





Your weekly source of news, views and entertainment

Borrow a Bag at Valemount IGA

Valemount tweaks woodstove program

New Purolator pick up location in McBride P7

Bold new sound from Dunster band

Thursday February 27, 2025 Volume 16 Issue 7 PM42164515

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History in the making: first ski descent of Mount

Robson's south face

By Abigail Popple, Local Journalism Initiative Reporter, RMG

Robson Valley residents are familiar with the sight of Mount Robson towering over the parking lot to the Berg Lake Trail. That iconic view is what greeted skiers Christina Lustenberger and Guillaume Pierrel earlier this month before the pair made history as the first people to ski down the mountain's south face.

The plan to conquer the south face was about 10 years in the making, Lustenberger told The Goat. A world-class skier from B.C. who has many first ascents and descents on her list, Mount Robson appealed to her because of its technical terrain and its iconic status as the tallest peak in the Canadian Rockies, she said.

"It's a line that, visually, everyone can share. Tourists and children, families can see it," Lustenberger said of the mountain's south face, which is visible from the parking lot of the Berg Lake Trail. "To me, it was the pinnacle of ski alpinism in Canada."

She added that the mountain's challenging terrain pushes athletes to their

"It is an incredibly demanding line, one that is extremely dangerous as well, because it is essentially almost a 3,000-metre ski descent," Lustenberger said. "It's engaging mentally and physically not only to climb it, but to stay that attentive to everything for hours, and hours, and hours." Lustenberger says a successful expedition requires a reliable, supportive partner – which she found in Pierrel, a French ski guide who met her through their mutual sponsorships with The North Face.

After first meeting Lustenberger in Chamonix, a resort town in the French Alps, Pierrel decided to try skiing in New Zealand with her, where they were mutually impressed with each other's skills.

"I can't really underline enough how important it is to have a partner that pushes you and allows you to lead, and to follow, and to communicate, but also to see the same vision," Lustenberger said. "When you're doing these things that are at the pinnacle of your sport, there's very few people that you're interested in spending that experience with, and you have to really be aligned with what you're both trying to do."

Likewise, Pierrel recalls feeling a connection with Lustenberger's aspirations.

"Her vision and everything was amazing, and matched the way I wanted to be in the mountains," he said. "When I saw for the first time Mount Robson from the parking lot [years ago], I was really impressed. It put me on fire. I was like, 'Okay, that's really something serious, it's going to be a serious job."

While the pair is uniquely suited to the ski-mountaineering skills needed to complete the expedition, it did not come without its challenges. During



Skiers Christina Lustenberger and Guillaume Pierrel became the first to descend Mount Robson's south face earlier this month. The pair spent about a week in Valemount while completing the expedition. / SUPPLIED

their first attempt on February 11th through 12th, they climbed within 200 metres of the summit and set up a temporary camp, only to have their hopes dashed by poor visibility and extremely cold temperatures, Lustenberger said.

"We retreated, skied the line, and then came back into Valemount for two days where we recharged our batteries and our bodies and minds," she said. By the 16th, Lustenberger and Pierrel were ready to make another attempt - and this time, they were successful in skiing and rappelling down the

"It pushes you and tests you as a skier and a mountain athlete," Lustenberger said of the south face. "You're not [only] a climber or a skier – you have to be everything."

The pair also credits Valemount locals for their support throughout their expedition. Both said they appreciated the encouragement and local knowledge provided by people they met at local businesses such as Peak Physio and Vale Coffee.

"It's just such a beautiful town," Lustenberger said. "We felt very lucky to have spent so much time there, going back and forth between [Mount] Robson and Valemount."



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Borrow a Bag program comes to Valemount IGA

By Spencer Hall

Move over paper bags, a new reusable bag program is launching this week at the Valemount IGA that aims to provide a more sustainable choice to consumers' current grocery carrying options.

IGA's Borrow a Bag program will allow Valemount customers to acquire a reusable bag for a 2.99 deposit. Once the bags become dirty or customers are finished with them, the bags can then be returned to the store, where customers will receive their full deposit back.

Valemount IGA owners Blake and Lenora Dunphy say they're excited to bring the program to their local customers and have even committed to laundering returned reusable bags themselves so residents can participate in the program.

Blake says the initiative will reduce waste caused by paper bags by offering customers a more sustainable alternative.

"Each bag is cleaned and reused, creating a sustainable, closed-loop system," Blake said.

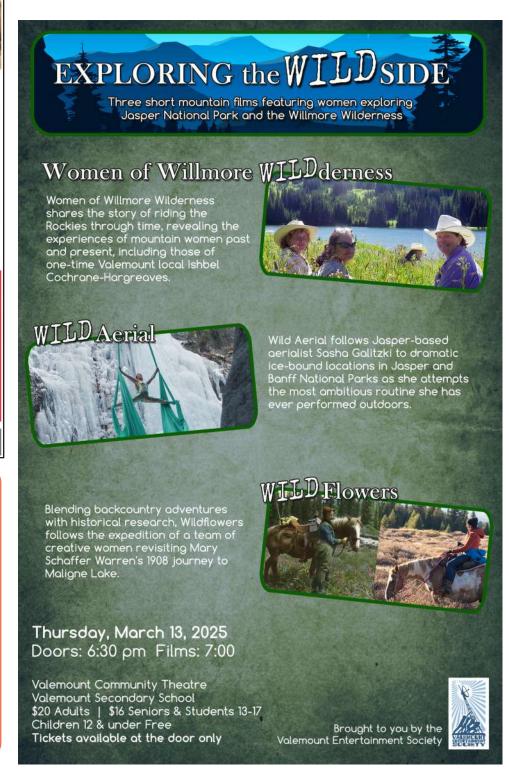
According to IGA's director of sustainability and logistics Tom Truchan, stores across B.C. went through approximately 2.1 million paper bags last year, with Valemount customers using about 22,000 of them.

"When you look at the fact that it takes one mature tree to make 700 paper bags, and never mind, it takes 700 gallons of water to make those 700 paper bags, that's a huge environmental footprint for people just opting for the easy paper bag alternative," Truchan told The Goat.

He said the Borrow a Bag program was developed in response to both federal and provincial government legislation prohibiting single use plastics.

"One thing that the BC government, and actually the federal government called out as well, was the need for the sector to develop circular solutions for plastics. And this is really what this is, a circular solution for reusable bags," he said.

"Ultimately, it's up to consumers to make the decision to switch to reusables. We're trying to eliminate paper as a fallback and creating just one more option for people to make the move."



Valemount | McBride | Dunster | Blue River

Thursday February 27, 2025

Trans Mountain doing remediation work in Mount campaign to promote Blue **Robson Park**

By Abigail Popple, Local Journalism Initiative Reporter, RMG

Trans Mountain will be assessing soil and beginning groundwater monitoring in Mount Robson Provincial Park from March 18th through April 16th, according to a notification the company recently filed with the Canada Energy Regulator. The notification does not specify exactly where this work will be taking place, though it says the closest population is the Jasper townsite.

The work will "[enable] the evaluation of appropriate remedial options," the notification says.

In an email to The Goat, the company declined to provide further details on where the work will take place. However, it said the work site is in proximity to an unnamed wetland, and the work will not disrupt highway traffic.

When asked why the work is taking place, the company said groundwater monitoring and soil assessment will help support future remediation work.



Regional District launches River

By Abigail Popple, Local Journalism Initiative Reporter, RMG

The Thompson-Nicola Regional District (TNRD) has launched a new video and web page promoting Blue River in an effort to get more families to move to the area. The Blue River Elementary School currently has four students enrolled, and the Regional District has been working with School District 73 on efforts to boost enrolment.

Funded by a grant from the Economic Trust of the Southern Interior, the "Where Community Meets Adventure" webpage and accompanying video feature cinematic shots of mountain landscapes and waterfront properties, along with local organizations like Sled Blue River and Mike Wiegele Helicopter Skiing.

The idea behind the initiative is that employers and residents will have accessible material to send to people looking to move to Blue River, says Electoral Area B Director Lee Onslow.

"This video is now being advertised down in the Lower Mainland and in the Okanagan, with the intention of showing people that living in a rural and remote community can be a really cool opportunity for families," Onslow told The Goat. "I hope that the exposure of it really does draw a couple of families to move to our town with some kids."

Shortly before moving her own family to Blue River in 2017, Onslow worried about sending her son – who was about to enter Grade 1 at the time – to a one-room elementary school. She spent a week as a parent helper in the classroom and came away confident that her son could thrive in the school, she said, and she hopes to impart that same confidence to prospective families.

"The school is a huge part of this community," Onslow said. "I hope the right eyes see this video and some families say, 'Maybe we should call that Lee Onslow and have a conversation, and check out some job opportunities and see what it really is [like] to raise your kids in the community of Blue River."

Beyond just being a way to encourage young families to move to Blue River, the video can be used to recruit staff for local services like the B.C. Ambulance Service, Onslow added. Employers can send the video to potential hirees who are on the fence about moving to a small, rural community.

"The community rallied around creating this video," Onslow said. "I just love it. I love all of the people that participated in it."

Valemount trying to improve wood smoke reduction

By Abigail Popple, Local Journalism Initiative REPORTER, RMG

The Village of Valemount's Clean Air Task Force hopes recent changes to the Community Wood Smoke Reduction Program will entice residents to replace their wood stoves with cleaner heating options like heat pumps. Previously, the program required successful applicants to destroy their wood stoves, but Valemount's program now allows them to keep their wood stoves as long as applicants sign a pledge to only use the stove if an outage or other circumstances prevent them from using their alternative heating method.

While the Village's Clean Air Task Force recently voted to use its \$23,000 in funding to bolster the Community Wood Smoke Reduction Program – a provincial funding stream which partially covers the cost of replacing a wood stove with a cleaner heating option – it is not yet clear how that funding will be used.

Wood smoke is a common contributor to PM2.5, also called fine particulate matter – airborne particles that if inhaled can cause lung irritation, shortness of breath, and aggravation of conditions like asthma and heart disease. In an effort to improve air quality in communities where wood stoves are common, the Ministry of Environment and Parks offers a rebate through the Community Wood Smoke Reduction Program to partially cover the cost of replacing their current wood stoves with heat pumps, pellet stoves or cleaner wood burning stoves.

The amount of the rebate varies slightly from community to community, with amounts determined based on how much the community would benefit from reducing wood smoke, the Ministry told The Goat in an email. In Valemount, homeowners are eligible to receive up to \$2,000 to replace a wood stove with a heat pump, the Ministry said. Eligible homeowners include those who currently use wood stoves which are not EPA or CSP-certified. They must submit proof that the stove is currently in use, along with proof of installation, to receive the rebate.

In 2024, the Village of Valemount received three applications to the program, only one of which was successful. Of the remaining two, one was ineligible for the program, and the other applicant withdrew their application.

Those numbers are typical for the program, said CAO Anne Yanciw. According to her, the Village has seen about three applications per year over the last 10 years, with the exception of 2021, which saw seven successful applications out of 13 total submitted.

At the most recent Clean Air Task Force meeting on January 9th, committee members speculated that the low numbers of wood stove replacements may be due to financial issues. The task force, a committee of Council tasked with monitoring and improving Valemount's air quality, is in charge of administering the Village's Community Wood Smoke Reduction Program.

"We understand that there are barriers financially," Corporate Officer and committee member Carleena Shepherd said at the meeting. "500 bucks is not going to get someone to cough up the other two or three grand to replace their wood stove."

While there is no legislation barring the Village from subsidizing the entire cost of replacing a wood stove, the Province will not step in to cover the costs that exceed the maximum rebate from the Community Wood Stove Reduction Program, Yanciw told The Goat. The Ministry confirmed this in its email statement.

"We offer up to \$2,000 in target communities to improve the affordability of upgrading to a cleaner more efficient appliance," the statement reads. "Communities administering the program are able to add to the incentive amounts on top of the provincial funding if they choose, including subsidizing up to the entire cost of the replacement."

Other reasons the committee believes may contribute to the low uptake on the program include the difficulty of getting a certified installer in Valemount, and hesitancy to switch to electricity-powered heat pumps, which would not work in the event of an outage.

The provincial coordinator of the program has allowed some leeway for applicants who want to keep their wood stoves, according to Yanciw. Along with the typical documentation required for the program – photos and proof of installation of the new appliance, along with documentation of Village permits allowing for the installation - these applicants can submit a pledge stating they will not use their wood stove unless an outage or other circumstances prevent them from using a heat pump.

However, the Village and Province have yet to find

a solution to the issue of finding technicians who are willing to travel to small, rural communities to replace a wood stove. The program requires that technicians are Wood Energy Technology Transfer (WETT)certified – that is, they must be qualified to inspect and replace wood-burning appliances. In recent years, it has been difficult to get WETT-certified technicians in Valemount, committee members said.

In its email to The Goat, the Ministry said it is aware of challenges in getting technicians in rural and remote communities. Valemount was one of 17 rural, remote or small communities to receive funding from the program in the 2024/2025 season, it added.

"We connected with several coordinators in remote communities one on one, including the Village of Valemount, to review and establish a road map and put together several exchanges to ensure the financial viability of securing technicians," the Ministry said.

In the meantime, the Clean Air Task Force has voted to use its \$23,000 budget to "bolster" the Community Wood Smoke Reduction Program. That could include subsidizing entire wood stove replacements or organizing educational initiatives, but according to Yanciw, the committee will discuss more details on how to use this money during its next meeting, scheduled for

"The challenge is to decide how this potential \$23,000 contribution to the [program] can be most effectively used," Yanciw said. "Hopefully that will become clearer after the next meeting."

Marriage Commissioner

The Vital Statistics Agency, Ministry of Health, is looking for individuals to serve as Marriage Commissioners for the communities of Valemont and McBride. These individuals will perform civil marriage ceremonies within their community on behalf of the Agency. Applicants must reside within the community they are applying for to be considered for the position.

For more information and an application form please visit gov.bc.ca/becoming-a-marriage-commissioner

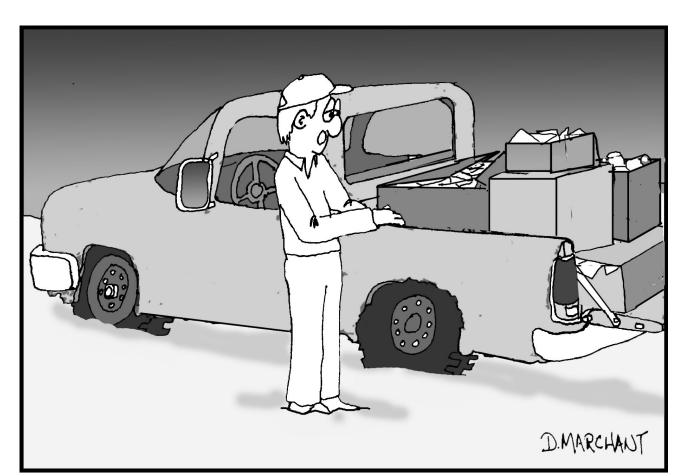


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Letters/Op-Ed



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.

Canadians want federal government to advertise with Canadian news media

By News Media Canada

Nearly two-thirds of Canadians (65 per cent) want the federal government to commit a percentage of its advertising budget to Canadian news media according to a new survey conducted by Totum Research.

"The Government of Canada's decision to resume advertising with Meta is a real kick in the shins to independent publishers across Canada," said Dave Adsett, publisher of the Wellington Advertiser and chair of News Media Canada. "Disinformation travels faster than the truth, and it sends the wrong signal to local advertisers when the government is rewarding a company that is unwilling to fact check information on its own platforms."

Almost two thirds (63 per cent) of Canadians trust advertising in newspapers/news sites, while just 28 per cent trust ads they see on Facebook/Instagram.

"News publishers call on the federal government to follow the Government of Ontario's lead to and support the home team by earmarking 25 per cent of their advertising budget to trusted news sources," said Paul Deegan, president and CEO of News Media Canada. "Last year, just 2 per cent of all federal advertising dollars went to all print publications in the country combined."

When it comes to their preferred medium to receive information about federal government programs and initiatives, more than half (58 per cent) of respondents cited newspapers/news sites, while only 17 per cent chose Facebook/Instagram.

Totum Research conducted an online survey, on behalf of News Media Canada, of 2,418 adult Canadians between December 9-22, 2024 / January 6-20, 2025, with a maximum margin of error of $\pm 2.0\%$ at the 95% confidence level.

Global Thoughts

Myanmar on the brink

BY GWYNNE DYER



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

If the Burmese drive General Min Aung Hlaing and his brutal military regime from power, as they seem about to do, the first thing they should do afterwards is take a leaf from Costa Rica's book and abolish the army. Don't reform it or downsize it; just get rid of it forever.

Burma has no foreign enemies threatening to attack it. What it needs is an impartial police force, not a corrupt and cruel army. The military has been a curse on the country ever since Burma got its independence in 1948.

Under British rule there was no Burmese army, but during the Second World War young Burmese nationalists sought military training from the Japanese. Quite a few fought alongside the Japanese. No surprise in that: 'The enemy of my enemy is my friend'.

Those turbulent young patriots became the founding generation of Burmese military officers - and they learned some bad lessons from the Japanese. They had learned that the army is privileged above all other institutions, and that civilians have to be led firmly. They also learned that overthrowing governments is easy and quite rewarding.

The next 75 years saw a parade of military officers seize power and impose various half-baked ideological schemes on the country. They fought one another and

waged incessant military campaigns against the big minority groups. (Only two-thirds of Burma's population are ethnic Burmese, and the soldiers see their job as keeping the other ethnicities down.)

If students and other civilians dared to protest against the economic shambles and the political repression, the military just massacred them, sometimes killing hundreds of people. Above all, they drained every last drop of value out of the economy to feather their own nests. The army effectively took over the economy and the country got ever poorer.

Burma and Thailand used to be almost twins: the languages are very different, but they share almost a thousand years of intertwined history, religion and culture. They also used to be similar in wealth, but Thailand's GDP per capita is now \$7,000, while Burma's is \$1,100. The army did that.

The army is feared but not loved, and the officer class lives in its own separate world. In 2011 a popular movement headed by Aung Sang Suu Kyi, the daughter of the army's founder, led a largely non-violent revolution recently, "The [Burmese] state is fragmenting as ethnic that forced the military to share political power, but in 2021 the military took it back very violently.

It was too late. People had been living in freedom and without fear for a decade, and

even the economy had been showing signs of recovery. The Karen, Shan, Rakhine and other minority groups, most of whom had been in revolt for a long time, went back to fighting the army, but this time the Burmese themselves joined them.

Tens of thousands of students and other young people left the cities (which are tightly controlled by the army) seeking weapons and military training. Today, three years later, the army still holds all the cities but at least half the countryside is in rebel hands.

Rebel-held territory is ruthlessly bombed by the regime's air force, but the rebels are starting to hit back with drones. Entire military units are defecting from the army, and the regime recently declared conscription to fill the gaps.

The right destination for all the insurgents would be a federal and democratic state that has abolished its army, but that is very tricky to design when they are fighting a war and they have divergent goals.

As the independent International Crisis Group said armed groups consolidate control of their homelands, while in the country's centre a weak regime clings to power and launches revenge air attacks on territories it has lost. Further fragmentation seems inevitable."



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Strategies North offering grant assistance to Valemount businesses

By Abigail Popple, Local Journalism INITIATIVE REPORTER, RMG

Consulting agency Strategies North is providing grant application coaching to business owners looking to apply for grants to assist with the economic impacts of the nearly three-week-long highway closures last August.

The firm was hired in November to create an economic recovery strategy to dig Valemount out of the \$1.5M hole left by the closures of Highway 93 and Highway 16. The strategy was presented at the January 14th meeting of Council, and suggests promoting Valemount as a tourist destination to wider audiences and soliciting grants from the B.C., Alberta and federal governments.

Strategies North did not respond to The Goat's request for comment.

In an email to The Goat, Valemount CAO Anne Yanciw said the firm's grant application coaching is meant to complement the Village's current grantwriting services.

"Grant services at the Village [are] more focused on assistance to non-profits, while [Strategies North] is more focused on business," she said. "[Strategies North's] grant writing support is specific to the losses experienced as a result of the highway closures – i.e., our current economic crisis."

Lobbying efforts under way

Four Strategies North consultants have registered their Valemountrelated lobbying activities with the federal government since January 13th, according to the federal lobbyist registry.

The registration says lobbyists are aiming to "support the Village of Valemount in the pursuit of additional financial support following the 2024 Jasper wildfire and resulting economic impacts."

This may include requesting federal financial assistance or making arrangements for disaster financial assistance through Public Safety Canada and the Emergency Management Act, the registration says.

Additionally, two consultants registered with the B.C. lobbyist registry on February 3rd. According to the B.C. registration, the Village is lobbying for financial support to prevent job losses and support local businesses.

The agency has also registered three consultants with the Alberta registry, with the purpose of seeking assistance for economic recovery from the aftermath of the Jasper wildfire.

Strategies North did not respond to requests for comment on the firm's lobbying efforts.

Two commercial vehicle incidents close Hwy 5

By Spencer Hall

Valemount RCMP say two commercial vehicle incidents caused a closure of Highway 5 on February 20th.

Cpl. Nicholas Theoret with the Valemount RCMP told The Goat the Valemount police responded to a report of a commercial vehicle and trailer that jackknifed about 40 km south of Valemount, blocking the highway's northbound lane about 38 km north of Blue River between Lempriere Bridge and Moonbeam Bridge.

"The driver advised that they had lost control of the vehicle and trailer due to icy conditions on the highway causing his vehicle to partially slide into the ditch with the trailer still on the highway,"

While officers were on scene of the incident, a second commercial vehicle attempted to go around the collision, but ended up going too far onto the shoulder of the road and rolled into the ditch of the

No injuries have been reported as a result of either collision.

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Utility Discounts

An 8% discount will be applied to utility payments received by March 10, 2025. The Village Office only accepts debit, cheque and cash.

Other methods include online and telephone banking, third party credit card payment, and email transfer to dof@valemount.ca. For information on all payment options visit www.valemount.ca/payments.

Business Recovery

The Valemount economy is largely based on tourism and transportation through the valley. The community was immediately and significantly impacted by the wildfires, and subsequent highway closures, in July/August, 2024. The Village engaged Strategies North to assist in providing recovery management services. Access the Economic Recovery Strategy on the website: www.valemount.ca.

Are You Prepared?

Do you have a plan in place for when an emergency strikes? This includes reviewing with your family what everyone does when the unexpected happens. Do you have an emergency egress plan if a fire occurs? Do your children know what to do?

If an evacuation occurs, do you have a go bag ready to grab? Do you have a plan to communicate with family members if the evacuation occurs while you are all away from home?

Some excellent resources include Making an emergency plan - Canada.ca and Make an Emergency Plan - Canadian Red Cross. Being ready before something happens is good insurance. And like insurance, we all hope we don't need it, but if we do, we are very glad we have it.

Opportunities To Get Involved!

The Village requires volunteers to provide input on issues that impact the community for the following: Accessibility Committee, Community Foundation Board, the Council Remuneration Review Panel, and the Clean Air Task Force. To learn more about each of these unique opportunities, and to access the Board/Committee Application Form, please see the Latest News & Events banner on the Village of Valemount of Valemount homepage:

The Village's Accessibility Committee is seeking a member who will represent persons with disabilities or those who support persons with disabilities. The commitment is temporary to develop the Village Accessibility Plan; and the committee meets quarterly. Please submit your board application form in-person at the Village Office, by email to planner@valemount.ca, or by mail to Village of Valemount, Attention: Planner, PO Box 168, Valemount BC, V0E 2Z0. The deadline for submission is 4:00pm, Sunday, **March 9, 2025**.

The Community Foundation Board will administer a Community Foundation grant program. The fund was created in 2010 and has been accruing interest since then. There is a substantial balance to distribute to the community. The members of the Board will help identify the greatest needs and priorities in the community. Get involved to make a difference! Your commitment: to meet annually.

The Village is also seeking community volunteers to sit on a Council Remuneration Review Panel; this is a short-term project of evaluating and recommending Council compensation. Your commitment: two meetings.

The mandate of the Clean Air Task Force is to explore all options to improve air quality in the village. For more information, visit the village website at www.valemount.ca. Look for the Clean Air Website link in the upper right-hand corner. Your commitment: to meet every 2 months.

The deadline for applications to the Community Foundation Board, the Council Remuneration Review Panel and the Clean Air Task Force is 4:00 pm, Sunday, March 2, 2025. Please submit your board application form in-person at the Village Office, by email to corporate@valemount.ca, or by mail to Village of Valemount, Attention: Corporate, PO Box 168, Valemount BC, V0E 2Z0.

CBT ReDi Committee Meeting Schedule

The remaining ReDi grant meetings on March 13, and April 10, 2025. Meetings are at 6:30pm at the Village of Valemount Council Chambers, 735 Cranberry Lake Road. The Columbia Basin Trust ReDi Grants Adjudication Committee Meeting schedule for 2025 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.

CBT ReDi Grant Public Input Meeting

Learn about the projects applying for funding and vote for the applications you support this year at the CBT ReDi Grant Public Input Meeting. It will be held on Sunday, March 2, 2025, from 1:30pm to 4:30pm at the Valemount Secondary School's auditorium, 201 Ash Street. Funds available are approximately \$493,000 for projects to improve our community.

The online public engagement survey will be available from February 25 to March 5, 2025 on www.valemount.ca/redi.







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New McBride Purolator depot location providing delivery solutions for area residents

By Andrea Arnold

Uncle Mark's has stepped in to fill the role of Purolator depot after unpredictable deliveries and no pick-up location has caused almost two months of headaches as locals outside village limits tried to receive orders to their homes. These online shoppers will be happy to hear that Uncle Mark's, located at 926 -1st Ave in McBride began their partnership with Purolator on Monday, February 24th.

The previous depot location, Horseshoe Lake Ventures, ceased their package holding services on January 4th. The scope of work had increased and required more staff than they could provide.

During the interim, customers have been sharing experiences and information through the McBride Discussion Board on Facebook, and through conversations on the street. Some customers reported that yes, the delivery was made to their house, while others said they received notices that their package was undeliverable and had been sent back to the shipper, only to have it appear on their doorstep a few days later.

One customer suggested that if a package was missing, checking the snowdrift was a good option, as that is where he found his.

Jan Bratton said that the tracking information had recorded that her package had travelled back and forth between Edmonton and Prince George, passing through McBride four times.

"I switched the delivery address to my work address - in town - and still received information that it was undeliverable," she said. "I was finally able to pick it up from Uncle Mark's today."

Others were told their undeliverable package was being held at the Prince George depot for pickup, completely negating the point of ordering online. These and many other complaints and comments were shared with Purolator customer service over the past two months.

In an email sent to Purolator last week, The Goat asked how an individual can receive packages if their address is outside the village limits.

"Unfortunately we don't have a shipping agent in this area," came the response from their customer care department. "The closest is in Prince George, 1631 1st Ave."

During this time of limited service, people were also told that if they put their post office box number on their order, the packages would be delivered through Canada Post.

To help deal with a backlog of packages that are now considered undeliverable, a pair of Purolator employees drove to McBride on a Sunday a couple times and spent several hours handing out packages in a parking lot so that people could retrieve them without having to travel to Prince George.

"We were delivering to some homes outside of town, but roads and driveways got bad," said one of the employees. "The delivery van is only two-wheel drive, and when it gets stuck it's a bad situation. So we are not delivering out of town anymore."

The pair said February 16th would be the last time they set up shop in the parking lot as Uncle Mark's will be taking over.

"We will be receiving undeliverable packages and holding them for pickup," said Uncle Mark's representative, Diane Roth. "We saw a way that we could fill a need in the community, and it will increase traffic into the store." Diane's husband, Darrell, agreed that it was an easy way to add to the business and they felt like it was a good fit.

Diane Roth said they have the storage space and undelivered packages will be available for pickup the day after the delivery attempt is made. They will also offer services for outgoing packages. In order to help accommodate pick-ups, they are extending their hours, effective Monday, February 24th, to 8 a.m.- 5 p.m. At this time, they do not have plans to offer a delivery service.

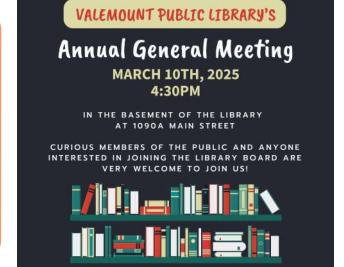


Adam Roth awaits pickup of packages on Uncle Mark's Specialty Market's first days as McBride's full service Purolator depot./ ANDREA ARNOLD



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Photos by Laura Keil





Local band brings bold new sound to Community Theatre

By Laura Keil

The folk metal fusion band Dream Heavy based out of Dunster, B.C., regaled a captive audience with a polished, foot-tapping sound last Friday at the Valemount Community Theatre. Band members Seth Macdonald (guitar), Shara Gustafson (vocals), Liam Gustafson-Randall (bass), and David McKillican (drums) performed a variety of originals and a few covers with help from Eric Berg (guitar) and Ian Griffiths (keyboard) for a couple songs. The final act showcased Miwa Hiroe and Amy Braun doing a titillating synchronized burlesque dance at the foot of the stage.

Dream Heavy is the latest iteration of a longtime collaboration between Macdonald, Gustafson and McKillican, who formerly played together under the banner Mamaguroove with a few others. When Mamaguroove ended in 2015, the band's new formation rebranded as Samson's Delilah. Macdonald said the idea for Dream Heavy took shape in late 2019.

"We were tired of internet searches for Samson's Delilah coming up with religious musical

groups and needed to change the name to reflect the new members and new sound we were pursuing," he said.

The band name arose after waking from an intense night of dreaming, Macdonald said. "The first words out of my mouth to Shara in the morning were 'Man I was dreaming heavy last night." He said it stuck. "It was a perfect description of the sound and the focus of the lyrics of our songs."

Reconnecting with McKillican was the fire they needed to take their sound and message to the next level and Macdonald thinks Dream Heavy was the natural evolution from their previous incarnations. When music festivals were cancelled en masse during 2020, they spent their time writing new tunes and began recording their debut EP in early 2022. They have dropped two singles 'Song in the Dark' and 'Survival' thus far with their third single 'Filthy Rich' coming out in March. If everything goes according to plan, the entire EP will be released this summer. You can listen to two of their recorded tracks on Spotify and find unreleased songs at their website dreamheavy.ca.





Farewell to Village Greens

By Abigail Popple, Local Journalism Initiative Reporter, RMG

After five years of offering locally-grown leafy greens to Valemount residents and nearly a year of stocking fresh vegetables on IGA shelves, Village Greens is ending its operations.

An organization under the umbrella of the Valemount Learning Society,

the initiative was meant to provide fresh, nutritious food to Valemount residents, Village Greens coordinator Korie Marshall told The Goat. Locals could drop in to the organization's office once a week and pay for the vegetables that had been harvested that week, usually leafy greens like lettuce, spinach and Swiss chard.

"At the end of the week, anything left over we would donate to the school food programs... We donated usually at least every two weeks, and sometimes more than that, to the Meals on Wheels program," she said. "[We were] just trying to get healthy, local greens to people." Another goal of the organization was to make money for the Valemount Learning Society, Marshall added. The hope was that by selling locally-grown produce to residents, they could improve access to nutritious food in Valemount and generate more revenue for the Society's other programs, which include literacy programs and the farmers' market.

"Our original hope was that [Village Greens] would be a social enterprise, that sales from this would help go into our other programs," Marshall said. "We've never been able to get the sales high enough to be a social enterprise, but we were happy to try to run it for a bit longer to try to get the sales up and because we think a big benefit for the community is having local delicious greens."

While the Society began discussing the idea of a local growing program a few

years before the onset of the COVID-19 pandemic, the vision did not come to fruition until 2020 when a hydroponic growing container was installed, according to Marshall. Hydroponic growing is an agricultural technique in which plants are grown in mineral-rich water, rather than a bed of soil – allowing growers to grow leafy greens in tight environments, like shipping containers.

from the freshly-irrigated plants – but all that activity comes with a hefty power bill, Marshall says.

"We underestimated the cost of the power when we started the whole program," she said. "The lights run 18 hours a day... HVAC is running constantly, and the pumps are running constantly."

The organization has made several

utilities, according to her.

While Valemount residents and businesses have been supportive of Village Greens, the economic ups and downs of the COVID-19 pandemic, the end of the Trans Mountain pipeline expansion, and the lull in tourism after the Jasper wildfire have made it difficult to sustain the organization, Marshall said.

Marshall is working to tie up the remaining loose ends of the program. The non-profit that funded the purchase of their hydroponic system, Northern Development Initiative Trust, said Village Greens has fulfilled all its commitments to the Trust, according to Marshall. That means Village Greens gets to decide what to do with the building, she said. "We could even sell it to somebody and move it out

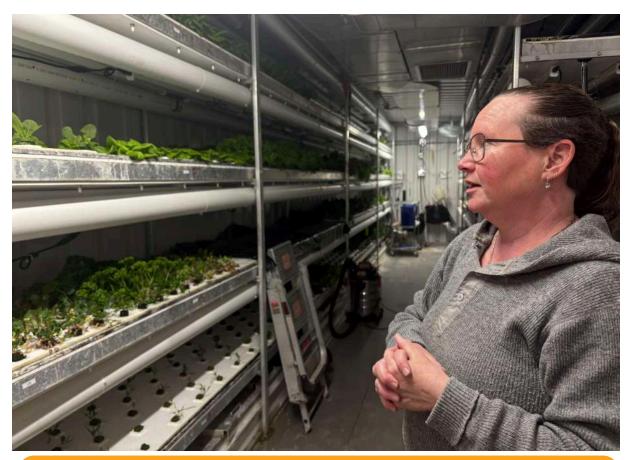
"We could even sell it to somebody and move it out of here if it comes to that, but we don't want to do that. It's an asset that can be used for something in the future here," she said.

Marshall is also in touch with Columbia Basin Trust, the Regional District of Fraser-Fort George, and the Village of Valemount, which have also funded assets such as the organization's electric vehicle and solar panels. She said she is still waiting to hear back about what funders would like to do with these assets.

In the meantime, the group is going to harvest and sell whatever produce it can over

the next two weeks, then pull the plug on the growing system, Marshall said. Ideally, the building will be sold to a local operator so it can keep benefiting the community, she added.

"If somebody has an idea for tons of bok choy, this thing grows bok choy like crazy," she joked. "We'll see what options we can come up with, but really, it's got to be a plan that's going to cover the full power bills."



Village Greens coordinator Korie Marshall shows off the leafy greens still thriving in the organization's hydroponic growing container. Operations will continue for roughly two weeks before the organization pulls the plug due to the high cost of power, she said. /ABIGAIL POPPLE

The Society purchased its hydroponic growing system from Growcer, a company specializing in providing hydroponic growing systems to organizations throughout Canada, and set it up beside the Valemount Community Forest's office. The building resembles a shipping container, and its humble metal-clad walls belie an interior still abuzz with activity – the gentle hum of LED lights, the whirring fans of its HVAC system, a pervasive earthy smell

attempts to save money, such as cutting down staff and installing solar panels, but those measures haven't been sufficient, Marshall said. The solar panels only produce about a fifth of the power the operation needs at the best of times, and produce even less than that in winter, she added. While Marshall and others have looked into getting grants for maintenance and repair costs, or power bills and growing supplies, there are no grants that cover operating costs and

Jasper's interim housing roadway named 'Arnica **Avenue'**

By Peter Shokeir, Local Journalism Initiative Reporter

Jasper council decided against the name Fireweed Avenue for a roadway adjacent to an interim housing site and instead voted for Arnica Avenue during its Tuesday, February 18th meeting.

Members of council and the community had been hesitant about including "fire" in

"It is not for I or other councillors to determine who might be triggered but simply to respect that there has been an indication that some would be triggered by the recommended name," Ireland said. "If that is the case, then we should avoid that."

Administration had asked council to fast-track the naming process so civic addresses could be assigned, which will facilitate utility connections and allow tenants to obtain insurance, letting them move in as soon as possible.

Fireweed Avenue was initially recommended as a name to align with Jasper's existing naming conventions and honour a native plant species known for its role in



Jasper's interim housing project will be located along Connaught Drive, with residents anticipated to move in at the end of February. /PETER SHOKEIR, LOCAL JOURNALISM INITIATIVE REPORTER

post-wildfire regrowth.

Coun. Wendy Hall noted she was not a fan of the name and suggested they name the road Cottonwood Creek Avenue, but administration said it would be too similar to the existing Cottonwood Creek Road.

Hall was willing to go with the other suggestion, "Arnica," so they could speedily get residents into interim housing.

"I just would love a commitment to some more consultation down the road when the temporary homes go away," she said.

CAO Bill Given suggested that council could engage in more robust consultation to see if the roadway should be renamed once the interim housing is removed a few years

"Change often is complicated by the fact you have people who live on a specific address and get used to that," Given said. "In this situation, I would make the observation that at the conclusion of the use of these sites as interim housing would be a time where there wouldn't be anybody living on those sites, and that would be a time where we might be able to do a more robust public engagement."

Ireland noted it may be possible in the future to keep the name Arnica Avenue but call the area Cottonwood Creek neighbourhood.

Other council highlights

Council approved funding the required 10 per cent municipal contribution toward tax relief for the 2024 year from the financial stabilization reserve. This is roughly

The Alberta government has committed more than \$3 million toward tax relief to help Jasper recover from the wildfire. This relief will cover the evacuation period for all properties and from July to December for damaged and destroyed properties.

Specifically, it is providing \$1.908 million reflecting a 90:10 contribution split between the province and the municipality, in relief for municipal property taxes. It has also forgiven \$1.114 million in 2024 education property taxes.

Christine Nadon, director of protective and legislative services, also reported to council that renovations at the fire hall were ahead of schedule.

The project is converting an existing two-bedroom residential suite into a fourbedroom suite for on-duty first responders at the station. The initial targeted completion date for the project was the end of April.

She added protective services was spearheading a municipal after-action review of the Jasper wildfire response. The review will identify changes needed to improve emergency management and emergency service.

It will also build a fact-based accounting of the incident, provide an opportunity for the community to debrief their experiences and share lessons learned with other

A final report is expected to be published by the end of April.

Forest industry asks for Hinton support in dealing with **U.S.** tariffs

By Peter Shokeir, Local Journalism Initiative REPORTER

The Alberta Forest Products Association wants the Town of Hinton to help push the provincial government for support amid the threat of U.S. tariffs.

Nicole Galambos, a representative with the Alberta Forest Products Association, told Hinton council on Tuesday, February 18th that their sector supported more than 30,000 forestry jobs in Alberta.

"I think anybody can see that that will have major effects and make it really impossible for some operators and our mills to compete,"

- Nicole Galambos, Alberta Forest **Products Association**

"The good, the bad and the ugly about that is that 50 per cent of our products are exported to the United States," Galambos said. "The rising barriers and threats of trade are really challenging our sector, risking the livelihoods of many rural communities, including Hinton, where we do rely upon the forest industry for a lot of our employment opportunities."

Softwood lumber duties, which are currently 14.54 per cent, are now projected to exceed 30 per cent by the summer. President Donald Trump's 25 per cent tariffs could push trade barriers past 50 per cent.

"I think anybody can see that that will have major effects and make it really impossible for some operators and our mills to compete," Galambos said.

Galambos outlined six steps the provincial government could take to support Alberta's forest industry amid this threat. The first was to advocate for Alberta forest products in the United States.

"A lot of folks maybe don't understand that the U.S. doesn't produce enough lumber to meet their domestic demands, and then the U.S. home building requires Canadian lumber with or without tariffs, and so to have tariffs this magnitude imposes on America essentially a

She added thousands of American manufacturing jobs were dependent on Canadian pulp.

The other step was for the provincial government to keep regulatory costs low, such as keeping timber duties competitive and streamlining the permitting process.

"If we look west to the province of B.C., we can see the impacts of excessive and strict regulation and what that can do in terms of mill closures and job losses,"

The Alberta Forest Products Association also wants to diversify the domestic market and is calling on the government to adopt a "Build with Alberta Wood" act similar to the one in Quebec.

Another recommendation was for the provincial government to advocate for federal financial assistance. Galambos noted that \$10 billion in duty deposits were currently locked up in the U.S. Treasury. The hope was for the creation of a federal loan backstop program.

The fifth step was market diversification to reduce the reliance on the United States. The Alberta Forest Products Association has identified markets with growth potential in India, the Philippines, China, Japan and Korea.

"We're hoping that the provincial government can help us on trade missions promoting our own sustainability of Alberta's forest products and to join us in international developments of opportunities," Galambos

The final ask was for a forestry manufacturing tax credit to encourage investment in new products and

"The Government of Alberta is aware of this initiative, is supportive of this initiative, but we need action now,"

The Alberta Forest Products Association has already penned a letter to Premier Danielle Smith outlining these recommendations, and it is now asking forestry communities such as Hinton for letters of support.

Council directed administration to draft a letter to the provincial government in support of these six recommendations. It also directed administration to draft a resolution supporting the recommendations for the Municipal Leaders' Caucus in March.





ROSSWORD

Answers on P13

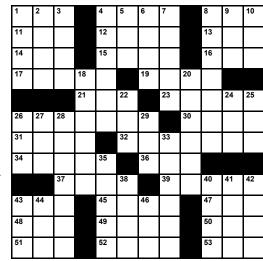
Across

- 1. Useful piece of code, briefly
- 4. Purse item
- 8. Girl referred to
- 11. It grows in a pod
- 12. In _ of (instead)
- 13. Get better as a Pinot
- 14. Baby's soft food
- 15. Physical difficulties
- 16. Approve quietly
- 17. Personnel
- 19. **Mind**
- Away from duty 21. 23. Hot condiment
- 26. Supervised
- Young voter
- 31. Telephoned
- 32. **Determined**
- 34. **Terminated** 36. As well
- **Bright thought** 37.
- 39. Form an alliance
- 43. **Prohibition**
- 45. Wheat husk
- 47. Like a wallflower
- 48. Manipulate
- Fabric abode

- 50. Stretch the truth
- 51. Times Square features
 - 52. Articulates
 - 53. Close down

Down

- 1. iPad users' purchases
- 2. Fertilizer
- 3. One of the three bears
- 4. Dover landmarks
- 5. Kuwaiti export 6. Soften
- 7. Jitneys, for example
- 8. Oversaw
- It may block a compromise
- Crimson, e.g.
- 18. Made false papers
- "One ___, Under God...."
- 22. Craze
- 24. Match, as a bet
- 25. Secondly
- 26. A prospector might get a lode of it



- 27. Ryder rental
- 28. Conclusions
- 29. Rainy
- 33. Dracula and others
- 35. Mortgage amounts
- 38. Field of Wight 40.
- 41. Insubstantial
- 42. Spotted
- "Push-up" garment
- 44. Grant, e.g.
- 46. Undefined amount



SUDOKU

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

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

Across

1. Planet's path

6. Mexican peninsula

10. PC alternatives 14. Trigger, for one

15. Spam followers

16. Yucca's kin 17. Bible story

20. Giant slugger Mel

21. Tease

22. Queen of India

23. Opening time, maybe

24. Fried-chicken device 26. Bipedal primates

29. Besmirched 30. End early

31. The "I" of "The King and I"

32. __-de-cologne

35. Religious orders

39. Ballpark figure, for short

40. Clean the yard in a way 41. Texas A & M student

42. Chicken feed

44. Gray matter

45. "La Desserte" painter 48. Purse bauble

49. Clarifying phrase

50. Shopping centers 52. Police call for short

55. Biblical place of confusion

58. Stereo knob

59. Bring __ play 60. For all to see

61. Sign of damage

62. Flower supporter 63. Pound sounds

Down

1. "Say it ain't so!" 2. Underground

plant part 3. Sitter's headache

4. Somewhat, suffix

5. Attack verbally 6. Symbol of

authority 7. Karen

Carpenter, for one 8. Metaphysical poet

9. Noshed 10. Bug, perhaps 11. Beside

12. Aborigine's signal cry 13. Sacred meal

18. A Bobbsey twin and

namesakes 19. Fingerboard ridge

23. Drug agent

25. Away

26. "Unimaginable as ___ in Heav'n": Milton 27. Above, in Berlin

28. DaVinci's subject

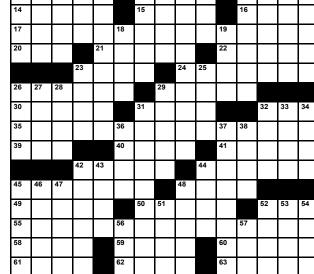
29. Curve 31. Awe

32. Many a tech. sch. grad

33. Arguing 34. Operates

36. Dr.'s orders

Answers on P13 HOW TO PLAY



- 37. Guy tied up in apron
- strings 38. Gadzooks!
- 42. Buddy
- 43. Concerning
- 44. Person referred to 45. Hands, in slang 46. Improvised
- 47. "Lovergirl" singer ____
- 48. Be at the high point of one's

51. Comic Johnson 52. First murder victim

53. Criminal 54. Some diner

and Mich.

57. Fifth, e.g., abbr.

orders 56. Neighbor of Ill.

BY HOLIDAY MATHIS **Virtues of the New Moon** The thing about unsung virtues like LIBRA (Sept. 23-Oct. 23). One thing we learn from the movies -patience, humility, frugality and the like is they don't have the sheen of what looks like a bookcase might be glamour that garners attention in a door to a secret room. There might this day and age, but that certainly be a safe behind that picture on the doesn't make them any less treasured wall. And what about the trap door in social contexts. For instance, in under the rug? This is the metaphor this week of the Pisces new moon, that rules your week. Think like the soulful empathy prevails. People will

ARIES (March 21-April 19). Your wisdom knows no bounds this week. You'll start with welcoming a fear, thereby lessening its power over you. Fear is really just an idea passing through. You'll name it and sit with it, like you would with an old friend, finding out what it has to say, meeting it with understanding and letting all settle into a comfortable relationship.

be charmed and disarmed by a lack

of ego, making them eager to help,

collaborate and cheer one another

TAURUS (April 20-May 20). Clarify the issues on your mind. A discussion will have an excellent outcome, partly because your aim the entire time is to understand other views and meet somewhere -- not in the middle but in the first common ground you come to that feels solid. Coming to a consensus is winning.

GEMINI (May 21-June 21). In life's game of Jenga, every choice matters. You can play it safe, pulling the obvious block, or take risks with the tricky ones. When the tower wobbles, staying calm keeps others from seeing your struggle. Confidence, even the feigned kind, often keeps the whole structure standing just a little longer.

CANCER (June 22-July 22). Since love isn't about perfection, it would be silly to search for the perfect partner. Instead, focus on making a connection with someone whose company you enjoy. It opens the door to kind words, trust and shared vulnerability, which is the bonding agent. You'll be made whole through the courage to connect.

LEO (July 23-Aug. 22). Even with the strange way the world and certain relationships have played out lately, there's a lot to celebrate in your days this week. A vision of the future that could be gives you a sense of purpose. It's clear you're moving in a positive direction, even if some parts feel like they still need fine-tuning.

There are words you long to hear, though you may not realize it until you hear those words spoken to someone else, in media perhaps or to someone you know. Your emotional response is a gift, showing you that this dynamic is something you need and want. Even if you keep it a secret, that energy becomes a magnet drawing your desire to you.

VIRGO (Aug. 23-Sept. 22).

treasure. "If I were a treasure, where would I hide?"

SCORPIO (Oct. 24-Nov. 21). The way people dress, the words they use and the tones they say them in -- these are all a part of the communication styles you're tuned into this week. You'll be inclined to work on your own style as you gear up to tell the world something new about who you are and who you are becoming.

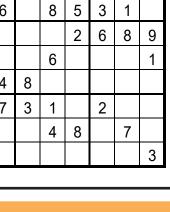
SAGITTARIUS (Nov. 22-Dec. 21). You've got a beautiful sensitivity to connection. Seek reciprocity and mutuality in all things. It's painful to seek a bond only to be met with the opposite intention. Suffice it to say, some people prefer not to bond, and that's a valid preference. Recognize when you're mismatched and you'll avoid having the rug pulled out from under you.

CAPRICORN (Dec. 22-Jan. 19). As for a challenging relationship, you'll carry a lot of that dynamic on your own, which makes your efforts even more impressive. You're giving a lot while balancing your own priorities, and it's no small feat. When people notice and applaud you, just take it. You deserve the attention.

AQUARIUS (Jan. 20-Feb. 18). Your work is precious and worthy of respect. Just because someone isn't able to give that to you doesn't mean it's not true. Keep an open mind and know that the universe is bringing you people who understand what you've been putting your life energy toward.

PISCES (Feb. 19-March 20). It is as it typically goes -- the treasure is in the chest, specifically within the rib cage. You'll lead with a beating heart filled with compassion, and this takes you in any number of directions. You'll be curious, playful and open to taking the unexpected turns arm-in-arm with your fellow travelers, which makes the journey all the more meaningful.

THIS WEEK'S BIRTHDAYS: Step into your year of abundant love! Love nurtures a sense of safety, and safety paves the way for mistakes. When mistakes are embraced, experimentation becomes a joyful use of your energy. From this comes creativity, the discovery of your voice and fresh innovations. It all begins with love. More highlights: You'll flex in the professional realm, close deals and clear roads for future production. You'll find the right project for processing big emotions and gathering beautiful relationships.







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

AREA

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

SAT Mar 1st PIXAR on Ice presented by the Canoe Valley Skating Club performances at 1pm & 6 PM. Concession, raffle table and more.

MON Mar 3rd Caregivers and children ages 0-6 years are invited to come learn ASL and join us from 12:15 PM to 12:45 PM at Strong Start, at Valemount Elementary School, 1445 7th Avenue. Participants will learn functional sign language through songs and communication, enhancing interaction between caregivers and infants. Babies as young as 6 months can start using baby sign language. No registration is required.

MON Mar 3rd Caregivers of children ages 9-18 years are invited to join us for Let's Talk Tech for Tweens & Teens! Two informative sessions starting at 10:30 AM-12:00 PM, at the RVCS office in Valemount, 1444 5th Avenue. Registration is preferred; please contact the office to register.

MON Mar 3rd In celebration of International Women's Day March 8th 2025, we're launching a campaign to acknowledge local women in our communities, and "Accelerate Action." We want to hear from the incredible women in the Valley making a difference. Share Your Story! We're looking for inspiring stories of women who have overcome challenges, achieved significant milestones, and contributed to gender equality throughout their lives. Submit your story before March 3rd. Stories will be shared to our social media platforms. For questions, call 1-844-324-2004.

THUR Mar 6th & 13th How to deal with difficult people 9 A.M. - Noon @ Valemount Learning Centre #16 1295 Gordon Road. Learn how to ask better questions, improve listening skills, create respectful spaces, manage stress and more. Register by March 1st 250-566-4601 or learn@valemountlearningcentre.org

SAT Mar 8th Community Yard Sale from 10-2pm VSS basketball teams are hosting a yard sale fundraiser held in the Valemount secondary school gym! \$25 for a table 50 spots available please contact to book a table by Feb 28. Teams will be available to help set up. Concession, raffles and cake walk also will be happening! Please contact Ellen Van Der Wilk.

SUN Mar 9th Esso Fun Day through Valemount Minor hockey. An introductory event to hockey and its basic skills for girls aged 5-18 at the Canoe Valley Rec Centre. Call Kimberley for questions 250-566-1083.

MON Mar 10th The Valemount Public Library **Association's Annual General Meeting** will be held at 4:30pm in the basement of the library. 1090A Main Street. Curious members of the public and anyone interested in joining the library board are very welcome to join us!

THURS Mar 13th Exploring the Wild Side film screening of three mountain films set in the region, brought to you by the Valemount Entertainment Society. Doors 6:30, show 7pm at the Valemount Community Theatre. \$20 adults, \$16 seniors and students 13-17, children 12 and under free. Tickets available at the door only.

FRI-SUN Mar 14-16 Valemount Curling Club St. Patrick's Day Bonspiel. \$220 per team or \$55 per person. Includes dinner and social. Call Sam 250-566-1228 or Cheri 250-566-1210.

MON Mar 17th Join us for Men's Power **Hour**, a free educational session with a local physiotherapist! 12 - 1 PM @ the Canoe Valley Recreation Centre (100 Elm Street), this session will teach you how to safely and effectively use the gym equipment to build strength, prevent injuries, and improve your workouts. Open to men of all fitness levels! Registration is required, as space is limited. To register, contact the office at 250-566-9107 or email events@rvcsbc.org

Ongoing Valemount

Pancake Breakfast - Sundays

Pancake breakfast at the Valemount Legion Sundays 8 to 10:30 AM. By donation!

Cribbage - Mondays

Join us every Monday at the Golden Years Lodge for a game of cribbage! 1 PM. All welcome.

Drop-in pickleball - Sun, Tues, Thurs

Drop-in pickeball at the Community Hall at noon Sundays, and 8:30am Tuesdays and Thursday.

Crafty Stitchers - Sundays in December Sundays 1-3 PM Crafty Stitchers meet downstairs at the Valemount Public Library, all welcome! Call 250-566-4367. Library closed for the holidays Dec. 24-Jan 2nd.

Oldtimers drop-in adult hockey -Sun & Wed Co-ed drop-in hockey 6:30-9 PM. Cost is \$20 per game. Seasonal rate available. Sundays 6:30 PM and Wednesdays 8 PM.

Personal Tech Help - by appointment

Hosted by the Learning Centre Need help with your ipad, tablet, phone or computer? Schedule your one-on-one appointment 250-566-4601 or email learn@valemountlearningcentre.org

Mother Goose - Wednesdays

WED's Starting January 29th: Infants aged 0-12 months and their adult caregivers are invited to join us for Mother Goose. This Parent-Child Mother Goose Program is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure of using rhymes, songs, and stories together. The program runs from 11:15 PM to 2:15 PM and lasts for 10 weeks at the Valemount Public Library, 1090A Main Street. No Rregistration required. For more info contact 250-566-9107 events@rvcsbc.org.

Old-time Music - Wednesdays

Oldtimers band and music night at Golden Years Lodge in Valemount 7 PM every Wednesday. All welcome! Play music, listen or dance.

WED's Infant Massage Starting January 29th: Infants aged 0-12 months and their adult caregivers (no siblings, please) are invited to learn about the benefits and techniques for Infant Massage in an 8-week program. Join us from 10:30 AM – 11:30 AM at the Valemount Public Library, 1090A Main Street. The purpose of the International Association of Infant Massage is to promote nurturing touch and communicatio. Registration is required; for more info contact the office 250-566-9107 or events@rvcsbc.org

Astronomy Course - Wednesdays

Drop in and learn about astronomy through the Valemount Library"s ongoing astronomy series! 7-8:30 every Wednesday.

Valemount Coffee House - Thursdays

Free Drop-In/Coffee House at the Golden Years Lodge the 1st & 3rd Thursdays of the month 10 AM -2 PM. It's open to everyone regardless of your age. If you currently have mobility issues, call CARE-A-VAN 778-915-8550 for a ride.

Drop-In Dance Fitness Classes - Thursdays

Adult fitness classes at Valemount Elementary Gym (Leave boots at the office entrance please). All genders and abilities are welcome. Ages 16+Come follow along as we get our hearts pumping and feel good in our bodies! Bring indoor shoes, a water bottle, and a donation. All proceeds go towards school trips. Thursdays 3-4pm March 6th and 13th. Email hannahlisebf@ gmail.com with any questions

Drop-in curling Wednesday & Friday nights 7 PM at the Valemount Curling Club. \$10 drop-in fee after \$10 membership. Brooms provided, just bring clean shoes!

Tween Scene Book Club - Every 3rd Friday Free book club for kids 9-12yrs. Sign up in library or give us a call 250-566-436.

Legion dinner and music nights - Fridays

Dinner at the Valemount Legion 5:30 followed by music at 7 PM every Friday. Music varies by week and includes open mic, karaoke, jam sessions and special events.

Family Place Drop In Program - Fridays

If you have questions, are looking for parenting resources, or just need to chat, you can join us in person 9 AM-noon every Friday in Valemount at

1444 5th Ave. Our weekly targeted programming is a great way for kids ages 0-6 (with their caregivers) to play, connect, explore, and learn!

February 28 – Sensory Bins March 7 – Play Dough Day! March 14 - St. Patrick's Day Craft March 21 - Watercolour painting March 28 - Puppets and Rhymes

McBride

THUR Feb 27: Join us for a special screening of the NFB film "Sons"! Gather with fellow community members to enjoy this captivating movie and experience the power of storytelling. The movie will start at 1:00 PM -3:00 PM. Come and be part of this exciting event. This event is brought to you by the RVCS Adult Literacy program. No registration required.

MON Mar 3rd We invite you to join us for some homemade soup and fresh buns, and get social with your neighbors! Monday, March 3rd, from 12:00 PM to 2:00 PM at the McBride office. Thanks to Bev McClennan for graciously offering to make the soup this month! We look forward to seeing you there and sharing a delightful afternoon together. No registration is required for this dropin event. This event is brought to you by the RVCS Better at Home Program.

TUES Mar 4th Free Legal Advice at the McBride Library with Jessie Stamm, Barrister/solicitor via zoom. First come, first serve 15-minute sessions starting at 2pm in the private meeting room.

THURS Mar 6th Learning with Syeyutsus 12:00 – 1:00 pm. An Indigenous learning series featuring Canadian authors and thought leaders. To register for these free, virtual speaker events visit: trc57speakerseries.ca. If you would like to view the series at the library (with an optional extension to discuss the presentation after) contact library staff.

THUR Mar 6th Join us for Tech Day at the RVCS office! Whether you're struggling with basic operations or simply have questions about your device, we're here to help. Bring in your gadgets and lets work together to solve your tech troubles. See you there! Thursday, March 6th, from 1:00 PM to 4:00 PM. This event is brought to you by the RVCS Adult Literacy Program. No appointment necessary – just drop in.

SAT Mar 8th An Evening in Hollywood **Presented by the McBride Figure Skating**

Club. Doors open at 4:30 pm, show starts @ 5:30 pm. Special guest stkater Paislee Trask. Admission by donation. Concession & 50/50 draw.

THUR Mar 13th: Join us for an engaging session of **Table Talk!** Thursday, March 13th, from 1:00 PM to 3:00 PM Come sit around the table and discuss points of interest and current goings-on in the world. Share your thoughts, listen to others, and be part of the conversation. All opinions and perspectives are welcome. We look forward to seeing you there! RVCS Adult Literacy Program. No registration required, drop-in event.

THUR Mar 20th Join us for a fun-filled Craft Day! Let's get out the modge podge and dive into decoupage together. Create something unique to take home and cherish. Whether you're a seasoned crafter or just starting, all are welcome. Thursday, March 20th, from 1:00 PM to 3:00 PM at the RVCS office in McBride, 942 3rd Avenue. Registration is required.

THUR MAR 27 Join us at the RVCS office in McBride, 942 3rd Avenue, from 1:00 PM to 3:00 PM for a documentary film, "Northlore" which weaves together animation and live-action to delve into the transformations stories of people living in Canada's North, highlighting how the wilderness can transform the human spirit. This event is brought to you by the RVCS Adult Literacy program. No registration required.

Ongoing McBride

Family Place Drop In Program If you have questions, are looking for parenting resources, or just need to chat, you can join us in person 9 am-noon every Monday in McBride. Our weekly targeted programming is a great way for kids ages 0-6 (with their caregivers) to play, connect, explore, and learn!

March 3 – Dot Pictures

March 10 - Office Closed

March 17 – St. Patrick's leprechaun craft

March 24 - Bouncy Castle Fun

March 31 – Popsicle stick bird feede

ASL Sign Language Club

Tuesday's 3:00-3:30 Basics & 3:30-4:30 Beyond Basics @ the McBride E-Free Church. Great for families, friends and cognitive brain stimulation. Contact Lonnie 250-569-7657

Weekly Program for Children – Tuesdays

3:00pm starting with a story and snack, each week library staff will host activities under the umbrella of a variety of themes: Beginning January 28th, this program is geared to ages 9-12. Please call 250-569-2411 or stop in to register children for some or all events. More info on the website library@mcbridebc.org.

Fibre Artists

On Wednesdays the McBride Library host the Fibre Artists' group 10 AM-12 PM: come knit, sew or crochet with us! Beginners welcome. Online option available. Call the library 250 569 2411.

Book Clubs for Adults

The McBride Library holds two monthly book discussion clubs for adults Thursday afternoons 1:30 PM. Call 250 569 2411 for info.

Dungeons & Dragons

For ages 12-18, the classic fantasy storytelling game. Join us on Tuesdays 3:30-6pm, McBride Library. Bring D&D dice if you have them!

Sunshine Stories

10:30-11 AM Thursdays. An early literacy program for children ages 0-5 and caregivers. Songs, rhymes, stories and fun! In partnership with Decoda Literacy.

Tuesday Night Jam - McBride

Now playing in the CN Station Lobby, 6:15-8:30 PM. It is an open jam; musicians, singers, and onlookers welcome. For more information call David at (250) 569-2569.

German Conversation Club - McBride

Join us on Wednesday 11:30 - 1:00 at the McBride Library for a fun German language conversational class with Lilly. All levels and abilities welcome, from beginners to advanced. For further details, call the library 250 569 2411.

Writing Group - Fridays

Writing Group for adults meets every Friday afternoon at the McBride library 1:30-3 PM. We tend to chat for the first 30 mins about what we are working on, then we sit silently for an hour to write. Writers are working on a range of things - novels, memoirs, poems, short stories, dissertations. Join us!

Dunster

WED Mar 5th Poetry workshop at the Dunster Schoolhouse 10:30am-12:30pm. Everyone welcome. Read, write, speak and discuss poetry with Ingrid and Cathy from the McBride Library. Register: 250-569-2411 / library@mcbridebc.org

WED Mar 12th Dunster Fine Arts School Society Annual General Meeting 5:30pm at the school. For info: dunsterfass@gmail.com

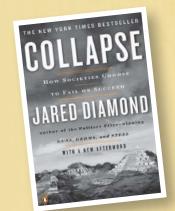
FRI Mar 14th The Robson Valley Music Society &The Dunster Schoolhouse present **Reckless** Burning, live at the Dunster Schoolhouse Doors 7pm. Tickets \$25 in advance via e-transfer to dunsterfass@gmail.com, \$30 @ door. Cash bar.

Community Potluck Lunches hosted by the **Dunster Community Association again this** winter at the Dunster Community Hall. They will be on March 1st and 15th. Doors open at 11:30am and lunch is at noon. For more info contact Pete Amyoony 250-968-4334 or Loretta Simpson 250-968-4453.

Fibre Arts Meet Up Thursdays at the Dunster Schoolhouse!! Drop in with whatever you're working on between 10am-2pm.

Available At 7he RMG

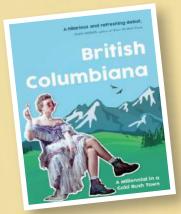
HOURS: MON 9:30am -4:30pm | TUES Closed | WED - FRI 9:30am-4:30pm



COLLAPSE

Environmental damage, climate change, globalization, rapid population growth, and unwise political choices were all factors in the demise of societies around the world, but some found solutions and persisted. As in Guns, Germs, and Steel, Diamond traces the fundamental pattern of catastrophe, and weaves an all-encompassing global thesis through a series of fascinating historicalcultural narratives.

BY JARED DIAMOND



BRITISH COLUMBIANA

Eager to move on from a master's thesis that left her questioning her passion for history, Josie dives headlong into her new job and life in a small town. Faced with the prospect of remaining long-term, she must decide if she will fight to carve a place for herself in Wells's idiosyncratic community. What follows is the story of a young woman trying to find connection and purpose in the twenty-first century while living in a village seemingly frozen in the past.

BY JOSIE TEED





STRAY DOGS

In Montreal, a photographer's unexpected encounter with actress Sophia Loren leads to a life-altering revelation about his dead mother. In Beirut, a disillusioned geologist eagerly awaits the destruction that will come with an impending tsunami. In Tokyo, a Jordanian academic delivering a lecture at a conference receives haunting news from the Persian Gulf. And in Berlin, a Lebanese writer forms a fragile, fateful bond with his voluble German

The irresistible characters in Stray Dogs lead radically different lives, but all are restless travelers, moving between states—nation-states and states of mind—seeking connection, escaping the past and following delicate threads of truth, only to experience the sometimes shocking, sometimes amusing and often random ways our fragile modern identities are constructed, destroyed, and reborn.

Located at 1170 5th Avenue, Valemount, B.C. (ACROSS FROM THE IGA DOWNTOWN)

Valemount Eatery Hours Guide



BoShay's Bistro

M-Thu 8am-3pm, Fri 10am-3pm + M,W,Th 5-9pm 250-566-0154



Caribou Grill

Open 4:30-9pm. Closed Mon-Wed 1002 5th Ave / 250-566-8244



Summit Grill

Open 7 days a week 4-9pm Located in Best Western Plus Valemount



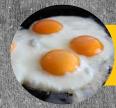
Valemount Legion Branch 266

Friday dinner 5-8, music 7-10 Sunday pancake breakfast 8-10:30 970 Main Street / 250-566-4343



Glacier Fire Pizzeria

Mon-Sat 4pm-8:30pm 250-566-9090



Abernathy's

Open 6am-1pm 7 days a week



Vale Coffee Roasters and Cafe Reg Hours: Th 9-2, Fri-Sun 7-2

info@valecoffee.ca / valecoffee.ca



IGA Deli Mon-Sat 8am-8pm

Sun 9am-5pm



Vacation Inn Dine & Lounge Open Fri-Mon 4-9pm 250-566-4880 1495 - 7th Avenue on, Karas Dr



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Valemount **Legion Branch**

eature



266

Friday dinner 5-8 Friday music 7-10

Sunday pancake breakfast 8-10:30

970 Main Street 250-566-4343

**Some eateries opted not to take part in this feature

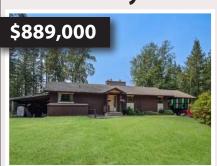
Visit my website to see all of my featured listings: **www.valemountmcbridelistings.com.** A great resource for your property search in the valley.

Shelly **Battensby** REALTOR



DIFFERENT BETTER

200 Whiskey Fill Road



VALEMOUNT

Sitting on a gentle rise with the world out your window is a 1500 sf bungalow on 74 ac. just minutes from town. The main yard is landscaped with a fenced garden, greenhouse, mature trees, and expansive lawn. Step inside the inviting home to find a large, updated

kitchen with an eat-in area and island cooktop. Opening onto a separate dining room with French doors to your deck, and a spacious living room with a wooden vaulted ceiling, large stone fireplace with mantle, and views that go on for days, this home is all about gathering. This home is comfort personified and would look really good on you.



Lot 1 13th Avenue

VALEMOUNT

Imagine just over 3 acres on the edge of town and ready for your building dreams. With a drilled well and completed PERC tests, the level property is ready to develop. The OCP designation opens the door to rezoning for campground or lodge use, and recreation is just outside your door. Or keep it simple and build the home of your dreams.

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SHERRI MALONE

REALTOR AT ROYAL LEPAGE ASPIRE REALTY





19345 S 5 HWY

\$1,350,000



Rare glacier view riverfront property opportunity in the heart of the Rocky Mountains! This beautiful traditional built log lodge, 2

private residences and 40 mature campsites sit on 39 pristine acres that back onto the glacier fed Camp Creek. The combination of unobstructed views of Albreda Glacier and Camp Creek meandering throughout the property create the ultimate summer and winter outdoor setting. Location is unbeatable with 1 km of Hwy 5 S frontage. Outdoor enthusiasts travel from all over the world to explore Valemount's unspoiled backcountry and experience world-class snowmobiling, mountain biking and white water rafting. The options are truly endless with this unique property, it's time to put your dreams into fruition!

4995 PITNEY RD

NEW LISTING!

\$449,000



Discover the perfect blend of modern comfort and lowmaintenance living in this affordable home, just

5 minutes from Valemount . With a thoughtful designed layout, the home features a convenient mud-room entry, open-concept kitchen, dining & living area and bedrooms in separate ends of the home . Step outside onto the private, spacious sundeck and enjoy the sunny southern exposure while taking in the natural beauty of the treed surroundings ready for your landscaping ideas. Whether you're looking for a cozy get away, income property or hassle-free home, this property offers it all!

4590 STONE RD



This gorgeous acreage that consists of two titles needs new owners! It is conveniently located only 5 minutes north

of Valemount.

The diversity of mature trees on the property allow the white snow capped mountains to peek through is a view that feels like "home sweet home!" The house has been very well maintained and has a layout of 3 bed, 2 bath that will work for many. Outside the beautiful matured landscaped yard you will find that the majority of the property is fenced into pastures, a detached double garage, 2 animal shelters, a chicken coop, 2 greenhouses and a sea can for storage. Each titled property consists of a newly drilled well making for a great asset if you are thinking of selling either of the titled properties separately. Sellers are motivated! Call today for a tour!

1188 7TH AVE

NEW LISTING:

\$189,000



This cozy bachelor pad is full of potential! Freshly painted interiors and new blinds create a bright and welcoming space, while large windows invite in

the warm southern

winter sun. The new pellet stove offers the perfect secondary heat source for our chilly days and nights. Layout is unique as you must enter the bedroom to access the bathroom. Located in a peaceful neighborhood with quiet neighbors, this home sits across from a lovely church. The spacious backyard is fenced and offers serene mountain views. With a little TLC, this could be the perfect investment opportunity or a super cute home. Don't miss out on this charming space with so much to offer!