
- 8. Cubs big hitter
- 9. Long-tailed lizards
- 10. Moth repellent
- 11. Supreme ruler, long gone
- 12. Letters at Camp Lejeune
- 13. Sumptuous
- 21. Electromagnetic amplifier
- 22. Deductive reasoning
- 25. Disband troops
- 26. Wide-eyed
- 27. Steadied with a rope
- 28. A god of love
- 30. School for English princes
- 31. Majestic
- 32. Handy
- 33. Sculptor's work
- 35. Inter ___
- 36. Fawns' moms
- 38. Despite, abbr.
- 40. Yours in the Bible
- 43. Microsoft program
- 46. Intrigue
- 47. Wandering ones
- 48. Swagger
- 50. Sir Arthur Doyle
- 51. Trawler's haul
- 52. Machu Picchu builder
- 53. Animal activist's aversions
- 54. GAAP policy setters
- 55. People in charge, abbr.
- 56. Cheese on crackers
- 57. Wet behind the ___
- 58. Bread types



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16	G	E	N	17	S	18	S	19	E	A	T
20	A	R	S	21	O	D	A	22	T	I	D
24	A	R	S	25	E	N	I	26	C	27	O
28	S	A	P	29	A	R	S	30	E	N	A
32	S	W	A	33	P	34	S	35	E	W	N
36	W	H	I	37	P	38	I	39	D	E	A
41	M	O	N	42	I	T	O	43	R	S	A
45	A	W	E	46	E	R	A	47	C	H	I
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9	4	5	6	7	2	3	1	8
1	8	7	3	4	9	2	6	5
2	3	6	5	8	1	9	4	7
8	6	3	4	9	7	5	2	1
7	2	9	8	1	5	4	3	6
5	1	4	2	6	3	8	7	9
3	9	8	1	2	6	7	5	4
4	5	1	7	3	8	6	9	2
6	7	2	9	5	4	1	8	3

TOUGHIE ANSWERS

1	E	R	G	2	O	3	A	4	D	5	D	6	S	7	A	8	C	9	T	10	U	11	P
12	W	A	R	M	13	B	A	14	I	O	15	G	E	S	S	O							
16	E	V	E	N	17	S	U	S	18	A	D	A	M	S									
19	R	E	G	I	M	E	N	T	A	L	M	A	R	C	H								
21	D	I	G	E	S	T	22	L	E	G	S	23	N	A	T								
24	E	N	U	R	E	25	A	L	T	I	D	O	D	O									
26	M	A	Y	O	R	27	A	L	28	C	T	O	B	E	R								
29	T	O	W	E	S	30	L	I	O	N	31	T	H	E	L	P	S						
32	B	E	D	33	T	A	N	34	I	S	E	T	O										
35	C	H	36	E	37	C	O	N															
38	F	I	39	T	H	O	40	F	N	O	V	E	41	M	B	E	R						
42	I	N	43	U	R	E	44	A	O	N	E	45	G	R	A	Y							
46	S	C	R	47	U	M	48	S	T	A	R	49	M	I	R	E							
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Community Events

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VALEMOUNT

FRI's **Family Place Drop-In** is moving to FRIDAYS from 9am-noon with Cat. 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. Registration not required. For more information call 1-844-324-2004 or email: events@rvcsbc.org.

Apr 19 – Earth Day: Planting seeds at Centennial Park

Apr 26 – Meet at 9:30am to walk along the Marsh boardwalk

SAT APR 20TH Cache In Trash Out Join us at 10am at George Hicks Regional Park for a fun community clean up event and intro to geocaching! (GCAMR69)

Garbage bags, prizes and refreshments provided.

MON APR 22nd it's Earth Day celebrations with RVCS. We are celebrating with an **Indigenous Garden workshop** from 1-3pm at 99 Gorse Street where we learn how to start our gardens with tradition and knowledge. Registration is required: 250-566-9107 / events@rvcsbc.org. Brought to you by the RVCS Indigenous Literacy Program and funding through CALP.

WED APR 24 is DENIM DAY in support of Sexualized Violence Awareness Month. Wear blue to show your support. If you're a victim/survivor of sexualized violence, there's help. RVCS is available any time via a SARP responder 24/7: 1-844-324-2004.

WED MAY 1 bring your 24-36 month old to the Early Years Fair. Meet various health professionals, check in on your child's developmental milestones, and learn more about the supports available in the community. 9:30am-noon at 1445 7th Avenue, Valemount Elementary School. To register: please call 250-566-9107 or email events@rvcsbc.org.

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.

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 laurashere@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.

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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:

Apr 22- Sensory play at RVCS

Apr 29- Play at Steve Kolida Park

THUR APR 18 from 1-3pm RVCS invites you to our **cozy Coffee House** at 942 3rd Avenue, McBride RVCS. Are you craving a warm cup of coffee and side of conversation? Look no further! No registration required. For more info call 250-569-2266 or events@rvcsbc.org.

TUES APR 23 from 10:30am-3pm **SERVICE CANADA** is visiting McBride at the RVCS office (942 3rd Avenue) to assist residence with matters pertaining to employment insurance, Canadian Pension Plan, Old Age Security, Guaranteed Income Supplement, Social Insurance Number, and Canada Dental Care Plan.

TUES APR 23rd it's Earth Day celebrations with RVCS. We are celebrating with an **Indigenous Garden workshop** from 1-3pm at 942 3rd Avenue where we learn how to start our gardens with tradition and knowledge. Registration is required: 250-566-9107 / events@rvcsbc.org. Brought to you by the RVCS Indigenous Literacy Program and funding through CALP.

WED APR 24 is **DENIM DAY** in support of Sexualized Violence Awareness Month. Wear blue to show your support. If you're a victim/survivor of sexualized violence, there's help. RVCS

is available any time via a SARP responder 24/7: 1-844-324-2004.

THURS APR 25 12-2pm join us at RVCS McBride 942 3rd Avenue for some delicious **soup and a bun**. Thank you to Eleanor Johnson for making the soup this month. Soup is by donation- all are welcome! Call 250-569-2266 for more info.

TUE APR 30 bring your 24-36 month old to the Early Years Fair. Meet various health professionals, check in on your child's developmental milestones, and learn more about the supports available in the community. 9:30am-noon at 441 Columbia Street, McBride. For more information please call 250-569-2266 or email events@rvcsbc.org.

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 Will resume April 15

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 Highschool. 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** 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

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.

HAVE AN EVENT?

Let us know!

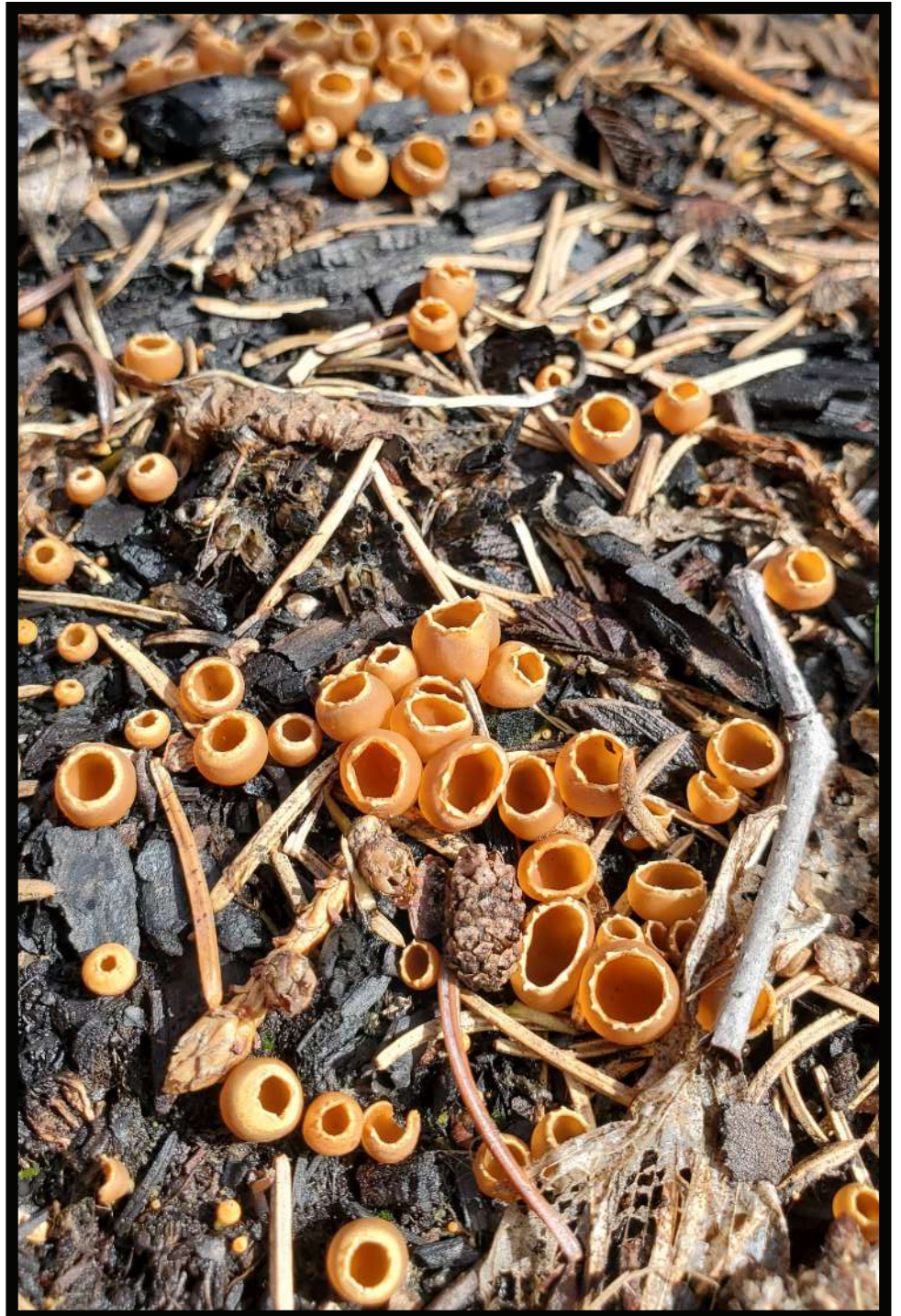
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Signs of life on the blackened mountainside

Elves, dwarves and pixies have to drink very quickly if they use this fungus as a water vessel. These little mushroom cups, commonly known as charcoal loving elf-cup, dwarf acorn cup, stalked bonfire cup or pixie cup, didn't hold water droplets very long following a downpour Friday morning. This fungus feeds on decomposing organic matter remaining after a fire, and is quickly spreading across the charred ground left from last year's Teare fire.

Wikipedia is more scientific in their name, *Geopyxis carbonaria*. The small, goblet-shaped fruitbodies of the fungus are reddish-brown with a whitish fringe and measure up to 2 centimetres (3/4 in) across. They have a short, tapered stalk. The fungus is distributed throughout many temperate regions of the Northern Hemisphere. It is found in Europe, Turkey, and North America. /PHOTOS BY ANDREA ARNOLD



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Valemount students win UNBC engineering scholarship

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Valemount Secondary School students Remi Giroux and Sam Darragh are the inaugural winners of a design competition organized by the University of Northern British Columbia (UNBC). Giroux, a Grade 12 student, and Darragh, a Grade 11 student, have each been awarded \$1,000 in tuition credits for UNBC's School of Engineering.

The competition challenged high school students to design and use a puck-launching device powered by a falling sandbag. Students had to aim the puck towards a target on the ice, almost like curling, said teacher Jory Wong.

Before entering the competition, students submitted documents detailing their prototyping process, as well as justification for the design choices they made, Wong said. Ultimately, four teams competed at the competition.

Wong said it was interesting to see the variety of designs that students came up with. Giroux and Darragh opted for a spring-powered design: the sandbag loaded the spring, which then shot the puck outwards. Other teams used a combination of pulleys and bike-pump-like contraptions to shoot their pucks, she added.

Students had to get creative when troubleshooting malfunctions, Wong said.

"We [tested the device] in my art room, which we're doing ceramics in. There was a lot of clay and dust," she said. "What we found during testing in the week leading up was even just a little bit of sand and grit could make a difference in the puck landing."

Giroux and Darragh finished building the device about a month before the competition took place, said Wong, and spent the next month testing it several times a week.

Darragh said while the experience was nerve-racking, it was also informative.

"It taught us a lot about what engineering is like because you have to change and adapt to the circumstances, and we found that throughout this competition," Darragh said.

Giroux, who is also Valemount Secondary School's UNBC Scholar, plans on attending the school next year.

"I'm excited to live [on campus] next fall," he said. "It will be my first time living away from home and I'm excited to embark on the next chapter of my life."



Remi Giroux, left, stands next to Sam Darragh, right, at the UNBC high school design competition. Their puck-shooter design took weeks and lots of testing to complete, says teacher Jory Wong. /PHOTO COURTESY UNBC

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This small acreage is minutes from town and offers up a private location, fully fenced yard, garage/workshop, and a comfortable two-bedroom home. The yard has good sun exposure, a stone fountain, and large open space for parking with an RV pad for visitors. The home's floorplan is compact and efficient, with hardwood touches and a cozy woodstove.

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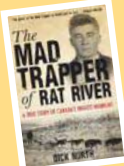
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Books of the Week

HISTORY

THE MAD TRAPPER OF RAT RIVER

"The Arctic trails do indeed have their secret tales, and one of the best is that of The Mad Trapper of Rat River, equal to the legends of Bonnie and Clyde or John Dillinger. Now author Dick North may have solved the mystery of the Mad Trapper's true identity, thereby enhancing the saga." --Thomas McIntyre



NON-FICTION

THE ZEN OF CLIMBING

Written by philosopher, essayist, and lifelong climber Francis Sanzaro, The Zen of Climbing explores the fundamentals of successful climbing, delving into sports psychology, neuroscience, philosophy, and Taoism. Awareness, he argues, is the alchemy of climbing, allowing us to merge mental and physical attributes in one embodied whole.



GUIDE

THE NORTHERN GARDENER

This book includes hundreds of hardy perennials, including many native plants, accompanied by hundreds of beautiful colour photographs. While glossy gardening books from warmer climates abound, the perennials described here really do thrive in zones 2 to 4, making this an indispensable reference for novice and experts alike.



CHILDREN

Meet The Mushrooms!

Meet the mushrooms who peek through the die cuts on each page of this layered board book. Join them in the forest for a busy day of dancing, playing, and exploring—the more mushrooms, the merrier! With a gentle, rhyming text and adorable illustrations, this book is perfect for young mushroom enthusiasts.



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