

Happy Canada Day!



Canada Day events

P12-13

ROCKY MOUNTAIN GOAT

Your bi-weekly source of news, views and entertainment

McBride DragIT challenge	P3
Proposed Walker Creek cutblocks	P4
Final touches on Berg Lake Trail	P5
Ken Abernathy, hard working at 90	P17

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Living Stories



McBride artists and residents celebrated the 25th anniversary of the Whistlestop Gallery earlier this month with a public art project that aims to tell the stories that have shaped the community of McBride and surrounding areas. /MATTHEW WHEELER

McBride artists leave their mark

BY SPENCER HALL

McBride artists and residents celebrated the 25th anniversary of the Whistlestop Gallery earlier this month with a public art project which includes banners featuring the work of local artists and the installation of two painted benches outside the visitor centre.

Unveiled on June 7th, the project — titled Living Stories of the Robson Valley — features five styles of banners, each telling a story that has shaped the

community of McBride or surrounding areas in one way or another. The banners are now displayed along Main Street.

The project was the brainchild of Gallery general manager Dannielle Alan, who said she wanted to tell the story of McBride and the surrounding areas through public art.

“A community defines itself by the stories it tells about itself. And stories told through art and culture are inherently positive. So, when you get to use art and culture and people to tell the story of who

you are as a community, it’s going to be a better community,” Alan said.

Alan told the Goat the project was made possible by a \$38K grant from Destination BC as part of the organization’s visitor experience enhancement program.

Banners adorning Main Street

The banner painted by local artist and McBride councillor Glen Frear shows an

CONT'D ON P2

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McBride artists Cont'd from P1

aged cedar tree in the ancient forest. While Frear's other works of the ancient forest are typically of the forest floor or the large trunks of the old growth trees, for this project he wanted to show the top of the tree from the perspective of someone looking skyward.

"It's homely," Frear said in the pamphlet about the project. "It represents perseverance and strength in the face of adversity. I can relate to the tree."

Another banner, painted by Simon Williams — a school principal based out of Edmonton who lives in McBride during school holidays after purchasing a property in the community with his wife

— showcases a view of Bell Mountain from horseback. The painting was created from a photo provided by local equestrian Michelle Rejman and is dedicated to the memory of her father Dennis Rejman, who guided Williams and his wife up Bell Mountain the first time the couple went up the mountain.

"His quiet confidence and deep knowledge of the valley helped open this landscape to us. This painting is a tribute to his generosity, steadiness, and love for the place he called home," Williams said in his project write up.

The third banner features the photography of Darwin Paton and shows

a stunning drone shot of the Goat River Trail. Paton said he uses photography as a way to record the beauty of British Columbia's varied landscape and the creatures that inhabit them.

"My goal is to capture the essence of fragility in our environment without impacting the subject matter that I am presenting. Using this approach I present moments as they transpired; for that is all they are, moments of experience we are lucky enough to bear witness to," Paton said.

The fourth banner, painted by David Marchant, tells the story of Belle and Sundance, two horses rescued from the Renshaw by a group of volunteers from the McBride area in December 2008. The two horses — a three-year-old mare and a 10 to 15-year old gelding — were found freezing and incredibly malnourished after being left for dead by their previous owner. Rescuers braved the -40°C weather to dig a one kilometer path in two-metre high snow to rescue the horses, who were later nursed back to health and adopted by new families.

Created by former Whistlestop Gallery chair Sheilagh Foster, the last banner shows a hummingbird feeding on lilacs and is dedicated to Curtis and Bonnie Culp, a pair who were a "dynamic force" in Dunster for many years, according to Foster. Bonnie cultivated many different types of lilacs on the property, which attracted hundreds of hummingbirds. Curtis then became a certified hummingbird bander, capturing the birds, placing a numbered ring on one of their legs and releasing it, allowing researchers to track the bird's movements. He also wrote the booklet Hummingbirds of the Robson Valley.

"Bonnie and Curtis Culp worked tirelessly to nourish their community and family with food, skills, and beauty from their Dunster property on the Fraser River," Foster said.

The project also included the installation of two wooden benches painted by Jayden Richter and their partner Rozina Shaw. The benches themselves were built and designed by Adrian Hooper, Darcy MacKay and BRKH Custom Woodwork.

"Rozina worked with Jayde to showcase the community of Dunster with love and humour and to tell of the partnership between horse, rider and mountain trail. A partnership that has persisted for over 100 years," Alan said.

Whistlestop Gallery employee Athena Caputo also came into her own during the project, discovering her passion for research, storytelling and design while designing the webpage. Alan said Caputo worked tirelessly researching, writing and rewriting the stories that were then told by the artwork.

"Athena spent an enormous amount of time speaking to people, researching stories, writing stories, sending them out for accuracy and corrections and then rewriting them," Alan said

"It is said that Odysseus wept when he heard the poet sing of his great deeds abroad because, once sung, they were no longer his alone, for they belonged to everyone who had heard the song. So this is us, singing the song of the Robson Valley through art and story," Alan concluded.

To view the banners or to find out more about the project, visit <https://www.whistlestopgallery.ca/livingstoriesrvs>.

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MCBRIDE DRAGIT CHALLENGE



The BC DragIT Challenge brought about 70 race cars, and over 120 people to McBride for a weekend packed with speed and smoke. Participants travel to five different communities around the province and race against the clock to accumulate the fastest overall race times over the five days. The Charlie Leake Airport in McBride hosted the racers on Sunday June 22nd. Organizers said they started with 100 vehicles on the circuit, but due to a variety of reasons - mostly mechanical, approximately 30 have been unable to complete the competition. The conditions are extreme for the vehicles and at least one more truck and one car that raced briefly in McBride were unable to continue on to compete at the final track in Cache Creek. / PHOTOS BY ANDREA ARNOLD



Province considering auctioning cutblocks near Walker Creek

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

In the northernmost parts of the greater Robson Valley sits the Walker Creek watershed, a lush land with countless species of flora and fauna. The forest canopy, so far untouched by human industry, provides cover for caribou and hundreds of plant and lichen species on the forest floor.

The area is also at the heart of a conflict between advocacy group Conservation North and BC Timber Sales (BCTS). In May, Conservation North found out BC Timber Sales is proposing cutblocks in the area, which would be auctioned off to forestry companies. The group held a letter-writing night in Prince George, where they encouraged attendees to contact the Ministry of Forests expressing opposition to the proposed auction cutblocks.

"[Walker Creek] represents a place where mother nature makes the rules: it's self-managing, self-maintaining, it's a wild valley. At the moment, its biggest threat is BC Timber Sales."

- Michelle Connolly, Director, Conservation North

In an email to The Goat, the Ministry of Forests confirmed the area is being considered for auctioned cutblocks.

"First Nations consultation and public comments, combined with the recommendations of forestry professionals, are considered in the final decision on cut blocks and can result in changes that take into consideration ecological and local values," the statement reads.

The area is one of the last untouched forests in the province, says Conservation North Director Michelle Connolly.

"There are virtually no roads, mines or cutblocks. [Walker Creek] represents a place where mother nature makes the rules: it's self-managing, self-maintaining, it's a wild valley," Connolly told a crowd of dozens during the letter-writing night. "At the moment, its biggest threat is BC Timber Sales."

In its statement to The Goat, the Ministry of Forests said BC Timber Sales has modified its proposed cutblocks to exclude old-growth forest. The Ministry did not provide a map of the proposed cutblocks, but said they will be available for review on the provincial Forestry Operations Map in 2026.

While the exclusion of old-growth forests encourages Connolly, she hopes to establish more permanent legal protections for Walker Creek.

"I don't think we can assume any of those places [are] actually safe for the long term," she said. "That's BCTS's area – they can look into auctioning off anything they want at any time... We want a commitment to actually protecting or stepping back from that area."

That means changing the legal status of Walker Creek, according to Connolly. Establishing the area as a park or an ecological reserve would mean it's permanently off the table for logging, she said.

"We find it's unwise to let our guard down about places just because BCTS sent us a map that has little hand-drawn X's on it," Connolly added.

A way of life

Hike through the Walker Creek watershed with Prince George local Kyle Moffat, and she'll show you where the best spots to find mushrooms, berries and medicinal plants are. To her, the area is sacred, and it's a symbol of self-reliance and independence from the agricultural industry.

"To harm something so important for short-term profit just seems unnecessary," Moffat told The Goat. "I have made it a job to join [Conservation North] and help them save and protect these areas to keep them for food, and medicine, and for everyone that relies on them for [their] livelihood."

When Moffat sustained an injury that prevented her from working as a medic several years ago, the watershed became even more integral to her way of life. A Carrier First Nations woman who comes from a long line of medicine women, she decided to learn how to forage for foods and medicines. Now, she spends her days teaching others how to find food and craft supplies in the Walker Creek wilderness.

While she isn't opposed to logging in general, Moffat worries that logging in the Walker Creek area will have ripple effects for other industries as well. She said she's concerned that if the area is logged, foresters will use pesticides that can get into the creek, harming local fish and the people who rely on them for food and income.

"These areas are so important and sacred," Moffat said. "This doesn't just affect us and our generation. It's generations to come who we have to think for and protect these sacred areas where people can be self-reliant, and learn, and survive off of."

Downstream impacts

Conservation North's efforts have drawn the attention of people throughout the province. Organizer with the Interior Watershed Protection Group Lori Goldman wrote a letter to the Ministry of Forests all the way from her home in Penticton.

Having been an activist for decades, Goldman has seen her fair share of standoffs between environmental groups and government agencies.

"It's 2025. We know more now," she said of the impacts of logging on nearby water systems. "I became a climate activist in the '70s... it's just really sad that we have to keep on doing this, and it's getting worse and worse."

Goldman doesn't believe it's all doom and gloom, though: she successfully organized a letter-writing campaign to oppose a new pipeline project in the Okanagan region, so she knows that public outcry can be a powerful tool.

"We have a voice," Goldman said. "Without the pressure that the public can bring, [BCTS] will do whatever they think is expedient."

As for Connolly, she hopes that protecting the Walker Creek watershed will set a precedent for all of B.C.'s forestry industry.

"The Walker wilderness is a really special place, and we want to keep it intact," Connolly said. "We think protecting a place like that can be the beginning of a new era for the region where we're actually taking nature conservation seriously."

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New principal for McBride schools a familiar face

BY ANDREA ARNOLD

Public schools in McBride will see a new principal behind the desk when classes resume in September. Lisa Franke is stepping into the role as Jason Schwartz transitions to Beverly Elementary School just outside Prince George.

"Lisa applied and won the competition for the position," said Lee Karpenko, Assistant Superintendent for School District 57.

Franke has been working within the education system in McBride since September 2008.

"I started working at McBride Centennial, then moved to McBride Secondary in September 2012," she said.

Most recently, Franke has worked as the vice principal at both schools as well as filling the need as a classroom teacher.

Not only has Franke worked in McBride for 16 years, she also grew up in the Robson Valley. She attended

kindergarten through grade seven in Dunster then was a part of the first grade eight class to attend the new McBride Secondary School.

Karpenko feels that her deep roots and connection to the community is a big asset.

"She grew up and was educated here in the Robson Valley," he said. "This is a strength of hers and will be a strength for the community."

He said that the Parent Advisory Council at both schools were asked for their input as to the qualities they would like to see in the new principal.

"She checked all the boxes," he said.

Franke does not plan to have a scheduled role as a teacher but expects that she will have to step into the classroom to help cover when the need arises.

In her new position, Franke feels she can impact education in a different way than in her previous positions, while continuing to provide opportunities for students.

Following the much anticipated summer break, she is excited to see what awaits her in September.

"I am excited to get to know all the students, staff and families at both schools, to continue to maintain and build relationships with our community and to celebrate student experiences, achievements and learning," she said.

Karpenko said that the members of the school district administration are very excited that she was the successful candidate.

"I think this is a positive step," he said. "She is community minded, and she wants the best for the students. School District 57 is very happy to have her in that role."

Interviews to fill the vice principal position are set for the last week of June.

Proposed aircraft restrictions could impact McBride economy

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

BC Parks is considering new aircraft restrictions in parks across the province which may impact local helicopter operators. The restrictions, which have not yet been implemented, were proposed in an effort to protect local caribou populations, the Ministry of Environment and Parks told The Goat.

Heliski operator and owner of Crescent Spur Helicopter Holidays Mark Aubrey raised this issue to McBride Council's attention with a letter reviewed during the June 10th council meeting. The company operates in the Bowron Lake, Ptarmigan Lake and West Twin provincial parks, which would be subject to the proposed restrictions, according to Aubrey.

"If implemented as proposed, these restrictions would severely limit Crescent Spur's access to key alpine areas," Aubrey wrote. "This would have immediate and lasting consequences for our business, and by extension, for the broader McBride economy."

"To have access to Crown land has been a privilege, and I don't take that lightly. In return for that privilege, I've done my part. I worked hard my entire career, and it's frustrating that that can be changed for a policy."

- Mark Aubrey, Crescent Spur Helicopter Holidays

In a follow-up interview with The Goat, Aubrey said the land he uses in these parks is not part of caribou habitat. He added that he's been in touch with a wildlife biologist from Prince George, Steve Wilson, who can confirm this. The Goat reached out to Wilson to ask if he has seen caribou in the parks, but did not receive a response by press time.

"The areas we use in the parks are high, glaciated terrain. They are not caribou habitat," Aubrey said.

Skiing on glaciers is a hallmark feature of the business, according to Aubrey – he has a roster of loyal clientele, some of whom say trips into provincial parks are their favourite runs to ski. By his estimate, the aircraft restrictions would cut out about 30 per cent of the glaciated terrain the company can access.

"A lot of these runs I would consider iconic Crescent Spur runs, runs that have helped us form a reputation," Aubrey said. "So the loss would be big."

Having operated for over 35 years, Helicopter Holidays pre-dates the existence of these parks. When the land became incorporated into the BC Parks system, Crescent Spur Helicopter Holidays was grandfathered in – meaning the company could continue operating under the land tenures which allowed them to use aircraft in the area.

"There was a public planning process that I was part of, called the Robson Valley Land and Resource Management Plan. It was a public, consensus-based decision-making process," Aubrey said. "That's one of [my] frustrations: to go through a public land use planning process, come to an agreement, and then Parks arbitrarily decides that they want to change the policy."

However, Aubrey said the Ministry of Environment and Parks has been discussing the restrictions with him and other stakeholders. While he said he can't predict what they will do with his feedback, he said he's been happy with the communications.

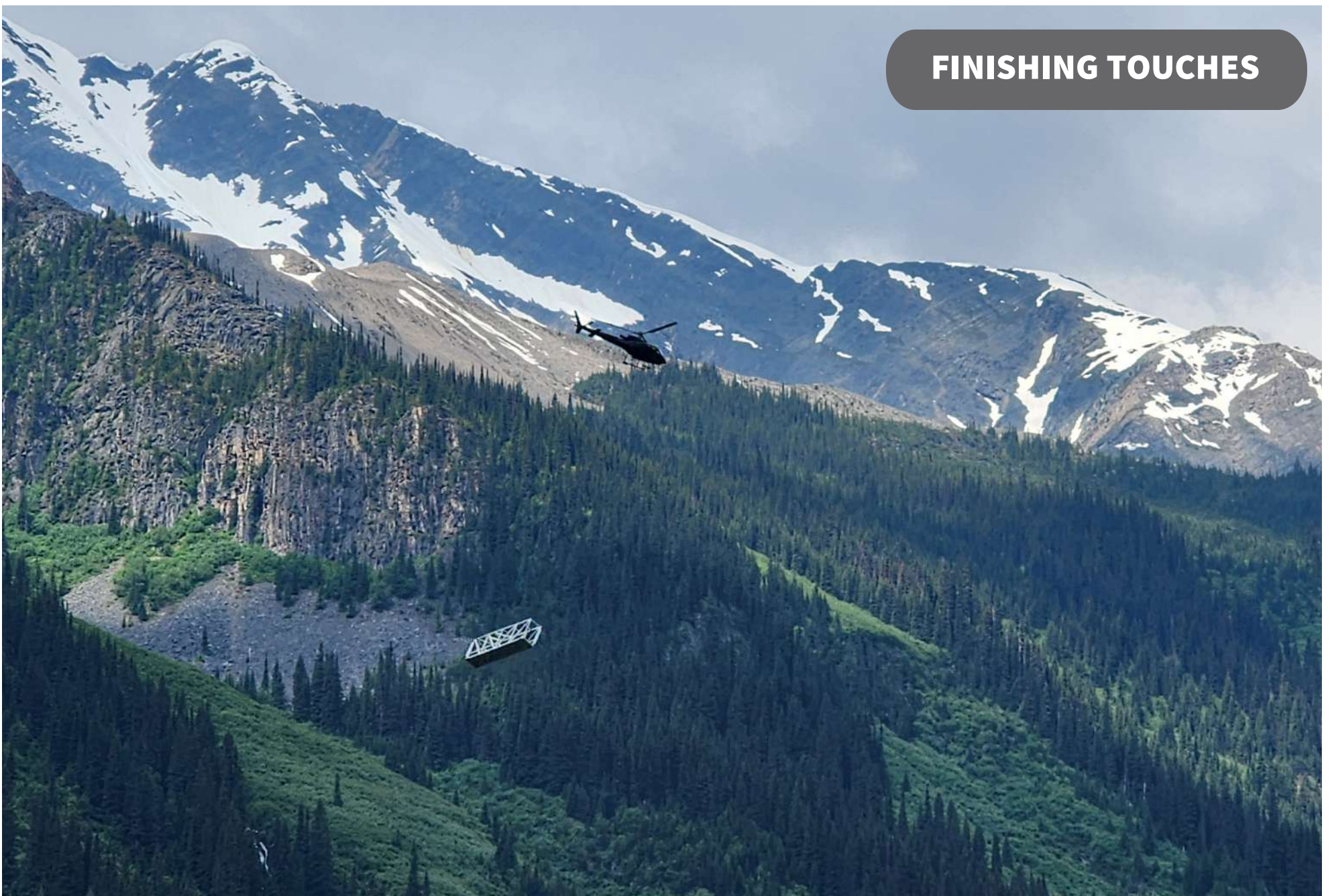
In an email to The Goat, the Ministry of Environment confirmed that aircraft restrictions are being considered in some provincial parks. However, it declined to comment on whether caribou are found in glaciated parts of the parks, and did not specify which parks are being considered for aircraft restrictions.

"In 2020, the Province and the federal government signed an agreement to better protect habitat for Southern Mountain Caribou. BC Parks is looking at opportunities to contribute to improved protections in Southern Mountain Caribou habitat," the statement reads. "In a few parks where intensive aircraft-based activities overlap with critical habitat for the Southern Group of Southern Mountain Caribou, a regulatory change is one option that is being explored."

The Ministry did not respond to questions about when the changes would be implemented.

In the meantime, Aubrey is preparing an economic impact assessment to collect data on how his business would be affected by aircraft restrictions. He hopes he will be able to continue running his business the same way he's done for the last 35 years.

"The opportunity I have to create this heliski business is a privilege. To have access to Crown land has been a privilege, and I don't take that lightly," Aubrey said. "In return for that privilege, I've done my part. I worked hard my entire career, and it's frustrating that that can be changed for a policy."



FINISHING TOUCHES

A helicopter made repeated trips over Kinney Lake carrying pieces of a steel bridge Sunday to finish off repair work on the Berg Lake Trail which was heavily damaged during a flash flood in 2021. The trail is slated to re-open in full Thursday after four years. /LAURA KEIL

Editorial



By Spencer Hall
Editor & Owner
goatnewspaper@gmail.com

The Goat is going bi-weekly

After much thought and consideration, I have made the decision to transition The Goat to bi-weekly publishing for the foreseeable future, starting this week.

This was not an easy decision to make, but unfortunately with ever increasing printing costs, dips in ad revenue and the herculean task of laying out a 16-page paper each week, this is the best way forward to making The Goat more sustainable while not compromising the quality of our publication.

In discussions with Laura Keil, my mentor and former owner of The Goat, we explored other options, such as increasing the cost of single copies and subscriptions or running future editions with fewer pages, however we both felt those changes wouldn't be fair to you, our readers.

So, what we decided on for the time being is to switch to a "digital first" model, where breaking news and time sensitive stories will be posted to our website first, with our top and most newsworthy stories running in our bi-weekly print

edition. This will allow us to run more stories in a timely manner, now that our coverage is no longer dependent on available space and printing schedule.

I want to assure you that we are steadfast in our mission of providing thorough and detailed news coverage of the Robson and Upper North Thompson Valleys. Thank you to everyone who's supported The Goat by purchasing a subscription or running ads with us. By subscribing or by running ads with us either in our print editions or on our website, it allows us to continue to doing the crucial work of providing local news coverage.

We have recently found ways around Zuckerberg's news ban on Meta and have been posting regularly on Facebook. You can see our latest stories by checking out our new Facebook page Rocky Mountain Goat 2.0 at <https://www.facebook.com/profile.php?id=61576855004045> or by visiting our website <https://www.therockymountaingoat.com>

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Correction:

The June 12th article "UNBC researchers collaborate with local seniors" mistakenly reported that Judy Holmin lives in the McBride area. In fact, she lives in Valemount. The Goat regrets this error.



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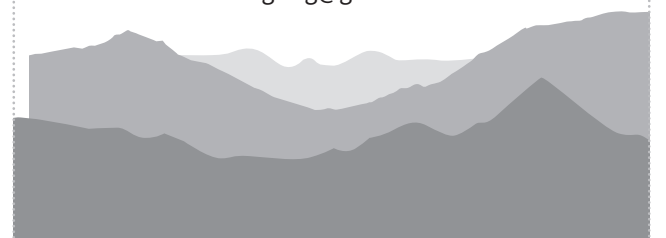
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REGULAR
CONTRIBUTORS:
David Marchant
Sandra James
Leon Lorenz
Laura Keil
Rachel Fraser



Spencer Hall
Editor & Owner
goatnewspaper@gmail.com



Laura Keil
Sales / Interim Admin
billingrmg@gmail.com



Andrea Arnold
Reporter
ajareporting29@gmail.com



Abigail Popple
Local Journalism Initiative Reporter
alepopple@gmail.com



Deanna Mickelow
Feature Sales
dmickelow@gmail.com

Rec Centre fees increasing in McBride, Valemount

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Regional District set its user fees for the Robson Valley and Canoe Valley Recreation Centres during a board meeting last Thursday. The fees, which were discussed with each centre's community consultation committee, will take effect starting October 1st.

Ice drop-in and skate rental fees are increasing. Adults will have to pay \$4.00 per person, as opposed to the previous \$2.50 fee, teens will pay \$3.00 instead of \$2.00, and the rate for families to use the rink is \$10.00 instead of \$4.70. Instead of having a "parent/tot" charge, which was previously \$1.65, children are given free entry, though adults will have to pay \$4.00 each. Skates used to cost \$1.30 to rent, but will cost \$3.00 this winter.

Gym membership fees are also increasing. A one-month membership for adults used to run \$32.45, but now will cost \$42. Likewise, the six month and year-long memberships – which are \$124.75 and \$249.40 – will cost \$160 and \$320, respectively. The fee for using a shower used to be \$1.40 and will increase to \$3.00.

The Community Consultation Committees for each recreation centre reviewed the draft fees and charges before they were finalized, said Regional District Manager of Communications Hilary Erasmus. She added that the committees will review fees and charges annually.

In McBride, the new fees come after residents became concerned that the centre would close when the Regional District announced it would hold an open house about the centre's future. The open house was not about closing the recreation centre, but to get feedback on how residents use the centre and how fees could be increased to accommodate their needs, Erasmus said. The centre will continue operating at reduced hours throughout the summer.

The Regional District will inform residents about the fees through posters at the rec centres, the rdffg.ca website and Facebook page, and by sending notifications to service groups that use the centres, according to Erasmus.

She added that the Community Consultation Committees are planning resident engagement on the services for this fall. The Regional District invites residents with feedback or concerns about recreation centres to email district@rdffg.bc.ca.

Seniors property tax deferral puts cash back in wallets

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Office of the Seniors Advocate is reminding B.C. seniors that they can defer their property taxes to save money. The property tax deferral program allows homeowners older than 55 to defer their property taxes until they sell their property or pass away.

Seniors Advocate Dan Levitt told The Goat he commonly hears seniors express concerns about the cost of living, and the ability to age in place, which the program is meant to help address.

"In many communities – in rural B.C., for example – moving to a smaller home isn't an option because there isn't enough affordable housing or appropriate housing for seniors," Levitt said. "The solution to this is that the [provincial] government has made available a property tax deferral program where seniors who own a home... can defer paying the property taxes."

The program also covers seniors who are surviving spouses and people with disabilities, he added.

The program has a 3.5 per cent interest rate, which is non-compounding, Levitt said. Homeowners may never have to pay back their loan, since they can defer taxes until passing away – at which point the bill is settled in a homeowner's estate – he added.

Levitt encourages interested seniors to contact the Office of the Seniors Advocate at 1-877-952-3181 or info@seniorsadvocatebc.ca, where staff can assist people applying for the program. He also suggests getting assistance from a trusted friend or family member to help fill out application forms.

"It's probably the best loaning program that exists, especially for people who are on a fixed income," Levitt added. "It's really a great way for seniors to put money into their wallet, especially people who are house-rich and cash-poor."

Global Thoughts

The Next Forever War

BY GWYNNE DYER



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

He didn't take two weeks to make up his mind whether or not to bomb Iran; only two days. Donald Trump is not a patient man. But he has just started another American 'forever war' in the Middle East, so he will have plenty of time to work on his self-control.

Assume for a moment that Iran was really working to build nuclear weapons, allegedly to destroy Israel. Did the US bombing of the Fordow, Natanz and Esfahan nuclear enrichment sites really blast down through 90 metres of rock and permanently eliminate any skulduggery the Iranians were up to there?

Wrong question. If there really was a large stock of highly enriched uranium stored under all that rock, the Iranians have had a week to divide it up into dozens or hundreds of packets and hide it at safe sites all over the country. What would you do if you knew somebody was coming to bomb you in a few days?

Then there's this business about how highly enriched Iran's uranium is. 90% is 'weapons-grade', and Iran had already enriched a lot of uranium to 60%, so the American B-2s have to start bombing right now. No time to lose. No time even to think.

Nonsense. The 'gun-type' atomic bomb just fires one chunk of enriched uranium at another chunk, and so long as the two chunks add up to a 'critical mass' the bomb explodes. That critical mass can be quite small if the uranium is highly enriched, but it will still work at 60% although the package will be heavier and bulkier. There was no deadline.

How was Iran going to deliver these hypothetical nuclear weapons? A ballistic missile, presumably, because drones and cruise missiles can't handle the weight or the range, but very few of Iran's ballistic missiles get through Israel's missile defences.

However, just for the sake of argument imagine that one of Iran's putative nine or ten nuclear missiles does make it through and destroys an Israeli town or city. We are piling improbable on top of implausible here, but what would Israel do then?

Israel would probably respond by leveling Iran, which it is more than capable of doing. It has at least 100 nukes but potentially up to 400. Israel can sterilise the whole of Iran if it chooses (although the fallout and the climatic effects would be a major inconvenience for everybody).

None of these stories we are told makes much sense, so let's try a different approach. What did the eighteen US intelligence agencies tell the Director of National Intelligence, Tulsi Gabbard, about Iran's nuclear weapons last March?

They told her that Iran was not building nuclear weapons. Indeed, they explained that Tehran only created a nuclear weapons programme (which never got very far) after Saddam Hussein's Iraq invaded Iran with US help in the 1980s.

After Saddam was overthrown in 2003 it became clear that there had never been any Iraqi nuclear weapons: it was all a bluff. Thereupon Iran closed its own nuclear weapons programme down, and has never resumed it since.

It's all just history now. Trump has fallen for Israel's Prime Minister Binyamin Netanyahu just as hard as he fell for Russia's President Vladimir Putin (both strong men with criminal tendencies), and the die is cast. It is likely to be a long, ugly war, conducted mostly by aircraft and missiles at first, but there will be 'boots on the ground' if it goes on long enough.

An anti-clerical revolution in Iran could take the country down another road, but if the regime survives the war could last for many years. 'Persia' was the rival superpower in Roman times, and a thousand years later it was the other superpower in Ottoman times.

It's not a superpower any more, but then neither is the United States.



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The Rocky Mountain Goat serves a population base of approximately 5,000 residents from Valemount to McBride to Dome Creek and Blue River. It is 100% locally owned. RETURN UNDELIVERABLES TO: The RMG, Box 607, Valemount, BC V0E 2Z0


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If you give a moose a vehicle...

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

B.C. drivers should be on the lookout for moose, elk and other large animals while driving on highways this summer, according to WorkSafeBC group Road Safety at Work. Summer and fall can be the busiest times of the year for wildlife on roads, says Program Director Trace Acres.

"It's important to be alert all year round, but particularly at this time of year," Acres told The Goat in an interview. "Any animal that is struck at highway speeds can do a lot of damage to the vehicle, and it can potentially injure or even kill the passengers or drivers in the vehicle."

ICBC reported nearly 13,000 crashes involving

animals in 2023 alone, resulting in two deaths, Acres added. About a quarter of those were in northern B.C., which saw 3,519 collisions involving animals that year, according to ICBC.

The best way to avoid animal collisions is staying alert, said Acres. That means avoiding distractions like your phone, staying within the speed limit, and generally paying attention to your surroundings, Acres added. Drivers who encounter an animal on the road should also turn on their hazard lights so oncoming drivers know there is something in the road further up, he said.

"The key is to expect the unexpected, because wildlife is terribly unpredictable," Acres said. "You can't really prepare yourself for it – all you can really do is put yourself in a position where you can react quickly."

Film camp returns for second year

By ANDREA ARNOLD

For the second year in a row, Robson Valley youth between the ages of 12 and 18, will have a chance to explore the world of cinematic creativity.

The Dunster Schoolhouse is once again hosting a one week film camp where youth will learn how to brainstorm, create, film, and edit films in small groups.

"This year, local Hannah Clifford is one of the facilitators," said Shara Gustafson, Executive Director of the Dunster Fine Arts School Society. "Clifford has worked with the Reel Youth organization for several years. She is experienced, and the kids love her."

Steph St. Laurent from Prince George will be facilitating the camp alongside Clifford. The pair will be providing the students with the physical tools needed to complete their assignments as well as providing them information to equip their creative skills as well. The week will begin with a brainstorming session once groups are formed so the kids can create a plan for their film.

This year, thanks to the local availability of facilitators, the Regional District of Fraser-Fort George Arts,

Culture and Heritage grant and the Valemount Community Forest, the week is being offered free of charge. Participants only need to have a way out to the Schoolhouse, and to bring lunch each day.

Last year, Gustafson was trying to think of programs that could be offered for the teen demographic. She remembered how much her own kids had enjoyed attending a film camp on Galiano Island run by Reel Youth, so she reached out to them. The organization was thrilled to come to the valley and help provide the local youth with a creative outlet, developing new skills and working in a group to create their finished product.

The plan for this year is similar. Clifford and St. Laurent will work with the students for the week. The final edits will be made by Clifford following the camp, and a screening that will be open to the public will be held sometime in the late summer or fall. Gustafson said that when a date is decided on, it will be advertised.

"We are super excited," said Gustafson.

If parents are interested in having their child attend, Gustafson can be reached for registration or questions through dunsterfass@gmail.com.

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www.valemount.ca

Employment Opportunity: Join our Team!

Bylaw Enforcement Officer (Part-time, Permanent): 3 days/week, with stat holidays off, additional requirements on occasion. There will be some flexibility in determining the specific workdays. \$30-34/hour.

Bylaw competition closes at 4pm, Sunday, July 20.

For complete job description and more information, visit valemount.ca > Village Office > Job Postings.

Outdoor Water Use Restrictions: Stage 1 in Effect

Stage 1 Water Restrictions are in effect until Sept. 30, unless drought conditions or other factors (e.g. fire suppression) necessitate further restrictions. Find Water Regulation Bylaw 822 at valemount.ca > Village Office > Bylaws > Bylaws & Policies Directory.

2025 Permissive Tax Exemption Applications

Section 224 of the Community Charter gives Council the authority to exempt certain land and/or improvements from municipal property taxes. Council considers Permissive Tax Exemptions for non-profit organizations that contribute to the well-being of Village residents, make improvements to the quality of life for residents, and/or are an extension of Village Services.

A new application must be completed every year and must be accompanied by all required documentation.

The deadline for applications to be received by the Village Office is July 31, 2025.

To be eligible for a permissive tax exemption, an organization must comply with the guidelines and obtain approval from Council.

Applications are now available at the Village Office or online at valemount.ca.

2025 Property Taxes

Tax Notices for 2025 have been mailed out. If you have not received your notice, contact the Village Office.

Remember to apply for the Home Owner Grant **every year**: go to a Service BC Centre, call 1-888-355-2700, or apply online at www.gov.bc.ca. When you apply you will need:

- Your Social Insurance Number,
- Valemount's Jurisdiction code: 584, and
- Your Roll Number (top left corner of your tax notice). Roll numbers are entered as 8 digits with a decimal between the first 5 and last 3 digits. You might need to add 0s at the beginning, e.g.: 00123.456.

Unpaid property taxes become taxes in arrears after December 31 of the year they were imposed; interest then starts to accrue. One year later, taxes and accrued interest that are still unpaid become delinquent. A property with delinquent taxes is subject to tax sale if those taxes are unpaid by the statutory tax sale date (last Monday of each September).

If your property taxes are currently delinquent and you are at risk of facing a tax sale, please contact the Village Office at 250-566-4435 to discuss options.

Property Taxes Due July 2: Plan Ahead

- Postal service and financial institution practices affect when funds are delivered to the Village and may result in a penalty
- Non-receipt of tax notice does NOT excuse owner from payment
- Post marks are NOT considered date of payment
- Property taxes not paid by due date—**July 2**—receive 10% penalty
- Lost or delayed mail will NOT be excused from penalty
- Penalty is mandated by Provincial legislation: councils do not have discretion to waive or reduce
- Accepted forms of payment that do not rely on the mail: in-person (cash, cheque, debit), bill payment, credit card (via valemount.ca), and e-transfer to dof@valemount.ca.

Village Office Hours

The Village Office is open Monday to Friday, except statutory holidays.
Hours: 8:45am to 12:30pm & 1:30pm to 4:15pm.

CLOSED CANADA DAY: TUESDAY, JULY 1

FireSmart Fuel Management Project: 13th Ave

The Municipality is collaborating with BC Wildfire Service to complete a phased fuel management project on Village property along 13th Ave, near Ash Street.

Primary work will involve thinning and spacing younger conifer trees, pruning branches up to 3 metres from the ground, and removing dead trees and woody debris. Fuel management projects play a crucial role in wildfire risk reduction by removing combustible materials, which makes wildfire less likely to start, and any fires that do occur significantly easier for response crews to manage.

As Valemount is in a High Smoke Sensitivity Zone, wood debris will be chipped on-site and disposed of accordingly.

FireSmart Events

June to October: find us at the Thursday Farmer's Markets, sharing FireSmart information and giving away promotional materials. The local FireSmart Coordinator will be on hand to introduce the **Community Wildfire Resiliency Plan**, chat about its process and goals, and invite residents to provide local knowledge, concerns, and feedback. Come by and learn about what you can do to make your home and community more resilient to wildfire.

Contact Valemount's FireSmart Coordinator, Michel Woodman, at fsc@valemount.ca, and visit valemount.ca > Services > Emergency Management > Wildfire Preparedness & FireSmart for updates and resources.

Voyent Alert!

The Village uses Voyent Alert! to notify residents and businesses during emergency events like fire or flood.

- **Mobile devices:** Install the Voyent Alert! app from Apple or Google Play app stores.
- **Email, text, voice call:** visit register.voyent-alert.com to register online.

Wildfire season is upon us, registration is free; make sure you are registered today.



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

Valemount's first grad class looks back



Valemount Secondary Class of '75: L-R – Noel Pool, Susie Gunderson, Ron Fry, Beatrice Meersman, Marcel Hartman, Joan Erb, Dave Hauer, Rhonda Tamboline, Don Jakobson, Lillian Basaraba, Wayne Bruce, Darlene Svendsen, Marco Tchyuk, Neysa Carr, Mario Pooli. /SUBMITTED

BY RACHEL FRASER

This June marks the 50th anniversary of the first Valemount Secondary graduating class. Prior to 1975, Valemount's grade 11 and 12 students were required to complete high school elsewhere, primarily boarding in McBride, which was the larger community at the time.

Neysa Weatherbee (nee Carr) and Susie Forsyth (nee Gunderson) remember catching the bus to McBride Monday morning and returning Friday evening. While there, students stayed in a dormitory next to the high school, which stood across the street from the current McBride Secondary School.

"They built a wing on the old high school. They lobbied really hard. I remember mom saying it was just continuous meetings with the group of parents to get the district to build... these three dedicated classrooms"

-Neysa Weatherbee

There was a games room and a big dining room, Neysa remembers, and the sleeping arrangements in the dorm rooms had the girls at one end of the hall, and the boys at the other. The students were well-supervised and well-fed; the grads remember having to sign out to go out in the evening, and a 9 pm curfew.

"I believe it was Mrs. Bromley sitting there when you came in, to make sure there was no funny stuff," Susie said, though Neysa remembers their class being well-behaved.

Another member of the graduating class, who preferred not to be named, looks back fondly at the year spent in McBride. "It's definitely an experience that everybody should have," they told *The Goat*. "It was just so much fun."

Though their year in McBride was positive for all the grads who shared their memories, the students were very happy to be able to return to school Valemount. "It was nice to be back home," Susie said.

"It was super exciting," Neysa said. "A whole new wing on the school."

The change came about when due to the lobbying efforts of local parents, a shop, kitchen facilities for Home Economics, and a science classroom were added.

"They built a wing on the old high school," Neysa remembers "They lobbied really hard. I remember mom saying it was just continuous meetings with the group of parents to get the district to build... these three dedicated classrooms with the equipment needed for those three programs."

She said the lobbying started in Grade 10, and they were hoping to do Grade 11 in Valemount, but it wasn't until grade 12 that the facilities were ready.

Even then, one graduate remembers that the renovations on the high school building weren't quite ready on schedule, and they shared the elementary school for several months, trading shifts with the younger students. The elementary school students went to school in the morning, and the secondary students in the afternoon.

"It was Easter break when we went back into the other school, which was a little bit long," they said.

In a full circle moment, Neysa's daughter was in the last graduating class in that school building, the year before the current secondary school building was occupied in 2006.

Food security initiative looking for northern B.C. volunteers

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Young adults interested in food security and environmental stewardship may find some food for thought in Rise Up, a B.C. based program that places volunteers in local organizations and businesses focused on food systems. Jointly funded by the Public Health Association of BC and the Canada Service Corps, the program is continuing to accept applications from anyone between the ages of 15-30 based in northern B.C.

The program does not require prior experience in volunteering or working in agriculture. The idea is to make the program as accessible as possible to inspire more youth to work in food systems, and give them experience they can draw on when applying to jobs in the future, said Rise Up's provincial manager Lauren Bernardi.

"If you have even the littlest bit of curiosity about food systems and environmental stewardship, absolutely apply," Bernardi said. "We really see [this program] as an opportunity to address food insecurity and

employability challenges, while also giving educational opportunities for youth.

She added that Rise Up has a commitment to finding volunteers across the province – this year's cohort will include ten volunteers from northern B.C. Volunteers can do anything from remotely handling social media for a non-profit to getting your hands dirty growing food in community gardens.

Rise Up covers travel costs to the host organization and a retreat on Vancouver Island, which can be especially valuable for volunteers from more remote parts of B.C., said northern lead Cameron Bell.

"As someone who lives in the north and went to university in the north, I think it's really important for us to have those opportunities to gather with people from across the province and build relationships," Bell said. "[You] get to know your peers that have similar interests that you might not have met otherwise because you live in other places."

When the program had its first pilot run in 2023, one volunteer was placed in Valemount to work remotely for Robson Valley Community Services, Bell added.

This year's northern programs will largely focus on finding host organizations in the northwest, and the 2026-2027 cohort will focus more on northeastern organizations, Bell said. However, he said this guideline is not set in stone, and encourages northeastern groups who need a volunteer placement this year to apply.

"We're trying to maintain some flexibility so that we can find youth that are excited and inspired to be working in food systems and then find an opportunity that really speaks to them," he said.

The program will continue to accept applications from northern B.C. volunteers until all 10 spots are filled, Bell added. He said potential volunteers can contact him with any questions at northern.riseup@phabc.org.

"I'm a farmer, and I would love to see more youth participating in food production, but also participating in our food systems in other ways, such as food banks, community gardens [and] food literacy initiatives," Bell said. "You eat three times a day – everybody needs farmers, everybody needs food, and we would love to see more youth involved in our food systems."



The Valemount graduation class of 2025 crossed the stage last weekend as they begin the next chapter of their lives. Top: a group photo of the graduating class. Above L to R: Sam Darragh, Rachael Markham, Yuvia Plamondon and Sid Jabez Chavez. The other graduates (included in top photo include Gwelenen Hanson, Jamea Jeid Marcelo, Kirby Scheller, Arayah-Lynn Tinsley-Dawson, Camryn Dennis, Nyome Voth. /PHOTOS RUBY HOGG



VALEMOUNT
COMMUNITY
FOREST

PUBLIC NOTICE: FOREST OPERATIONS MAP REVIEW

Valemount Community Forest Limited Partnership Invites the public to review its **Forest Operations Maps (FOM ID: 2384)** which provides development plans within the Robson Timber Supply Area and administered from the Prince George Natural Resource District.

The FOM(s) have been prepared in accordance with the Forest and Range Practices Act and describe areas planned for Cutting Permit and Road Permit development within the next three years.

The public may provide comments on the FOM(s) at any point during the review and comment period, which starts **June 12, 2025** and ends **July 12, 2025**.

The FOM(s) is accessible for public review and comment submissions online at the following website address: <https://fom.nrs.gov.bc.ca/public/projects#publicNotice>

Alternatively, In-person review and comment of FOM(s) can be completed, by appointment to ensure a Valemount Community Forest woodlands staff member will be available, at the following locations during regular office hours (9:00 am to 3:00 pm): **3300 Highway 5 South, Valemount, BC V0E2Z0**

FOM(s) comments may also be submitted by mail to the above address or by email at aduncan@valemountcommunityforest.ca



VALEMOUNT
COMMUNITY
FOREST

PUBLIC NOTICE: FOREST OPERATIONS MAP REVIEW

Valemount Community Forest Limited Partnership Invites the public to review its **Forest Operations Maps (FOM ID: 2401)** which provides development plans within the Robson Timber Supply Area and administered from the Prince George Natural Resource District.

The FOM(s) have been prepared in accordance with the Forest and Range Practices Act and describe areas planned for Cutting Permit and Road Permit development within the next three years.

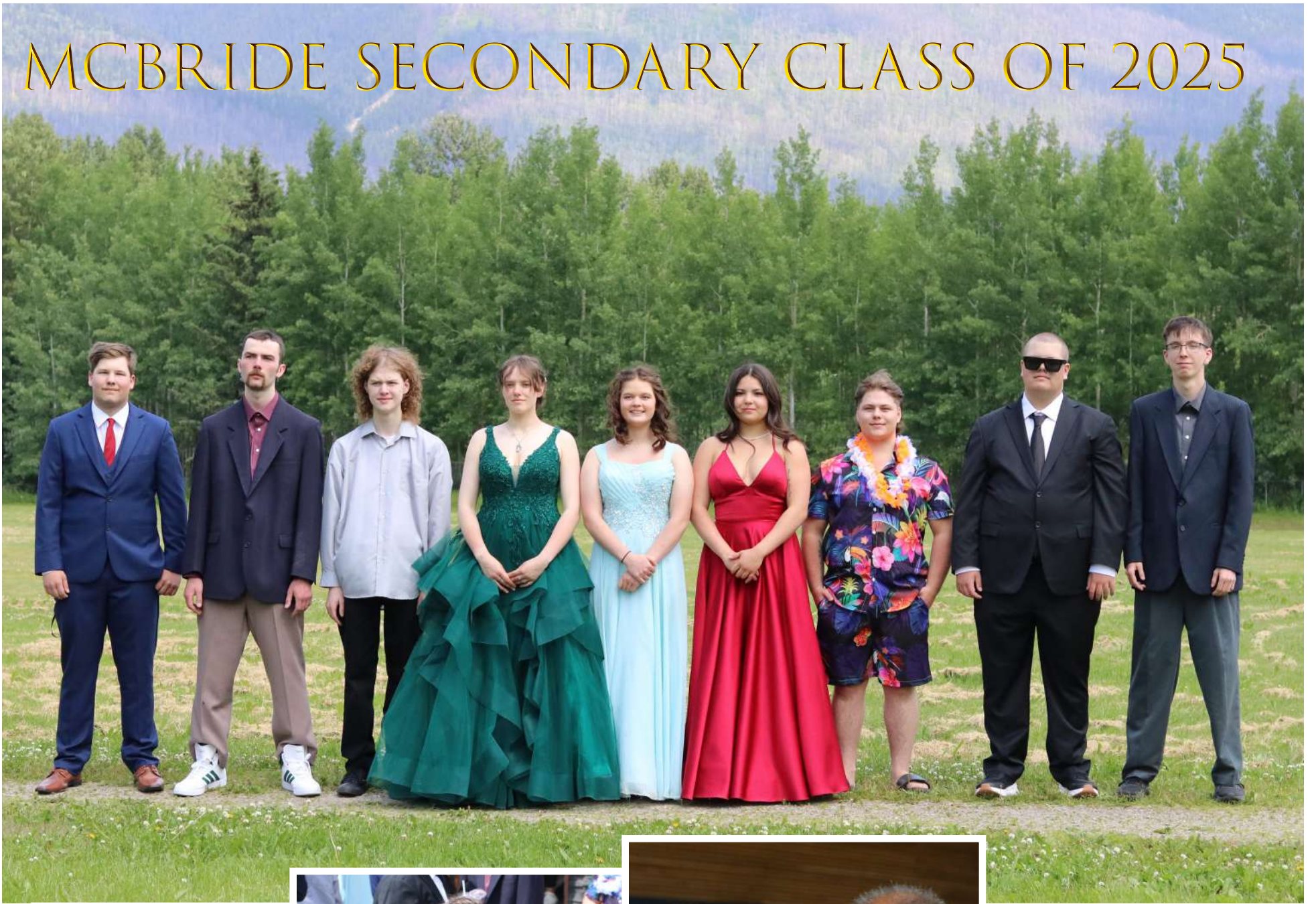
The public may provide comments on the FOM(s) at any point during the review and comment period, which starts **June 19, 2025** and ends **July 19, 2025**.

The FOM(s) is accessible for public review and comment submissions online at the following website address: <https://fom.nrs.gov.bc.ca/public/projects#publicNotice>

Alternatively, In-person review and comment of FOM(s) can be completed, by appointment to ensure a Valemount Community Forest woodlands staff member will be available, at the following locations during regular office hours (9:00 am to 3:00 pm): **3300 Highway 5 South, Valemount, BC V0E2Z0**

FOM(s) comments may also be submitted by mail to the above address or by email at aduncan@valemountcommunityforest.ca

MCBRIDE SECONDARY CLASS OF 2025



The ceremony for the McBride Secondary Class of 2025 took place Sat. June 21st. Above, the grad class poses for a group photo. The graduates include: Jessica Buck, Micholas Franke, Coral Garcia Conde, Clyde Johnston, Parker McCrea, Kai Peters Jensen, Daniel Roussel, Dominic Scales, Parker Williamson.

Far left clockwise:
Never one to be overly serious, Dominic Scales came to grad ready for a trip to Hawaii. His whole family joined in the fun and were easily spotted during the celebration.

Jessica Buck took full advantage the fun of a twirly dress allows for during the pre grad float stop on Main Street.

Coral Garcia Conde and her dad Pedro danced the first part of a dance before her mom Marie got to step in alongside her daughter.

Daniel Roussel could not contain his excitement as the ceremony began. A grad with a musician's ear, he hit the beat exactly as his walk in song picked up the tempo.

Following the formal program, a short dance was held. Kai Peter-Jensen chose to share her dance with supportive friend Lace.

PHOTOS ANDREA ARNOLD

The Tete Jaune Lodge is pleased to announce the Riverside Cafe is now open!




Chef Bill is back!

Open for dinner Wednesday to Sunday from 5 p.m. to 9 p.m.

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Happy Canada Day

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Valemount

8 a.m. to 10:30 a.m. - Pancake breakfast at the Legion

Museum Events and Festivities:

10 a.m. to 2 p.m. - Games, outdoor activities, and face painting

10 a.m. to 2 p.m. - Live music performed by local musicians

11 a.m. - 2 p.m. - Lions Club BBQ

12 p.m. to 1 p.m. - O Canada, speeches and cake cutting

Outdoor seating limited, please bring your own chair/blanket. Water fill stations available, please bring your own bottle/cup to limit plastic use. Please note that Martin Drive will be closed to vehicle traffic during the event.

Wishing Everyone a Safe and Happy Canada Day 2025

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Canada Day!

McBride

Canada Day in McBride at Steve Kolida Park

11 a.m. - Kids baseball game and family fun activities

12 p.m. - BBQ by Country Girl Kitchens

2 p.m. - Canada Day address by Mayor Runtz, followed by the singing of O Canada and the cutting of the Canada Day Cake. Lots of fun for the whole family!

Happy Canada Day everyone!
Robson Valley Home Hardware | 250-569-2284

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Happy CANADA DAY
 Happy Canada Day to all of the wonderful communities in the Prince George-Valemount riding.
 Today, we celebrate our country's beauty, resilience, and the strong spirit that binds us together—wishing you a day filled with joy and togetherness.
Rosalyn Bird, MLA
 Prince George-Valemount
 Constituency Office
 1350 5th Avenue
 Prince George, BC V2L 3L4
 Phone: 778-744-8598
 Email: Rosalyn.Bird.MLA@leg.bc.ca

Happy Canada Day
 From Mayor, Council, and Staff
Village of McBride
 www.mcbride.ca

Happy Canada Day
 From McBride
 Community Forest

Happy Canada Day
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WISHING YOU AN ADVENTURE-FILLED SUMMER

Happy Canada Day!

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Blue River

10:30 a.m. - Parade participants meet at the corner of Angus Horne Street and Cedar Street. No registration needed, everyone welcome.

11 a.m. - Parade begins.

12 p.m. - O Canada at Eleanor Lake, followed by cupcakes and games.

1 p.m. - Games start.

6 p.m. - Free BBQ and live music at the Blue River Community Hall, located at 5932 Main Street. Beach house concession open from 11 a.m. to 4 p.m.

Have a Safe and Happy Canada Day

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bestwesternvalemount.com

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WISHING EVERYONE A HAPPY CANADA DAY 2025

CANGAS PROPANE 1-833-852-8811

Happy Canada Day!

From all of us at the **Tete Jaune Lodge & Riverside Cafe**

250-566-9815 / 250-566-9805

northern routes
 CULTURAL EXPERIENCE



In what may be a Valemount first, a pride flag was raised next to Home Hardware in honour of Pride Month, a time dedicated to celebrating the LGBTQIA2S+ community and their fight for equal rights. The flag raising comes after Valemount resident Mandy McMinn approached Home Hardware owner Jason Vanderwilk, who agreed to display the flag for the month of June. "I really did not consider the impact this could have for many people in our community. I have not experienced the level of unwarranted discrimination and despair that many go through life dealing with," Vanderwilk told the Goat. "I have always taken people for who they are and the character they represent in our interactions. I fly the flag to show that everyone is welcome and that everyone will be treated with respect and dignity here as humans, no matter their circumstance." /SPENCER HALL



Discover Smart Waste Solutions

Looking to make a positive impact in your community?

Visit SortSmart.ca to learn effective ways to recycle and reduce waste. Every small step counts, from sorting recyclables to composting organic waste. Find practical tips and resources to help you manage waste responsibly.

Together, we can create a cleaner, greener future for our region.

VALEMOUNT
COMMUNITY FOREST
ANNUAL GENERAL MEETING
Thursday July 17th 2025
6pm-8pm
Royal Canadian Legion Branch 266
970 Main St. Valemount, BC
Refreshments provided

VALEMOUNT
COMMUNITY FOREST

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I.D.A.

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of Fraser-Fort George



Winners of the 2025 Valemount Secondary School Writing Contest

Spring Is My Favorite Time of Year

by Brianna Funk

Spring is my favorite time of the year.
All I can think about is my birthday
and all my family.
But it's been different these past few years.
There are no letters.
No texts.
Just an empty text bar
To you, Dad.
I don't know what to say.
There's a lump in my throat,
it's getting hard to breathe.
My eyes are puffy some nights
because all I can think about
are the what ifs.
And I'm always dwelling over the same thing.
My therapist wouldn't be happy with me.
But here I am
every day
thinking:
If I didn't ask for space,
I'd still be with my little brother.
Hugging him.
Playing with him.
Talking with you.
You knowing me.
You talking to me.
The thing is...
I know that's not happening.
Because the last time I talked to you,
you twisted my words
and blamed me
for things that weren't my fault.
So, all I know now
is I have to move on
leave these memories in the past.
Both you
and them
belong there.

NARRATIVE

"The Family Tree" by Rozina Shaw

"Moonlight" by Gwenelen Hanson

"The Roar of July" by Sid Chavez

POETRY

"When was it the time" by Jennifer Stone

"Spring is my favourite time of year" by Brianna Funk

"Hope" by Kestrel Romanow

**Shown here are the winners that consented to having their submission printed in the Goat*

When was it the time?

by Jennifer Stone

When will I know that moving from the house with the hidden closet with the off-white walls that smelled like cinnamon apples, to the house with the long stair case that everyone tripped on going up with the gray walls all over, To the house with the big, cold, garage with the big front yard that seemed like the North Pole whenever it snowed in Prince George, was not normal? I felt like I changed houses like I did my clothes, that makes me wonder when was it the time?

When will I be big enough to go trick-or-treating with my "siblings"? Was it when I stay inside and cry? Was it when the kids came to the door with bags full of candy ready to pry? I still wonder, when was it the time?

When will I know that the boy with the same, nose, eyes, ears, hair, and eyebrows as me was more than my best friend?

Was it when he would come over and have soup and play my little pony's and fight over who gets to be twilight sparkle, and then when he would have to leave I would beg my "mom" for him not to leave me again? Yet, I still wonder when was it the time?

Was it the time when I met him and his new family in the hotel? Was it when they made me feel loved even though they were not mine? Should she have to take another sip of wine? When was it the time?

Why did he have to leave without me? He was so far... I didn't think I was supposed to leave his side. When was it the time?

Was it when she was just going to take me and not him? Was it when he was so happy with them, I wished I was too? But instead, I'm still here wondering when was it the time?

When would I be able to get kissed by the sun while playing with toy trucks in the dirt, getting sand in every piece of clothing on my body? Was it when I went and built a light pink and purple dream catcher to get rid of all my bad dreams in hopes that I would be with him again?

Was I dreaming when her sister adopted her and her siblings because her mom could not care for them properly?

When was it her time? When was it my time? When was it the time? When was it their time?...

I wished I could click my feet together like the wizard of OZ and have him again, someone to love, someone that could start my life so I could live it, when was it the time?

Now was the time... I got out of the truck with my big red bin with all my stuff in it, I seen two dogs, at first, I was scared then I looked up and seen him, all my worries went away I seen my brother again, then I knew that this home was different, I knew they I was going to love my forever home, I was going to love them. Instead of asking when was it the time? I should have been asking, when was it our time?

Hope

by Kestrel Romanow

- It is healing of people everywhere.
- Helps us keep our heads while others are losing theirs.
- Helps us move forward on are journey
- Helps inspire, encourage, and lift each other up.
- Helps us deal with life's obstacles and shows us the lessons we are to learn.
- Helps us let go of fear, worry, anger, and replace them with kindness and gratitude.
- Helps us discover our voices, pathways truths and finally our authentic selves.
- Helps us change the inner dialogue so we see with a positive perspective.
- Is waiting for you as each of us matter and no one is more or less important.

The Roar of July

by Sid Chavez

The date, July 2023, is one of the stadium's memories that it will never forget, a day thick with the humid air of rivalry. Perpetual Binan, my university high-school team, clashed with San Pablo Colleges in a semi-final soccer match that was heated with animosity. They were our shadow, a team that got on the underhanded, their words sharp like the studs on our cleats flying high, their physical dirtiness and way of playing the game revolted us. But we, fueled with a quiet resolve, answered with the language of our feet, sharp passes that orchestrated from our steadfast defense to the eager attackers wanting to respond by winning. This passion, this understanding of the beautiful game, had been seeded to me when I was only five years old, by my father. I still remember the worn leather of the first soccer ball he gifted to me, its panels softened by countless kicks in our small backyard. He saw something in my youthful enthusiasm, a raw energy he recognized from his own college days watching the sport, a spark he was eager to ignite.

My domain was the midfield, the engine room where the rhythm of the game is dictated. The job of a midfielder is to control the tempo of the game. Three, maybe four or five touches, a glance and the ball would be heading its way through their clumsy defense, a lifeline to our forward line. One small or big misstep could unravel everything. I had to be one hundred percent focused and confident with the ball without hogging it. The air buzzed with tension, a silent dare between two sides locked in a fierce embrace. We absorbed their taunts, their sly fouls and channeled our simmering rage into a focused intensity. Our past, hard long training sessions, the countless hours on sunbaked fields or rainy days, and the teachings of our coaches became our armor. This dedication, this unwavering commitment, reflected the values of my father he instilled in me, the understanding that passion without discipline is a flame without fuel.

The moments unfolded like a dream engraved in sweat and adrenaline. A corner-kick I took, whipped in with precision, found a teammate's head, a flick of brilliance, an assist. Later, a lobbed pass I did, arcing over their scrambling defense, landed perfectly for another midfielder, a clean strike, another assist. The scoreboard flickered, proving that we were becoming dominant. But the memory that burns the brightest is the goal. A great cutback pass from our attacking winger to my feet, a heartbeat of opportunity just outside their box. Twelve yards stretched between me and the top left corner of the goal. I was instantly filled with a strong, steady belief in myself. No time for doubt, only the primal urge to win. The strike was clean and pure. The ball soared, a white blur against the green, and then a satisfying thud as it kissed the net.

The roar was a physical force, a sudden explosion that swallowed the stadium. Even their stunned supporters seemed momentarily silenced. A wave of pure elation washed over me, amplified by the sight of my teammates, their faces alight with a renewed fire. They played harder, passed sharper, the ball an extension of their will. The game, once a tight knot of tension, now flowed with grace. We scored four more, where I provided the two assists. Each goal a punctuation mark on our resounding answer. 6-1. The scoreboard blazed our triumph, our passage to the finals secured. Although the championship wasn't a good game for us since we got defeated 2-0 to a school called Philippine Christian University but is a great learning experience.

The day amidst the heat of the battle and the surge of victory, I felt a profound sense of pride in my team, and in myself. The journey would've not happened without its shadows. The underlying lack of confidence, the disappointing periods of being benched, and days of feeling helpless in games. But those challenges had a forged resilience, a quiet belief nurtured through prayer, deep breaths, and the stubborn refusal to be sidelined when I had the opportunity to prove myself in games. Soccer, beyond the thrill of the game, had become a stern teacher, its most valuable lesson engraved in discipline of early mornings, sacrificed weekends, and the unwavering commitment to a dream. A dream first envisioned and fostered by my father. It was discipline that bloomed on that July afternoon, culminating in a roar that echoes in my memory, a testament to the beautiful, brutal and ultimately rewarding game that had claimed my heart from the first touch of a soccer ball, guided by the unwavering belief of my father.



“I’ve gone down to half days”

Ken Abernathy, Valemount’s hardest working 90-year-old

Most days you can find Ken in his shop, servicing vehicles, despite recently turning 90. /RACHEL FRASER

BY RACHEL FRASER

Chances are, you’ve heard Ken Abernathy say he works half-days now – only 12 hours. He says he’s semi-retired, though you can find him almost everyday, all day, in his shop servicing vehicles, or on an emergency service call to save a stranded truck.

I found him at the Golden Years Lodge on a Wednesday evening. He shuffled into the common room, a bit bent-backed, a bit slow-moving, contradicting the swiftness with which his fingers would soon move over the keys, through polkas, waltzes and foxtrots. The piano bench is Ken Abernathy’s seat when he shows up, as it has been every Wednesday night since 2002, according to Rich Meyer – unless Christmas falls on a Wednesday.

“When Ken plays a polka, you get your money’s worth,” said Meyer, a Golden Years resident who has also attended the Old Timers band’s Wednesday night dances for as long as they’ve been happening.

He’s been playing piano since he was eight years old. If he’s not at work, he’s playing music, he said.

Ken moved to Valemount from Gainford, Alberta in 1950 at the age of 16, to log with his family at Mount Robson. The Abernathy family opened a sawmill in Mount Robson that Ken ran until 1969. After that, he went back to logging for a time and then he opened his garage in 1976. Ken said he opened the shop because he thought it would be fun.

In 1969, he married Sharon Watson, who had come out from High Prairie to visit her brothers in Valemount, and they had three children: Kenneth, Cheryl-Ann and Sharonrose. Today, they boast 11 grandchildren and 8 great grandchildren, scattered from Edmonton to Nanaimo, to whom he is “Bunpa.”

Born in Calgary in 1935, Ken was an only child. He remembers attending school in the ‘40s in Magnolia, Alberta, near their home in Gainford, until one night in 1947 when the school burnt down. They showed up to school the next day and it was gone, he said. However, his dad had them set up for school within a couple of days at the community hall. His dad was an organizer, and a central figure in having the highway built through to Valemount from the BC border in 1968. In the 60s, he said, “the highway was open, but it wasn’t that good, and people were always in trouble.”

Ken’s father was an American, with roots in the Scottish highlands, who rode a motorcycle from the US to Barrhead, Alberta when he immigrated to Canada at only 15 years old.

He operated two large sawmills north of Barrhead that went under in the depression, but in 1937 or 38, Ken said, “he crawled back and dug out some of his old mill

[equipment] and started over” in Gainford.

Once Ken had transitioned from the logging industry to service and repair, he became known for roadside rescue missions.

“I was around when the roads were really terrible, and I used to have to spend all night out there on the road pulling tourists up the hills.”

Most locals’ memories of Ken revolve around that aspect of his work, and the stories are numerous.

Brad Martin recalls his grandfather Don Cunningham telling him that in 1962 or 1963, he drove a 1948 Minneapolis Moline tractor with 25 horsepower, pulling an estimated 8000 lb trailer from the US to McBride. The tractor’s seals had dried out, and along the journey, oil leaked over the brakes, effectively incapacitating them.

“He started down the Red Pass hill geared down as low as possible,” Martin recalls. “However, with that much weight pushing him, it ran away on him. He ended up putting it into a bank in the ditch to stop it before it was completely out of control. As he put it into the bank, he shut the ignition off and jumped. He caught his pants leg on the throttle lever, consequently he didn’t get completely clear and the tractor ran over one of his legs which he later found out was broken.”

The trailer rolled, scattering the load.

However, according to Martin, “Along came Ken Abernathy with a bigger truck.”

They reloaded the trailer’s contents onto Ken’s truck and tried to drive to McBride despite Ken realizing his truck was not licensed for the purpose. They made it to the top of the Tete Jaune hill before being pulled over.

“When the cop... walked up to Ken’s window,” Martin said, “Don started screaming like he was in dire agony and held his leg.”

Playing up the injury, though he wasn’t in that much pain, Cunningham told the police officer he’d been run over crashing his tractor. Alarmed, the officer offered him a ride to the hospital, taking off with full lights and sirens, allowing Ken to deliver Cunningham’s possessions to McBride and return to Valemount without further interference.

Granddaughter Keisha Patenaude remembers a day he tried to teach her to drive a forklift. Her brother was close by, helping to clear branches from the property.

“Bumpa was so confident that I could handle it, and stepped down to clear the way,” she said. “I was maybe 3 feet from running over my brother, but Bumpa jumped up in time to turn the machine off... or whatever he did to make it stop.”

“To some people he’s a hero,” said daughter Sharonrose. “He’s my hero.”



He stepped away from work long enough to marry Sharon, his wife of 55 years, on December 27, 1969. Also pictured are Jim and Ruth Watson, Sharon’s brother and sister-in-law. / SUBMITTED



If he’s not at work, you can probably find him playing piano in the Old Timers band. /GOAT ARCHIVES

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AREA

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

THUR June 26: Join us for a Rock Painting Workshop, on Thursday, June 26th, 2025, from 1:00-3:00 PM at the RVCS office in Valemount, 1444 5rd Avenue, for an afternoon of artistic expression and fun. Let your imagination run wild as you transform ordinary rocks into colorful, unique masterpieces. Whether you're a seasoned artist or just looking to explore a new hobby, this workshop is for everyone! All supplies are included—just bring yourself and your creativity. Let's get those artistic juices flowing—come paint, connect, and create!

SAT June 28th Berg Lake Trail Grand re-opening celebration 10am-2pm at the Berg Lake trailhead.

TUES July 1st Canada Day Festivities. See Canada Day spread P12-13.

TUES July 1st Filipino Food Buffet at the Valemount Community Hall with Live Music and Filipino cocktails. 5pm-8:30pm. Food starts at 6pm.

SAT July 5th Celebrating Yellowhead Helicopter's 50th Anniversary and supporting RCL Branch 266 with 12 minute heli tours of Mt. Robson and our valley. \$80 per person. Contact 250-566-1115 for details.

FRI-SUN July 4-6 Alpenglow 100 race. Distances: 35km, 60km, 100km, and kids. **After-party at Whiskeyfill Farm Sunday Noon-late.** 840 Whiskeyfill Road. Music food and vendors! View the race routes here: <https://trailrunning.ca/race/alpenglow/>

SUN July 13th 60's/70's PSYCHEDELIC DANCE PARTY with out of town touring bands, Paris Pick & The Pricks and Damien Alblas at the Valemount Legion. Doors 8:30pm, music starts 9pm. ALL-AGES SHOW! Pre-Sale Tickets are available now on Eventbrite. Theme-attire encouraged!

THUR July 17: Join us for the **Baby Blossoms** program, held one day a month, designed to provide parents with essential knowledge and practical skills to support their infants development during these first three years. Each month, we focus on a specific aspect of infant care. Thursday, July 17, 2025, from 10:30 AM to 12:00 PM at the RVCS office in Valemount, 1444 5th Avenue. July's Topic: What is VIP? VIP stands for With Cat Crowley-Weid, Peace Program Facilitator. Violence is Preventable, a vital session designed to empower caregivers with tools and knowledge to foster safe, nurturing environments for young children. Learn how to recognize early signs of stress, build healthy communication habits, and support your child's emotional development from day one. Registration is preferred, contact the office to secure your spot. This program is brought to you by the Infant Development Program and the P.E.A.C.E Program.

MON-THURS July 21–24: Children ages 5-10 years are invited to join us for a fun and engaging **Mindfulness Camp**, Healthy bodies healthy minds, running July 21–24 from 9:00 AM to 12:00 PM each day. Camp participants will enjoy snacks, take-home creations, and activities that promote emotional well-being and healthy habits. Caregivers will also receive helpful resources related to supporting healthy minds. Registration is required—contact the RVCS office to sign up as space is limited. Brought to you by the CYMH Program.

July 18-21 Children of Autumn creative educators workshop at Wellspring Sanctuary. Learn interactive teaching techniques to build children's connection to nature. More info at childrenofautumn.com

Ongoing Valemount

Pancake Breakfast - Sundays
Pancake breakfast at the Valemount Legion Sundays 8 to 10:30a.m. 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 pickleball at the Community Hall at noon Sundays, and 8:30am Tuesdays and Thursday.

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

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

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.

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.

Virtual Fitness Classes at Peak Physio:
Barre workouts Tuesday mornings at 7am
Cardio Kickboxing Thursday mornings 7am
We are adding yoga Monday nights at 7:15pm
Above workouts are taught by a virtual instructor but held in our quaint gym space. Limited to 6 participants - pre-registration is advised. Kickboxing limited to 4 people. \$10 per session. Sign up online at www.peakphysiotherapy.janeapp.com or call/text 2650-566-4650

In-Person Fitness Classes at Peak Physio:
High-intensity circuit training Tuesdays 7-8pm and Wednesdays 9-10am. Low-intensity circuit training Fridays 9-10am or Sundays 10-11am. Instructor Laura Smith. Sign up online at www.peakphysiotherapy.janeapp.com

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. ON HOLD UNTIL MID-JUNE.

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!

June 27 – Puppets & Rhymes

The Valemount Seed Library Mon-Fri
The seed library is available in our lobby during business hours at RVCS Valemount (1444 5th Avenue). Office hours: Monday 10 AM -6 PM and Tuesday to Thursday 8 am-4 pm. 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.

The Free Food Farm Stand & Pantry Mon-Fri
The stand and pantry are available for anyone who would like some free, fresh produce. We also accept donations of unprocessed fruits and veggies. The stand is accessible in the front lobby at RVCS Valemount (1444 5th Avenue) 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 info, call 1-844-324-2004 or email events@rvcsbc.org.

McBride

MON June 30 Join us from 1:00 PM – 3:00 PM at the RVCS office in McBride, 942 3rd Avenue, for a special **Canada Day recognition event.** We'll be screening the NFB of Canada Film Shining Mountains-The Ancient Ones at 942 3rd Avenue, McBride RVCS. This breathtaking film explores the deep history and sacred connection between people and the majestic

Rocky Mountains — a landscape that surrounds McBride and shapes our identity. Featuring stunning cinematography and rich storytelling, this documentary invites you on a journey through time, unveiling the stories etched into the peaks and valleys of this ancient land. Let's come together to reflect, connect, and celebrate Canada Day a little early — through the lens of nature, history, and community.

TUES July 1st Canada Day Festivities at Steve Kolida Park. See P12-13 for details.

WED July 2nd Free Legal Advice at the library 2:00 pm Hosted via zoom by former Dunster resident, Jesse Stamm, Barrister and Solicitor, Bsc. Bsc. These private sessions will be held in the meeting room at the McBride Library. This service is first come first serve, to the maximum of 15 minutes per person. Please arrive promptly if you wish to speak to Jesse, as he will end the call if there is no one waiting to speak to him.

SAT July 5th 1:30 – 3:30 An introduction to chain mail! Come join Jeff for an afternoon of creativity at the library. All supplies provided. Ages 12 and up. Registration is required. Please call 250-569-2411 to reserve a spot.

TUE July 8: Join us for Let's All Take Part In Art! A Free Summer Art & Creativity Morning for Caregivers and Children (Ages 0-6). Caregivers and their little ones are invited to a fun and creative morning of art activities on Tuesday, July 8th, 2025, from 10:00 AM to 12:00 PM at the RVCS McBride Office, 942 3rd Avenue. This free event is a great opportunity to explore creativity, connect with others, and enjoy quality time together. All materials are provided, registration is required, please contact the office to sign up. Brought to you by the Infant Development Program and Family Literacy Program.

MON-THURS July 14th - 17th: Children ages 5-10 years are invited to join us for a fun and engaging **Mindfulness Camp**, Healthy bodies healthy minds, running July 14–17 from 9:00 AM to 12:00 PM each day. Camp participants will enjoy snacks, take-home creations, and activities that promote emotional well-being and healthy habits. Caregivers will also receive helpful resources related to supporting healthy minds. Registration is required—contact the RVCS office to sign up as space is limited. Brought to you by the CYMH Program.

TUES July 22: Join us for Café Connect, a monthly gathering designed to bring caregivers together in a warm, welcoming space. Share your experiences, gain inspiration, and build a stronger sense of compassion, connection, and community. 12:00 PM to 1:30 PM at the RVCS office in McBride, 942 3rd Avenue. This month we'll explore the use and benefits of visual schedules, with a look at various formats to support your parenting journey. Coffee, tea, and light snacks provided, feel free to bring your lunch. Initial registration is required.

Ongoing McBride

MONs 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 Wednesday in McBride. Our weekly targeted programming is a great way for kids ages 0-6 (with their caregivers) to play, connect, explore, and learn!

MON's Starting MAR 10: Join our workshop, How To Talk So Kids Will Listen and Listen So Kids Will Talk, a seven week program from 7 PM to 8 PM at the McBride Secondary School, 1300 2nd Ave. Learning these skills sets everyone up for success, fostering a harmonious and supportive environment for both you and your children. All supplies and workbooks will be provided. Enhance your communication skills and create a positive impact on your child's development. Registration is required, please contact the office to reserve your spot.

TUES ASL Sign Language Club 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

Dungeons & Dragons - Tuesdays
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!

Children's Learning Series - Tuesdays 3:00pm starting with a story and snack, each week library staff will host activities under the umbrella of a variety of themes. Geared to ages 9-12. Please call 250-569-2411 or stop in to register children. More info on the website library@mcbridebc.org. April 1 is Games Galore, April 8 is an art collage, April 15 is the viewing and discussing the groundbreaking animation techniques in Spider-Man Across the Spider-Verse (families welcome).

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.

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

Sunshine Stories - Thursdays
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.

McBride Community Market - Fridays
Starts Friday June 20 from 11:00 am to 2:00 pm in the pavilion at Steve Kolida Park. Bring your own table. Space rent is \$10.00 per week. The sale of high risk foods requires a permit from Northern Health. For further information contact Jackie Edwards at 250 569 7101 jackie.c.edwards@gmail.com

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!

New Games Cafe Night – Fridays 6pm
Meet up with others to enjoy board and card games. Suitable for casual players looking for a fun night out to hardcore strategists who love a challenge. Staff are happy to introduce new games at this time.

Free Food Pantry Mon-Thurs
Free food pantry at McBride RVCS (942 3rd Ave) that's available to all! Emergency top-up food is accessible to our clients and anyone who walks through the door. We share and accept donated foods that are safe and fresh for use. This project is made possible thanks to grant funding from United Way of BC and the residents of the Robson Valley! Contact RVCS at 1-844-324-2004 or email events@rvcsbc.org. The local Food Bank is also available: 250-569-3186.

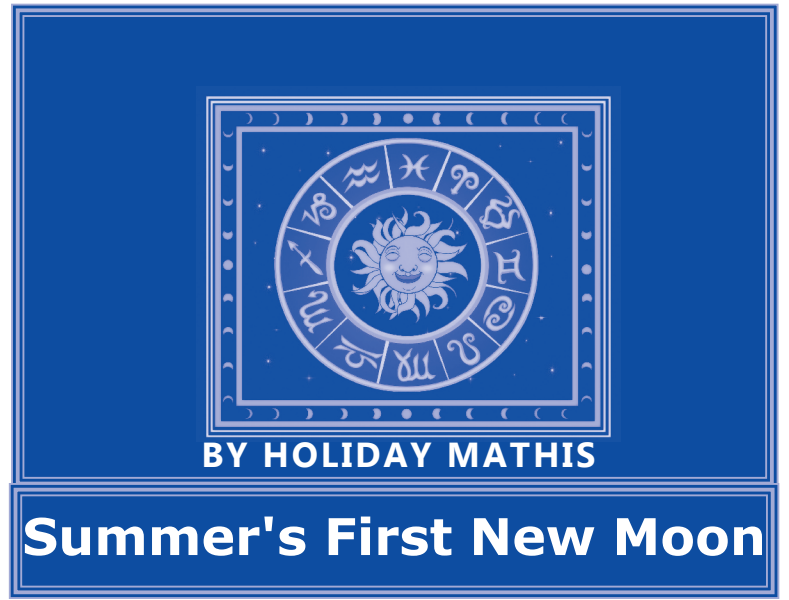
Dunster

Sat. June 28th the annual Dunster Ice Cream Social! 7pm-11pm. All you can eat dessert buffet!

MON-FRI JULY 7-11 Youth Film Camp @ The Dunster Schoolhouse. Take 5 Film Camp is 5 full days of creating 3 short films for youth aged 12-18 years old. Learn new skills, get creative and have fun! There are only a couple of spots left at this time with the return of participants from last year. To sign your youth up or more information, please email dunsterfess@gmail.com

AUGUST 1-3rd DUNSTER SCHOOL REUNION! 50+ years of students, teachers, parents, and community members who have participated in the Dunster School in any capacity, come and celebrate this historic place over the weekend! All welcome. More details coming soon!

PUZZLES



CROSSWORD

Answers on P21

Across

- 1. Give and take
- 5. Emeril, for example
- 9. Containing poison
- 11. Pushes hard
- 13. Circus ring
- 14. Setting
- 15. "Undoubtedly"
- 16. Game on horseback
- 19. Besides that
- 20. Military operation surrounding a city
- 22. Military offensive
- 26. Events held in garages
- 31. From the bottom of one's heart
- 32. Vegetable with eyes
- 33. California is one
- 34. Entrance
- 35. "Star Trek" setting
- 37. "What are the ___?"
- 41. Person who practices
- 42. Winnie-the-Pooh's gloomy friend
- 45. Firearm, e.g.
- 47. Fool
- 49. Underlying
- 50. Leadership group
- 51. Lose color

- 52. Like a billionaire's pockets

Down

- 1. Remain
- 2. Donned
- 3. Sacks
- 4. ATM number
- 5. Vital life force, in acupuncture
- 6. Ankle danger
- 7. Fiendish
- 8. Service charges
- 10. Tablets' alternative
- 11. City pollution
- 12. Go after
- 17. Like some garage floors
- 18. "Live and ___ Die" movie
- 21. Limited to a small circle
- 22. Promotions
- 23. Sink, as the sun
- 24. Bass's home
- 25. Suitable
- 27. Supped
- 28. "___ and Order"
- 29. Time of arrival, abbr.

1	2	3	4		5	6	7	8			
9				10				11		12	
13								14			
15				16	17	18			19		
				20				21			
22	23	24	25				26	27	28	29	30
31								32			
33								34			
				35	36						
37	38	39	40		41				42	43	44
45				46				47	48		
49								50			
	51								52		

- 30. Sushi sauce
- 32. Step
- 34. It's pumped
- 36. Football maneuver
- 37. Night flying bird
- 38. Turn a ___ ear to
- 39. Information
- 40. Sprinted
- 42. Intern, for one
- 43. Holding a grudge, say
- 44. Footfall
- 46. "___ night love affair," Bryan Adams
- 48. Parent

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

SUDOKU

Answers on P21

HOW TO PLAY

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

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

The Toughie

Answers on P21

Across

- 1. 1990s war site
- 7. Boxer Oscar ___ Hoya
- 11. Tirana country, for short
- 14. Flourish
- 15. Earth Day subj.
- 16. Envelope type
- 17. Taylor Swift song
- 20. Over, old way
- 21. Wrong
- 22. Pirate booty holder
- 23. Food safety org.
- 25. Cry of disgust
- 27. Life story in miniature
- 28. Switch positions
- 30. Haphazardly
- 35. Arab bazaars
- 37. Twin Ronnie or Reggie of London crime
- 38. Barely get, with "out"
- 39. Taylor Swift song
- 43. What a sweep will clear out
- 44. Martinique et Guadeloupe
- 45. Pre-Russian revolution class
- 46. Heads of the house
- 49. Rush attraction
- 50. Blockhead
- 51. ___ Mahal
- 54. Coal carrier
- 57. Keyholes
- 60. Capt.'s superior
- 62. Massage locale
- 63. Taylor Swift song
- 68. The Giants' Manning
- 69. Ivy League school
- 70. "Man ___", starring Denzel Washington
- 71. First name in horror

- 72. Nimble
- 73. Cell examination

Down

- 1. Marshy stream
- 2. They're found among the reeds
- 3. Breads
- 4. Key point
- 5. Chemical endings
- 6. Make up then and there
- 7. Room with an easy chair
- 8. Electrocardiograph, abbr.
- 9. Cattle call
- 10. "Diary" maker
- 11. Tennis great, Arthur
- 12. Flees quickly
- 13. Borscht vegetable
- 18. ___ roll (winning)
- 19. Fund-raising suffix
- 24. Egyptian life symbol
- 26. Toughest
- 27. ___ Mawr, Pa.
- 29. Capt.'s heading
- 31. New Mexico town
- 32. It has tent sales
- 33. Gumbo pod
- 34. Unassuming
- 35. Pretense
- 36. Belgian-French river
- 37. NASCAR driver Busch or

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Petty

- 40. Intentions
- 41. Ref.'s decision
- 42. Abrupt
- 47. Romantic meeting
- 48. Subjects to chemical analysis
- 52. Buddy, in Burgundy
- 53. Sculptor Epstein
- 55. Copyists
- 56. Brit's buddy
- 57. River duck
- 58. Singer Lovett
- 59. Williams of the Temptations
- 61. Singer Mitchell

- 64. Sound at the door

- 65. Kind of camera, abbr.
- 66. Spanish king
- 67. Corp. bigwig

The first new moon of summer poses a question to the very heart of our domestic life. What is the magic change that could refresh our day-to-day routines and bring a sense of ease and comfort to our home life? Is it the right kitchen gadget, meal service or morning routine? Is it the way we talk to loved ones, or the frequency of those conversations? Make a wish on Wednesday to manifest the thing you believe will bring peace to your home.

ARIES (March 21-April 19). You've been trying life in different configurations, sometimes new ventures, sometimes the same familiar elements -- people, projects, activities -- in different amounts or a different order. You are so very close to the lifestyle that makes sense, that unlocks more ease, more you-ness. And this week, someone is there nodding, cheering, whispering, "Keep going."

TAURUS (April 20-May 20). The world is filled with extraordinary treasures, though the ones that appeal to you are but a few. This is what it means to know yourself well and to have taste and discernment. The thing you really want comes with a hefty price tag, but don't let anyone tell you it's out of your reach, because it is, in fact, just within it.

GEMINI (May 21-June 21). There are those who cannot tell what emotional gift will help a situation. They contribute their logical fixes to emotional crisis, or they give their passion to situations that need practical assistance. It is in these moments that your gifts will be most appreciated. You pay attention, and you'll give -- and ask for -- the right solution for the moment.

CANCER (June 22-July 22). You walk inside a feeling you can't quite name, something like awe mixed with fatigue. Lately, you've known life as a symphony of clarity and longing -- and through it all, your luminous, wry soul is totally intact. Even if things do not entirely resolve this week, you'll have the sense that you've witnessed something rare and entirely yours.

LEO (July 23-Aug. 22). Though you're grateful for what you have, you're so conscious of all the beautiful potential. Your list of hopes is breathtaking -- full of love for your endeavors, for those you care about and even for the strangers who don't yet know how much they need what you're building. Get more support this week so you can keep on building it.

VIRGO (Aug. 23-Sept. 22). You'll show your willingness to compromise, and because of this, people want to meet you in agreement. The trick here is to be the first one to make a concession. Your spirit of accommodation will speak to their heart; negotiations transcend the transactional. The deal on the table is a vehicle to honor and witness the work and choices of all involved.

LIBRA (Sept. 23-Oct. 23). It's a week for initiating projects or going back to the early stages

of ongoing projects to reimagine what could be. Brainstorming, strategizing and plotting your future brings a rush of excitement, possibility and power. That surge of adrenaline is your body saying, "This matters. This lights you up. Keep going."

SCORPIO (Oct. 24-Nov. 21). You might be surprised at which of your many interactions make an indelible impression. Impact isn't always proportional to effort or intention. A small moment -- your tone, a glance, a kind word -- will land deeply with someone because of where they're at. What feels ordinary to you will hit a nerve, fill a need and stay with someone for years.

SAGITTARIUS (Nov. 22-Dec. 21). You'll take on a job and quickly make big, visible progress, but then there's a lull. The final stretch will be slow and painstaking -- debugging, refining, polishing and aligning all the moving parts. The last bit will take almost as long as the entire endeavor. If you budget your energy, money, hours and other resources accordingly, you'll come out ahead and happy.

CAPRICORN (Dec. 22-Jan. 19). Shared goals are the theme, and your team grows and changes in just the way you need it to, though you might not feel this for certain when it's all shifting. The roles will switch throughout the week, and each person will get a turn to be the leader, the one who is helped, and more often part of the grand motor that is propelling your group to the finish line.

AQUARIUS (Jan. 20-Feb. 18). You'll sleep but you won't dream, at least not while you're in a resting state. Your dreams are for the wide-awake times -- the times that appear to you like a problem to solve, a need to provide for, a void to fill with your version of reality, a version that starts with the alternate reality that could only come from your imagination. This week, you're doing the work of a visionary.

PISCES (Feb. 19-March 20). The word "sorcery" is from a Latin root meaning "fate." This week, your hard work culminates in a result that seems fated, and it appears to onlookers in a puff of magic -- instant transformation. But you know better -- your "overnight success" is an illusion and is actually the result of a thousand small efforts made over time.

THIS WEEK'S BIRTHDAYS: Your curious mind is an enormous asset that opens the world to you. You'll intuit just the question to ignite conversation and build trust and emotional bonding. New professional, intellectual and personal avenues are cleared for your safe and speedy travel to a dream destination -- either a place in the world, a position or a new identity within yourself. More highlights: A move or renovation will have you changing your daily routines and systems. You'll receive three stellar invites and accolades that were five years in the making.

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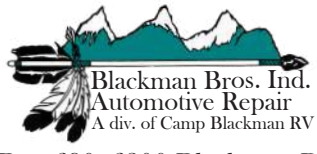
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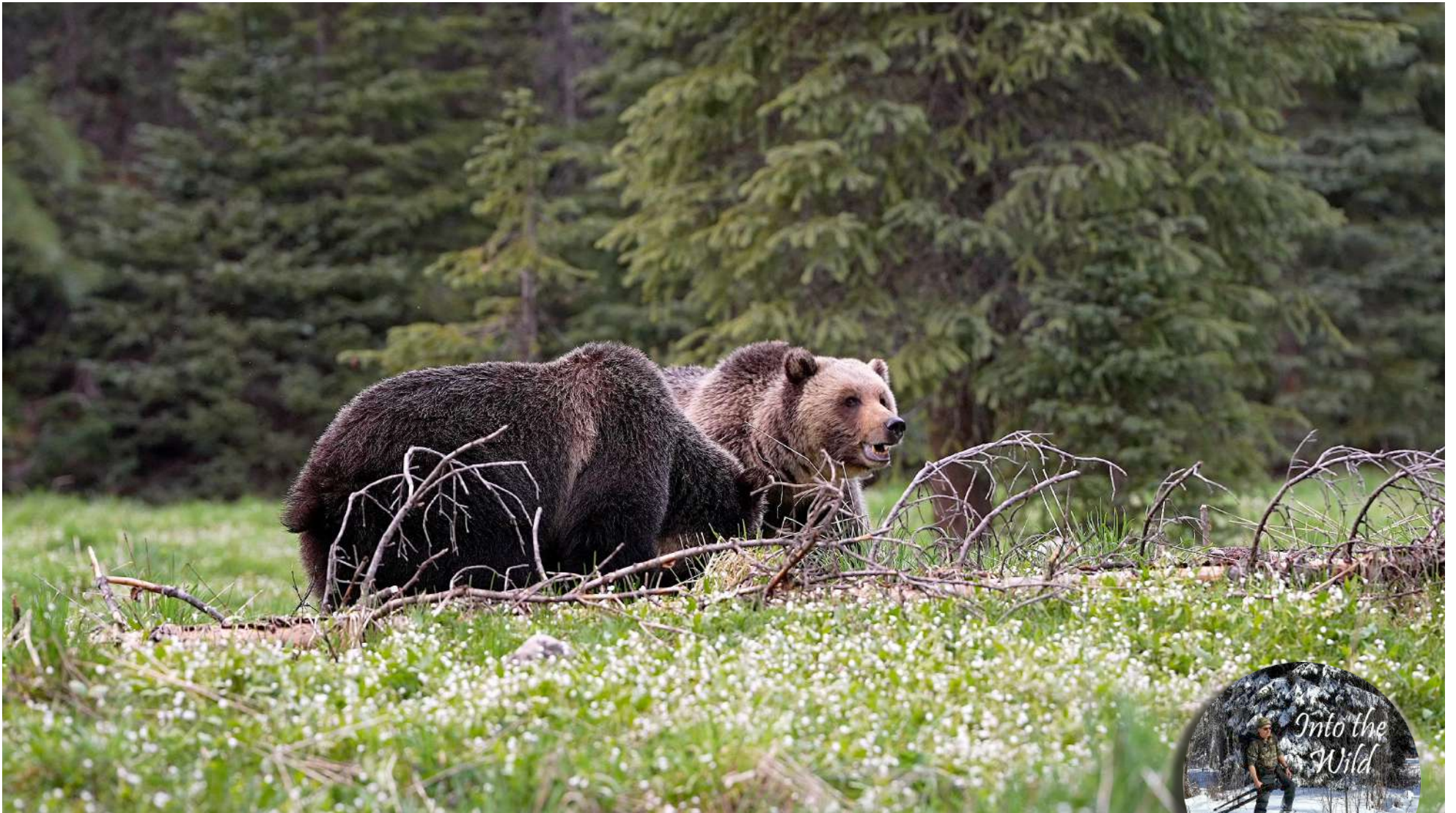
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Over the course of this past spring filming grizzly bears close up and personal proved to be very challenging for me as one thing or another always seemed to go wrong and my best efforts would end in failure. I finally got a break one afternoon in late May when I spotted these two grizzlies (boar & sow) resting at about 80 yards distant. I quietly backed away another 80 yards or so to get my camera set up and creep silently back to my original position. After quite some time they finally got up to feed on the tender new vegetation. There was a slight breeze blowing towards me so I was able go undetected till they got just inside 25 yards which was as close as I wanted them anyhow. I was filming from a low crouched position and under a camouflage cover which certainly helped to go undetected. /LEON LORENZ



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Valemount Community Forest for donating firewood for the raffle, a big fundraiser for the event. BC Ambulance, Village Public Works and Valemount RCMP for your support throughout the weekend. Valemount Fire Department for setting up / taking down the tent and benches, filling the Dunk Tank, and giving rides to the children in the mini truck on Friday night. V-Crew staff and youth for organizing the Friday kids activities, the Saturday Block Party and hosting our first Petting Zoo. Rundi Anderson and Michael Lewis for lending tables and permitting a sign on the Three Ranges fence. Regena Bergen and Iryna Borodulina for organizing the parade. Thank you also to Amanda Cameron and her family for making the inaugural Petting Zoo special for the kids. Andru McCracken for coordinating the Musicians and helping with setup and takedown for the festival. Audrey Rose for organizing kids baseball. Beer Gardens volunteers - Andrew Hryhchuk, Carrie Armeneau, Jen Byford, Kim Byford, Miwa Hiroe, Nadiia Horetska, Sam Travers, Shanon Manahan, Teresa Bodenham and Valerii Vinichenko. Special thanks to Iryna Borodulina for setting up, coordinating and volunteering. Canoe Valley Rec Centre staff for helping with setup. Canoe Valley Skating Club for setting up Chicken Crap Bingo. Community volunteers who helped us at the waiver table for the kids activities. David Carson, Miwa Hiroe and Page Norton for supporting the loggers events. Ian Griffiths for setting up and managing the sound on Friday Night. Jim Morris for help with moving the Dunk Tank. Jory Wong who mentored students for face painting and the chalk mural over the weekend. Judges who helped for the parade and the Art and Photo Contests. Karly Ireland for caricatures on Friday. Korie Marshall for organizing the Vendors Market. Legion for hosting Bingo on the grounds and Pancake breakfast on Sunday. Musicians who contributed to the festivities on Friday and Saturday - Ben Coyle, Bush Pilot, Cat Crowley, Half Asian and Amy the CODA, John Crowley, Mike Berkenpas, Miwa Hiroe (with Kyle Beeson), Rick & Becky Lawrence and Ross Ballard. Robson Valley Live Different Club for running the concession. SloPitch volunteers for organizing the softball tournament. Valemount Curling Club for organizing the dance on Saturday. Valemount Secondary School sports clubs for supervising the bouncy castles, dunk tank and running the multi-seater bike all weekend, and also operating the cotton candy machine on Friday. Thank you to all those who cheered the parade and attended the weekend events for your community spirit. We're also grateful to everyone who supported us by purchasing firewood raffle tickets.

Thank you to anyone we may have missed or who contributed quietly to the weekend's success!



Summer TREKKING

with the Goat

The new Berg Lake trail jogs to the east of the Robson River at the north end of the Kinney Lake Flats. /LAURA KEIL

Off-season backpacking on the new Berg Lake Trail

BY LAURA KEIL

On the cusp of the Berg Lake Trail re-opening in full, my family and I hiked up to Kinney Lake last weekend where we camped for two nights and did a day-trip to Whitehorn. We knew this would be our one chance to camp there prior to advance reservations taking effect this Thursday. There's been tremendous interest in the trail this year with the upper section re-opening for the first time since 2021 when a flash flood took out sections of trail and several bridges. As of writing this June 23rd, 2025, the upper section between Whitehorn and Berg Lake was still closed (scheduled to open Thursday). On Sunday, we witnessed a heavy-duty helicopter flying in pieces of a metal bridge to complete the trail. I asked the Ministry of Environment and Parks whether the trail was still set to re-open Thursday, but they were not able to confirm by presstime.

We felt privileged to be able to experience the beauty of the lower portion of the trail prior to the rush of pre-booked campers, and I hope BC Parks continues to limit the number of campers before late June to allow people in the region a chance to enjoy the trail before they are "outbid" by advance-booking tourists.

How does first-come-first-serve work? During the early season ex) May 15th up until late June (June 26th this year) camping is done on a first-come-first-serve basis by showing up at the Visitor

Centre before 4pm and paying your camping fees then. Between Thanksgiving and until May 15th there are no fees and camping is also first-come-first-serve. However, it should be noted that there's no maintenance during the winter period and avalanche risk is a danger. The outhouses can also get snowed in.

In June, the main challenges are wind and nighttime chill, not so different from July and August. We were surprised to see a lot of people had the same idea we did regarding a pre-season trip. A large group was camping at Kinney, a group of moms and their kids from Prince George. Despite the strong winds and cold nights, it was a great way to reconnect with nature at the beginning of what will no-doubt be a busy (and much-needed) tourist season for the Valemount-Robson area.

The new Berg Lake Trail

On Saturday, I hiked from the Kinney Lake campground to Whitehorn, and followed the new trail that has been built into the hillside above the "Kinney Lake Flats" as they're known. The Flats is where the previous trail took hikers, and is still accessible most times of year. The new trail, which climbs and winds into the forest, has a "roller coaster" feel and adds time and distance to the route, largely due to the elevation and switchbacks. Some of the trail was cut into the mountain with a steep drop on one side, making it a less desirable route for children.

This is summed up by a graffitied Parks

Sign that originally read "Warning Area of steep cliffs and drop-offs. Supervise Children." Someone crossed out the "Supervise" and scrawled above it "Don't trust" (children). That said, the new trail does offer some splendid new views, the first of which is quite close to the Kinney Lake campground where the old horse trail meets up with a new steel bridge that gives hikers a lovely view of a waterfall descending the lower reaches of Mt. Robson. It also provides an aerial view of the Kinney Lake Flats, a consolation prize for the climbing. From the end of the flats to Whitehorn, the trail ascends steeply but follows the east side of the

Robson River so that hikers end up on the campground side instead of the Ranger-cabin side. From this point on, the trail was closed so I poked around and headed back. Just before I did, I ran into a couple dental students who had driven up from Vancouver the previous day. The hike to Whitehorn was a day trip for the pair, and they were enchanted by the mountains. Jared Jones said it was "pretty breathtaking."

"You hear about all these mountains, but being out here is a different experience. You really feel how small you are."

I have to agree. I came home sore, but humbled and more centred.



The new bridge at Whitehorn replacing the one damaged in 2021. /LAURA KEIL



Round out your adventure day with a visit to the Caribou Grill!

Open Thursday-Monday 4:30-9pm

1002 5th Ave, Valemount

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

Shelly Battensby
REALTOR



DIFFERENT BETTER

13740 Dome Creek
DOME CREEK
\$434,000



History comes alive in this repurposed church. The bell tower and vaulted ceiling remains, while the updates were tastefully done in honour of the character of this home. Nestled in a treed acreage in the heart of Dome Creek, this one-bedroom home needs only a few more touches to bring your dream to life. Much of the property is cleared and has a large garden plot and 1 room cabin.

1480 7th Avenue
VALEMOUNT
\$315,000



This immaculate home is a real charmer. With 3 bedrooms, family room, living room, updated kitchen, and a large mudroom, you'll wonder what you did without all the space. The 10,000 sf yard is landscaped and features mature trees, a covered patio, and a double garage. The home has been well maintained and updated over the years, is close to schools and amenities, and is available for quick possession.

2300 Main Street
VALEMOUNT
NEW LISTING!
\$385,000



Located just outside of town on a private road, this mid-sized acreage offers over 20 level, natural acres backing onto newly acquired land for the local recreation association. With no development behind you and direct access to nearby trails, this property is a dream for outdoor enthusiasts. Enjoy mountain views, proximity to bike trails, and quick access to local amenities.

5925 Whiskey Fill Road
VALEMOUNT
\$365,000



This small acreage and one-level, 2-bedroom home is all you need, with an open concept living area and a covered deck for your morning coffee. The main yard is fully fenced and gated, featuring a water fountain, RV parking, and good exposure for your garden. The property has plenty of parking space, for vehicles and trailers alike, and a 2-bay garage for a home-based business or workshop. Available for quick possession.



2024
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OFFICE: 250-645-5055



Valemount Eatery Hours Guide




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



Abernathy's
Open 6am-1pm Mon-Fri *NEW
250-566-9199



Vale Coffee Roasters and Café
Reg Hours: Th 9-2, Fri-Sun 7-2
info@valecoffee.ca / valecoffee.ca



Caribou Grill
Open 4:30-9pm. Closed Tues & Wed
1002 5th Ave / 250-566-8244



BoShay's Bistro
M-Fri 8am-3pm +M,W,Th 5-8pm
Sat 9am-3pm 250-566-0154



IGA Deli
Open Daily 8am-8pm



Valemount Legion Branch 266
Friday dinner 5-8, music 7-10
Sunday pancake breakfast 8-10:30
970 Main Street / 250-566-4343



Thrifiers on the Bay Café
Open M-Sat 7am-midnight,
Sun opens 8am 778-915-8839

Feature Eatery

Summit Grill
Open 7 days a week
HOURS
4pm - 9pm
Located in the Best Western Plus Valemount



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