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While there was no sign of Scooby and the Gang, the Mystery Machine made an appearance at the Northwest Mud Racing Association's mud races held last weekend at the Canoe River Campground. For more pictures and info, turn to P13. /SPENCER HALL

Changing of the guard

Former VCF president reflects on her time with the community forest

By Abigail Popple, Local Journalism Initiative Reporter, RMG

After 17 years of working with the Valemount Community Forest (VCF), Ainslie Jackman is out as president of the board. Valemount Council, the shareholder of the community forest who represents the interests of Valemount residents, chose not to renew her contract in a closed meeting.

The Goat sat down with Jackman to discuss her time at VCF and her plans for the future.

Jackman joined the board in 2008, just after the community forest officially started. It was a difficult time for the forestry industry overall, with the 2008 recession rocking the entire province and local mills closing left and right – Valemount's shut down in 2006. On top of that, the community forest had to contend with an epidemic of mountain pine beetle, which

devastated the local tree population.

The community forest's goal was to increase local employment, Jackman said.

"Every community forest has a different focus... we were desperate, and we needed to create jobs, so that was our focus," she said. "Our mission statement and guiding principles were written to diversify [the economy]."

Building a community forest from the ground up also meant writing policies for meetings and learning the ins-and-outs of running a community forest – no easy feat for any new board, let alone one still reeling from a local economy that was in freefall. According to Jackman, board meetings in those early years were typically three or four hours long, a far cry from the roughly 90-minute meetings the board holds today.

"They were horrendous. And we had in-camera stuff to deal with too, so it was

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VCF president...Cont'd from A1

grueling," she said, adding that after separating the Valemount Industrial Park from the community forest made meetings more manageable.

One point of pride for Jackman was purchasing a sawmill in 2019, which she said resulted in the creation of 10 jobs. Nobody on the board during the purchase had experience with mills, but they worked together to do the best they could, she said.

"It was exciting and it was fun and we liked each other," she said of the 2008 board. "Trying to decide what kind of mill [to purchase], we were out of our league, really. We did the best we could with what we knew."

Other highlights from Jackman's time on the board include moving Cedar Valley Holdings onto the VCF yard. According to Jackman, then-general manager Craig Pryor helped the company grow from three people to 15 people.

One recurring obstacle for the board has been finding qualified people to fill empty positions. Jackman says the ideal board brings people with a wealth of experience in various fields, from finance to logging to trucking. While it hasn't been easy to build a knowledgeable, diverse board in a town as small as Valemount, Jackman counts herself lucky to have worked closely with a group of dedicated people who cooperated well.

"We were a very caring bunch that started the community forest and really knew that it was our only hope," she said.

Despite the challenges VCF has tackled, Jackman knows that community forests can quietly support their communities and has enjoyed getting to collaborate with board members who are passionate and knowledgeable. She pointed to the dock at Cranberry Lake as one example: she proposed building a new dock to the board, and everybody agreed to contribute. Even loggers, truckers and road builders who don't sit on the board pitched in, according to Jackman.

"We got the dock – it was so exciting, it was lovely," she said. "It was really a community effort."

Now, Jackman looks forward to having free time without the stress of putting out fires with the VCF board. She said she was offered a job at a woodlot the same day she found out her contract with VCF wouldn't be renewed, but she chose not to take it. "I said 'No, I just need a break," Jackman said.

During that break, Jackman plans on gardening, caring for her horses, and spending time with her four grandchildren.

With Jackman gone, local Gerry Piper is the last remaining board member who was around during VCF's earliest days – the "old guard," as Jackman said. However, she looks forward to seeing new blood on the board, noting that newly-elected president Dylan Savoie and board member Zac Ruttiman have already brought enthusiasm and valuable insight to the community forest.

"They are great. They are exactly what you want in a succession plan," Jackman said. "We're starting to get some new, younger board members. You still need the older people, but it has to be a transition so that you can keep the stability and the knowledge going. And then, one by one, we all jump off."



After serving on the VCF board for nearly two decades, Ainslie Jackman will no longer be president. Dylan Savoie, elected in a board meeting on July 31st, will step into Jackman's former role /ABIGAIL POPPLE



Valemount | McBride | Dunster | Blue River

Recycling services reinstated in McBride

By Andrea Arnold

McBride Transfer Station is once again accepting items for recycling. The new and increased recycling opportunities for residents also meant that a second job was created to keep traffic flowing smoothly through the facility.

The position has been filled, a split shift by two individuals. Their job is to assist with customer service ensuring residents are properly sorting the recyclables, and to help with the overall material handling including loading, unloading and storing the recyclables.

There are some new aspects to the transfer station that may cause confusion, according to some residents. For example, the large blue corrugated cardboard compactor is now only designated for commercial use. According to information provided by Darren Wahl, Manager of Solid Waste Operations for the Regional District of Fraser-Fort George, all residential cardboard and mixed paper must be deposited into the green bin. All of the green bins on site are for residential products only.

Signs on each bin explain that residents should not throw mixed materials into the bins. The site attendants are available to help residents ensure they properly sort their recyclable materials into the correct bins.

According to Wahl, the Recycle BC program accepts: cardboard and mixed paper, mixed containers (plastic, paper, aluminum, tin and empty spray cans), glass containers (non-deposit glass bottles and jars like pickle jars, jam jars and olive oil bottles), Styrofoam (both white and coloured), and flexible plastics (bread bags, chip bags, over wrap and ziplock bags).

Full information is available on the Recycle BC website (recyclebc.ca), and on a 15-page PDF document, downloadable from the website.

While the McBride location is considered a satellite depot, it accepts the same materials as principal depots, such as the one in Valemount. The only difference is the Regional District is responsible for shipping materials recycled in McBride to the principal depot in Valemount. Once there, the material becomes part of Recycle BC's inventory and is transported to Prince George for further processing.

"All recovered volumes end up in the Lower Mainland for sorting and reuse in local and global markets," said Wahl.

According to the Regional District's Environmental Services Management team, the response to the new program from the users of the McBride Transfer Station has been very positive. There have been questions about traffic flow changes, but most visitors understand that changes were made to ensure everyone's safety.

The village of McBride and the surrounding area has been without recycling services

for over a year, and many people have been holding on to items awaiting the reopening of services locally.

"There has been a much higher volume of high-quality recyclable material collected in the first two weeks of the program than anticipated," said Wahl.

The McBride Transfer Station at 500 Northeast Frontage Rd. operates Monday, Tuesday, Thursday and Friday from 9 a.m. to 5 p.m. It is closed on Wednesdays. Weekend hours are shorter, with the facility open from 9 a.m. to 4 p.m.



The green bins at the McBride Transfer station are designated for residential recycling only. /ANDREA ARNOLD

Local mushroom festival returns for second year

By Andrea Arnold

The Robson Valley Mushroom Festival is returning to the summer line-up of events available across the valley. For the second year, founders Terry Winkler and Steph St Laurent have gathered a group of mycologists and mushroom enthusiasts, creating a weekend of experiences, learning and food at the Dunster Schoolhouse.

Winkler and St Laurent were inspired to start a festival in the Robson Valley after the pair attended the Sicamous Fungi Festival. They started brainstorming, and formed a non-profit society to be the official hosts of the festival. The society was named the Dunster Mushroom Society and it also serves as a year-round resource for local mushroom research, advocacy, and public information.

With a successful first year under their belt, the Society is in full preparation mode as



After a successful inaugural year, The Dunster Mushroom Society is in full preparation mode as the 2025 event is set for September 26-28th. /SUBMITTED

the 2025 event is set for September 26-28th.

"Our festival presenters are a diverse and knowledgeable group of experts in the field of mycology whose goal is to increase public knowledge of the variety of mushrooms and fungi that grow in the Robson Valley," said Winkler.

He says he is excited to help more residents increase their knowledge beyond just which mushrooms are safe to eat, although that is an important skill to have.

"Learning about the diversity of mushrooms and fungi that are growing in our own backyard could go a long way to expanding your personal knowledge as well as providing a sense of food security and resilience," he said." In addition, it will provide a greater awareness to residents of the natural bounty that surrounds us in the Dunster area and will encourage you to get out and explore in nature, which promotes outdoor living and mental wellness."

The planned workshops are a mix of auditory learning and hands-on experience. Workshops include cooking with mushrooms, mushroom paper, mushroom felting, and mushroom dying as well as some non-mushroom creative classes.

On Saturday and Sunday, there are eight three-hour field trips planned - identification forays to Horsey Creek, Winkler Farm, Mount Robson, Jackman Flats, Hidden Lake, Pepper Pit, Belle Mountain and the Lower Rauch. For those interested, there is also an early-bird all-day trip to the West Twin Provincial Park area on Friday. Following the forays, the group will participate in an identification and discussion session.

"We will be collecting on private and public land and have also obtained permits from BC Parks for Mount Robson, Jackman Flats, and the Ancient Forest," said Winkler. "We will not only be learning about mushrooms as we collect, we will also be documenting and cataloguing our finds with the iNaturalist app. Information gathered during the Robson Valley Mushroom festival over the years will contribute to scientific knowledge and serve as baseline data for the area for years to come. Specific or rare finds may even be sampled and DNA typed and submitted to the provincial data bank."

In addition to workshops and foray's there will be a variety of local artisans and vendors including mushroom grow kits, tinctures, soaps, fresh and dried mushrooms, fiber products, art and jewelry.

Again this year, the festival includes a Gala Mushroom Dinner (tickets available through the website). This year's meal will be prepared by Chefs Sylvia Morrison and Teresa deReis.

Participants must arrange for their own accommodation. There is camping space available at the school with no hook-ups for a fee of \$10/night. Washrooms and a shower are available inside. Lunches can be purchased in advance through the ticket site as well.

Tickets for camping, each workshop, event and foray are available at https://tinyurl. com/27wsc7ue

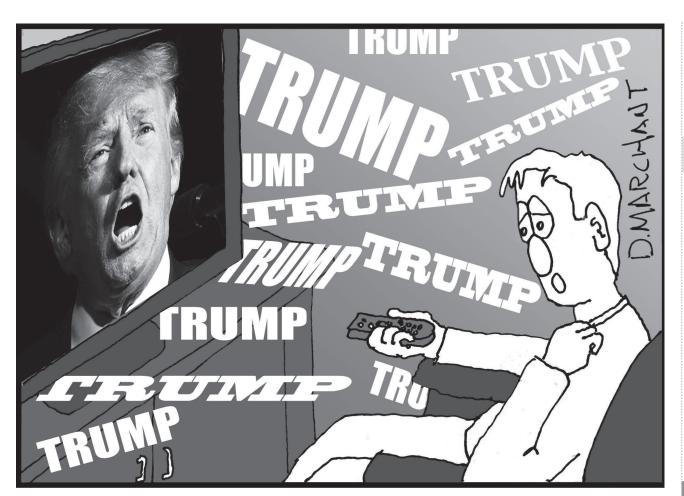
Vendors, displays and evening presentations are open to the public, no tickets necessary.

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About Letters to the Editor

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Thank you to the **Robson Valley**

With all the recent focus on the one year anniversary of the Jasper Wildfire, I wanted to recognize all the residents and businesses of Valemount, Dunster and McBride who were so kind and generous to all the Jasper evacuees.

People went out of their way to help us out. We were given clothes, meals, hugs, places to stay, discounts at stores, and much more. Your hospitality helped make dealing with our plight so much easier. We are very grateful for all you did.

Thank you!

Joan Dillon



Eighty Years after Hiroshima and Nagasaki

Hiroshima: The Footage you weren't meant to see. This film — which can be viewed on YouTube at https://www.youtube.com/ watch?v=pOVGC8KSGkI&t=127s — was made by American and Japanese photographers (together) after the atomic bomb disasters in Hiroshima and Nagasaki.

August 6 and August 9 have come around once again.

I immigrated from Japan to Canada in 1971. I have visited the Hiroshima Atomic Bomb Dome three times, and the Urakami Cathedral in Nagasaki once. Both are structures of reinforced concrete or brick that stood close to where the atomic bombs exploded.

Japan's nuclear experience is not limited to Hiroshima and Nagasaki. It also includes the exposure of the fishing vessel Daigo Fukuryū Maru (Lucky Dragon No. 5) to nuclear fallout in 1954, the accident at the Tokaimura nuclear power plant in 1999, and the Fukushima Daiichi nuclear disaster in 2011.

In December 2024, the long-standing efforts of the hibakusha—survivors of the atomic bombings who have tirelessly advocated for

nuclear disarmament—were recognized with the Nobel Peace Prize.

Japan does not currently possess nuclear weapons. However it does hold large quantities of plutonium, a by-product of nuclear power generation and an element that does not exist naturally. At present, no prefecture in Japan is willing to accept the storage of this nuclear waste. There are plans, also adopted in other countries, to encase the material in glass or other protective capsules and bury it deep underground. But can such measures truly withstand the risks of geological activity or even bunker-busting munitions designed to penetrate the earth?

A Canadian engineer who had once worked on nuclear power plant construction and later retired to Valemount, British Columbia, once said to me:

"Humans make mistakes."

As of January 28, 2025, the Doomsday Clock stands at 89 seconds to midnight.

Seiji Hiroe

Global Thoughts

Of Apes, Men and War

BY GWYNNE DYER



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

Gwynne Dyer is

Now would be a good time to watch a Netflix documentary series called 'Chimp Empire'. It's about one year of an ongoing war between two bands of chimpanzees, shot up close and personal, and the narrator never suggests that there is any similarity between their war and our wars. He doesn't need to. You'd have to be dead to miss it.

The central issue, as in most human wars, is about territory, or more precisely the resources it contains. Fruit trees near the constantly patrolled border between the territories of the two chimp groups in Uganda's Kibale National Park are the apple of discord in this case.

The aim of the game is to shift that boundary eastward to include those trees (the Western band) or to keep it where it is (the Central group). It's rather like the recent mini-war between Thailand and Cambodia, currently stalled by a ceasefire – although the bone of contention in the human case is only a symbol (an ancient temple) rather than a resource of real value.

By the time we come to big wars between major developed states like Russia and Ukraine, the causes of the wars are often abstract 'strategic' concerns far removed from the realities of daily life for their citizens. Yet still the echoes of past behaviours resonate.

What drove Vladimir Putin's invasion of Ukraine, for example, was regret at the collapse of the Soviet empire almost forty years ago and determination to reassemble at least the Slavic parts of it ('Russky Mir') into a single, powerful Orthodox state. Even though he is probably not a believer himself.

At that point we have left our primate relatives far behind. So far as we know, they are not prone to abstract thinking, so their wars are always about real resources and/or personal advantage. Whereas the 'world wars' of the 20th century and the possible global nuclear holocaust of the 21st are not rational: the cost vastly outweighs any potential gain.

That does not mean that no country will ever again resort to violence, nor does it mean that non-violence is the answer. Naked violence always trumps sweet reason. The only answer is what is now known as the 'international rule of law': a de facto alliance of countries that outlaw military conquest and is willing to enforce that law by violence if necessary.

That alliance already exists and its rules are spelled out in the Charter of the United Nations, signed in 1945.

The diplomats who wrote that Charter did not know how old and deeply rooted the institution of war was. They knew nothing about war among non-human primates. They did not realise that war was universal among human hunter-gatherers even long before the rise of the first civilisations.

But they knew that their attempt to end war would fail many times in many places before it succeeded, if it ever did. Over the past eighty years many millions of people have been killed in wars, but their project has been more successful than most of them expected: the death toll from war dropped steeply as the decades passed, and nuclear weapons were never used again.

In the past few years, however, there has been a sense that the project is backsliding. Not only are major powers resorting to war more often, but they are doing so without even trying to justify it under the UN Charter rules for the use of force: Russia in Ukraine, Israel in Gaza, the United States over Iran.

Maybe so much time has passed that they have forgotten what everybody's objective was at the end of the Second World War: to replace the rule of war with the rule of law. If so, they should all be obliged to watch 'Chimp Empire', to remind them where we have come from and why we need to get to a better place.



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Canadä

Mayor says VCF response to Council concerns inadequate

By Spencer Hall

Mayor Owen Torgerson says the response provided to Valemount Council by the Valemount Community Forest (VCF) after calls for increased transparency on the company's operations is not acceptable.

Torgerson sent a letter to VCF on June 12th and received a response from VCF on June 20th. The two letters were published on the Village's website over a month later on July 21st.

The exchange of letters comes after a petition calling for more transparency surrounding VCF operations was presented to Council on May 27th. Petition author Simon Heiniger collected 361 signatures between May 3rd to May 25th.

The petition was created after the owner of local cedar mill Cedar Valley Holdings (CVH), Jason Alexander, announced the company would close at the end of June, leaving about 14 locals without a job. According to Alexander, the Community Forest has been sending usable cedar to pulp mills in Prince George, while Cedar Valley struggles to access a sufficient supply of cedar.

The Goat has been unable to independently verify these claims with VCF or any Prince George-based pulp mills, despite multiple requests to VCF for confirmation. As of August 5th, the cedar mill is still operating but has not reached a resolution with

"To see wood that can be utilized here leave the valley, to one of the lowest values of the aftermarket, so pulp. Whole trees being ground up into pulp, that didn't sit well with the shareholder."

- Owen Torgerson, Valemount mayor

In his letter to VCF, Mayor Torgerson outlined the six requests within the petition, which included the creation of a formal guarantee that timber harvested locally would be prioritized and made available to local manufacturing and value-added businesses. The petition also called on VCF to make sure all harvested timber be used to its highest possible value by prioritizing milling, manufacturing, and secondary processing over low-value exports or waste.

'Council, as representative of the community, has responsibilities of openness, accountability and transparency to the community, in the same way that the VCF has those responsibilities to the shareholder," Torgerson wrote.

In an interview with The Goat, Torgerson clarified that each resident of Valemount is considered a shareholder in the community forest and are represented by Council.

Additionally, the petition requested an independent review of VCF's financial operations. In 2024, the VCF board considered hiring Heron Advisory Group for such a review, but decided against it. In his letter, Torgerson asked VCF to explain why the community forest chose not to move forward with the review.

Torgerson requested that VCF provide information on how and to whom timber is made available and how it supports local development and job creation, and information on if or how VCF creates or requires value-added usage of the timber harvested within the VCF tenure area.

He also called on the community forest to provide a public engagement plan and share more recent, in depth information on logging, reforestation activities, profits, and community investments.

In her response letter, then-president of VCF, Ainslie Jackman, said the decision not to move forward with the review was based on several factors, including finances.

"[VCF] was not clear on what the outcomes of spending money on that project would be. It was thought that our operation was very simple compared to the [Valemount Industrial Park] and [Valemount Specialty Mill] and that perhaps we did not need the review at that time," Jackman said.

She said that at the time of the potential review, VCF had recently been "in the red" and was looking at ways to save money.

"The board agreed to let the general manager make the call and Kalina [Velez, the general manager at the time] thought that we did not need the review," Jackman said. Jackman said timber through VCF is made available through a bid process held twice per year, during which the general manager of the company prepares bid packages and sends them to multiple mills located between Adams Lake and Quesnel. She said this bidding system ensures the best value for the community of Valemount while supplying the Valemount Specialty Mill with timber.

"This process could be expanded to include Cedar Valley Holdings as well. [Valemount Specialty Mill] supplies value-added wood products to other local buyers, including Mountain Voice Inc., and Grant Towers," she said. "VCF will continue to try to supply CVH with the timber it requires."

Cedar Valley is not currently included in the bi-annual bid process because the company is in a 10-year timber supply agreement, which is set to expire at the end of

Jackman said VCF has a limited supply of the specific type of cedar the mill uses for its products and that is why the cedar mill needs to source its supply from other loggers and mills.

Torgerson said Council found the response to their letter unsatisfactory, particularly when it came to supplying cedar to the mill. He said while VCF has a limited supply of the cedar species Cedar Valley uses, there is a higher value in supplying the cedar mill with that timber because it uses a high percentage of the tree.

"To see wood that can be utilized here leave the valley, to one of the lowest values of the aftermarket, so pulp. Whole trees being ground up into pulp, that didn't sit well with the shareholder," he said.

Torgerson said Council also took issue with the decision not to proceed with the review of VCF operations.

"We felt that was unacceptable. And it's hard because there are two things that a shareholder of a corporation can do...you have the ability to change the membership on the board. And with that, you also have the authority to amend the articles of incorporation," he said.

In the past, Council has made amendments to VCF's articles of incorporation, but Torgerson said big changes require the approval of the Inspector of Municipalities — a provincial entity that oversees financial matters in local governments and approves certain local government decisions to ensure they are consistent with provincial legislation, according to the Province's webpage.

"You don't want to inundate their office with smaller, multiple amendments. You want to make good with the inspector," Torgerson said.

At the VCF annual general meeting on July 17th, the shareholder appointed two new board members and chose not to renew Jackman's term. General manager Alana Duncan has since stepped in as acting president until the VCF board selects a new

Torgerson said Council will keep working with VCF to ensure local concerns are addressed.

"We'll continue to work with the board and see where they want to take it with a reminder that there is language within the articles that point towards value add, local employment, et cetera," he said.

The Goat reached out to VCF for comment on this story, but did not receive a response by presstime.

With files from Abigail Popple, Local Journalism Initiative Reporter.

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BCWS battling 10 fires in Crescent Spur area

By Abigail Popple, Local Journalism Initiative Reporter, RMG

Lightning storms throughout the weekend of August 2nd-August 3rd sparked several small fires in the Crescent Spur area, according to the BC Wildfire Service (BCWS). Wet weather made the fires easier to manage, and most are expected not to grow beyond their current perimeters, according to the wildfire service.

As of writing on August 4th, a total of ten fires between West Twin Provincial Park and Sugarbowl-Grizzly Den Provincial Park are logged on the BCWS dashboard. Of these, five are being held – meaning they are projected to remain within their current perimeters – and four are out of control, meaning they are projected to grow beyond their current perimeters. The remaining fire was marked as under control the afternoon of August 4th, according to the dashboard.

The fires range from 0.009 hectares to 0.2 hectares in size. The largest fire, near Macleod Creek and listed as G31339 on the dashboard, is classified as out of control. Information officer for the Service Jeromy Corrigan said the fires in the area are all under a hectare in size and not a cause for public concern.

While most of the fires were caused by lightning, BCWS is investigating the cause of two fires, G11257 and G11258, both near Dome Creek. The wildfire service investigates ignition sources, burn patterns and other physical evidence to determine the causes of wildfires, and classifies them as either human-caused or lightning-caused. BCWS was unable to share a timeline on when its investigation would be complete by press time.

"It was a big lesson in letting go"

One year since the Jasper wildfire

By Peter Shokeir, Local Journalism Initiative Reporter

Sabrina Charlebois never realized how resilient she could be until last summer when she lost her childhood home built by her late father.

Her home was in the Cabin Creek neighbourhood, one of the areas hit hardest by the Jasper wildfire, which reached its one-year anniversary this week.

"I actually wasn't in Jasper at the time of the evacuation, so I only had my pack to go to Edmonton for the weekend, and my friend got my cat and my dad's ashes, and we lost everything else in my home," Charlebois said. "It was a big lesson in letting go."

The salon where Charlebois worked as a hairstylist had also burned down, although she has since found a new job at the Jasper Hair Collective. She has also found a basement to live in until her house is rebuilt, although she described the process as "very slow."

"I think a lot of people are struggling and will be for a long time. It's been a pretty traumatizing year."

- Sabrina Charlebois, Jasper resident

"What I thought was a two-year process is going to be more of a three-year process at least," she said.

Charlebois was one of the organizers behind the rally early this year protesting the provincial government for not providing interim housing amid intergovernmental disputes.

"I was just pretty frustrated by the lack of communication around when the interim housing was coming and also just frustrated on why it was taking so long," she said.

Parks Canada has since provided modular housing to several hundred residents. Although acknowledging this was already in the works when the rally happened, Charlebois believed it was good for the community to get together and important to "stir the pot" and put pressure on officials.

She expressed gratitude to Parks Canada for providing the interim housing and said housing should remain a priority. In particular, she noted some residents looking to rebuild have had to test their soil multiple times.

"I think it's really unfortunate that I've been hearing that people are on their fifth soil test, and it's coming back negative," she said.

She also advocated for mental health supports, although acknowledged the work of Community Outreach Services.

"I think a lot of people are struggling and will be for a long time," she said. "It's been a pretty traumatizing year."

She hoped the wildfire would indirectly solve the housing crisis by letting property owners rebuild with multiple housing units in their homes, while more apartment buildings would be added to town.

"It can actually be a real positive thing, but obviously it's just going to take a while to get there," she said. "But yeah, I'm hopeful. I mean, you have to have hope, right? If you don't have hope, what do you have?"

Greg Deagle, a former Indigenous relations administrative assistant for Jasper National Park who now serves as president of the Jasper Artists Guild, has been "incredibly busy" over the past year with community arts event programming and is striving to find balance and normalcy.

"While friends and neighbours are focused on rebuilding their homes and businesses with traditional materials, I am dedicated to enriching the future Jasper with art, music and other creative outlets, aiming to improve the quality of life as they move forward from the rebuilding process," Deagle said.

His home and studio, as well as the Jasper Art Gallery, were mostly unaffected by the fire. However, he had worked for years to find homes for his paintings in residential collections and local businesses, many of which were destroyed, particularly in Cabin Creek.

He described the way that neighbourhoods had vanished and the slowness to rebuild as "emotionally challenging and mind numbing," while the disappearance of friends and neighbours, whether temporary or permanent, has been both "mystifying and destabilizing."

"Jasper has always been a revolving door as people come and go, but these days, trying to maintain even an approximate census of where people have ended up is impossible," Deagle said.

He hoped that tourists to Jasper would recognize the significance of their visit this year and witness "a resilient and visionary Jasper."

"I trust they will leave with optimism, believing in nature's ability to recover, our capacity to rebuild and Jasper's potential to be spectacular in a new way, albeit different from its past," he said.

Beth McLachlan, a local artist and volunteer who works for various businesses in Jasper, described the last year as "a daily battle."

As an artist member of the newly opened creative space, The Creative Residence, she was preparing for another event when the wildfire struck. She lost roughly 90 per cent of her artworks and operating materials being stored in the town's industrial area.

The biggest challenge for her has been the loss of opportunity.

"Pre-fire, I was crossing the t's and dotting the i's of my business license application," she said. "Now I am back to searching for an affordable, long-term commercial space, which no longer exists in Jasper. I did not have insurance yet either, so I did not qualify for any business-related financial aid from the Red Cross or elsewhere."

"I've seen a lot of people pouring themselves into the recovery. Neighbours are helping each other, and visitors want to contribute. Pulling together has been a great source of strength and inspiration."

- Susan Cesco, Jasper resident

She described each day as "up and down" and repeatedly saw a therapist post-fire, a necessary support that has helped her move forward.

Susan Cesco, a retired resident, spends her spare time volunteering for the Jasper Rotary Club, which has been able to provide support for the community during this trying time, such as funding for the food bank.

At first, she found it difficult to grasp the reality that the town was not the same. "I felt grateful for all that remained, but felt like so many people were missing," she said. "I miss so many faces and light up when I cross paths with friends and neighbours that have not been able to return home."

She was hopeful for the future of the community, saying, "The heart of Jasper is beating and will get stronger. Everybody loves Jasper."

"I've seen a lot of people pouring themselves into the recovery," she added.
"Neighbours are helping each other, and visitors want to contribute. Pulling together has been a great source of strength and inspiration."





NOTICE OF

Public Consultation

Robson Valley-Canoe Upstream Official Community Plan Bylaw No. 2290, 2006, Amendment Bylaw No. 3395, 2025

Subject property: 6190 Highway 5 S and 5970 Whiskeyfill Road

Purpose: permit subdivision and campground use on a portion of the subject property

Next steps: the Regional District is gathering input before the Board considers a second reading and public hearing for Robson Valley-Canoe Upstream Official Community Plan Bylaw No. 2290, 2006, Amendment Bylaw No. 3395, 2025

and Zoning Bylaw No. 2892, 2014, Amendment Bylaw No. 3396, 2025

For details visit rdffg.ca/landuseapps



The Goat sits down with VCF's new general manager

By Abigail Popple, Local Journalism Initiative Reporter, RMG

After a hectic year of turnover, the Valemount Community Forest's new general manager, Alana Duncan, is beginning to adjust to her role. She stepped in as general manager in April after the departure of Kalina Velez, who had become general manager in September after Brian Shawara stepped down last summer.

"It's been stressful, for sure, and challenging, but it's good," Duncan said. "I'm starting to work out some stuff that I was less certain about at the beginning, which is nice."

The 33-year-old has been working for the community forest since 2019, when she started as a silviculture forester. Working as general manager has meant more time indoors at her desk and a steep learning curve, Duncan said, but she's diving into the

"People live here because they want to use the backcountry," she said. "I think it makes sense to work with people to make it safe for everyone."

- Alana Duncan, VCF general manager

At the VCF's annual general meeting on July 17th, Duncan faced a number of questions from residents. Top of mind for local Andru McCracken was how the community forest will communicate with people who use logging roads to access the backcountry.

"When we're not using roads, it's totally fine if anyone's on them. But when we are using them, we are trying to update the website," Duncan said, adding that she keeps in touch with local recreation groups to let them know when loggers are entering a high-use area.

"The guys on the road generally expect everyone to be calling [on a radio]," she said. "If you are going up without a radio, just use extra caution. If you do have a handheld, that's awesome. Just make sure you're following the proper radio protocols when you use it."

Duncan added that she hopes to continue working with recreation groups to make sure everybody can use the backcountry. For example, the community forest plowed extra pullouts along West Ridge last year to create parking for a popular skiing spot, according to her.

"People live here because they want to use the backcountry," she said. "I think it makes sense to work with people to make it safe for everyone."

Duncan also faced questions about a conflict with local mill Cedar Valley Holdings at the annual general meeting. The mill's owner, Jason Alexander, raised concerns in April that the mill may close down due to insufficient cedar. Alexander claims he's seen the community forest ship cedar to pulp mills in Prince George, a claim which The Goat has been unable to independently verify.

As of August 5th, the cedar mill was still operating but had not reached a resolution

Duncan told The Goat she is unable to comment on the community forest's current relationship with Cedar Valley Holdings.

When asked if she has any goals for the community forest, Duncan said she's still getting the hang of her new role. However, she hopes to improve public outreach by updating the website more frequently, and invites locals with questions or concerns to visit the community forest's office.

"We are definitely open to people who have concerns about areas [we're logging] we're not trying to wreck anyone's favorite picnic area," she said. "Our office hours are generally 9:00 [a.m.] to 3:00 [p.m.] for people to come in to talk to us."

On top of having gone through three general managers within a year, the community forest is also losing its longtime board president Ainslie Jackman after Valemount Council chose not to renew her contract.

"We're sad that Ainslie is no longer on the board, and she was a great person and mentor to have around for new board members and for staff alike," Duncan said. "It was nice to have someone you [could] talk to about pretty much anything, and they've had some experience with it."

Despite the hectic year VCF has had, Duncan says she hopes to work with community members on resolving any concerns they have.

"We're going to start moving forward," she said. "The past is the past, and moving forward is the only way we can really all work together."

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www.valemount.ca

Want To Know What Your Council Is Up To?

View the motions recently made by Council at <u>valemount.ca</u> > Village Office > Mayor & Council > Agendas and Minutes.

Staying Safe in the Heat

Heat kills more people worldwide than any other weather-related event: in 2021, 691 people died in BC as a result of the heat dome.

Tips to protect yourself from heat exhaustion, sunburn and heatstroke:

- Stay in the shade during the hottest hours of the day-peak UV hours when the sun's rays are strongest are generally 10am to 4pm
- If you can adjust your work, do the most physical work during the early morning hours
- Use a mister to cool yourself (a spray bottle, or the misting station at Centennial Park)
- Wear wet bandanas around your neck or head
- Open windows at night to cool off your house, and close both windows and blinds during the day to keep heat out
- Reduce oven use: if possible, opt for salads and quick-cooking meals
- If you're feeling overheated, have a cool bath
- During extended and extreme heat, contact your local government for information on cooling

Let's stay safe and enjoy our summer!

Current Fire Bans: Fireworks, Category 2 & 3

The Prince George Fire Centre has issued prohibitions for Category 2 and 3 burning. Campfires no bigger than 0.5 m wide and 0.5 m high are still allowed.

Fireworks are not allowed during these **prohibitions.** Anyone found in contravention of an open fire prohibition may be issued a ticket for \$1,150, required to pay an administrative penalty of \$10,000, or, if convicted in court, fined up to \$100,000 and/or sentenced for up to one year in jail. If your contravention causes or contributes to a wildfire, the consequences may be much greater.

Before using fireworks, always check the BC Wildfire Service website, under Fire Prohibitions and Restrictions for the Prince George Fire Centre

Show Us What Makes Our Community Shine!

As part of Valemount's Community Wildfire Resiliency Plan, we are inviting you to share photos that capture the heart and soul of Valemount. What makes this place special to you? The people, the landscape, the traditions? We want to see it through your lens. Let your perspective be part of our future.

Send your photos to: epc@valemount.ca Deadline: Monday, August 25, 2025, 4pm

Prizes for: Top Photo (featured on the cover of the plan!), Runner-Up, and Honourable Mention.

Highway 5 Resurfacing

Terus Construction is grinding and paving Highway 5 between Whiskey Fill Road up to the Highway 16 East/West junction. There will be single lane alternating traffic until approximately September 5; expect delays, slow down, and obey all signs while travelling through the construction zone.

FireSmart Updates & Events

Hazard Assessments: As part of our commitment to helping our community prepare for wildfire, the Village offers **free** Home Ignition Zone Assessments to residents.

During an assessment, the FireSmart Coordinator will visit your property to evaluate structures and landscapes for potential wildfire vulnerabilities. Afterward, you'll be sent a list of recommendations for simple steps you can take to make your home more wildfire resilient.

Email <u>fsc@valemount.ca</u> to book your assessment.

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.





Fibre recycling coming to Dunster this fall

By Abigail Popple, Local Journalism Initiative Reporter, RMG

Limited recycling services are coming to Dunster this fall after the Regional District of Fraser-Fort George board approved a contract with Environmental 360 Solutions Central Interior.

Residents will be able to recycle paper and cardboard at the Dunster transfer station as early as September 1st, according to a staff report provided to the board.

The entirety of the Regional District was left without recycling services last summer after Cascades, the company that used to provide solid waste management for the district, announced it would not renew its contract. After months of negotiation with RecycleBC, recycling returned to Valemount in September 2024 and to McBride in July 2025.

Dunster did not meet RecycleBC's criteria for a transfer station, as it does not have staff on site or a fence to keep bins secure, the District's General Manager of Environmental Services Laura Zapotichny said in May 2024. However, environmental services staff researched ways to service Dunster and eight other rural sites that did not have recycling, and created a bid proposal for fibre-only recycling services.

Environmental 360 Solutions was the only company to submit a bid, estimating their services to cost about \$15,000 a month. The board approved entering a contract with the company during its July meeting.

When asked for comment, the Regional District declined to provide a timeline on when the Dunster transfer station will be up and running, and instead sent a copy of the publicly available July board meeting agenda.



The entirety of the RDFFG was left without recycling services last summer after Cascades, the company that used to provide solid waste management for the district, announced it would not renew its contract. /RMG FILE PHOTO

Locals tour Milne pottery studio

By David Marchant

On Saturday, we took advantage of the second of the Dunster Museum's "Discovery Visits". The event is set up so that Robson Valley residents can see some of the really creative things their neighbors are privately doing. The first of the visits dealt with the exotic succulent plants David Milne was propagating, Yesterday's event was also at Milne's but its focus was on the amazing sculptural ceramics that Lyuba Milne has been making in her studio.

Lyuba doesn't use a potter's wheel, instead all of her work is hand built, using either slabs of clay or coils. Her experimenting with clay has led to an extremely wide variety of shapes and textures in her creations. In the photo above Lyuba introduces, explains, and gives an overview of her ceramic endeavors.

The picture below was taken in the glazing area of her studio where Lyuba is explaining the hundreds of glazes made by David Milne and the multitude of experimental sample firings are needed before she decides on which glaze to use on her pieces. The photo at the very bottom shows just one set of the hundreds of glaze samples that have been test-fired in the kiln.

Ceramics is such a complex and unforgiving art form. What clay to use? How should I construct it so it won't collapse or crack during the firing? What temperature should be used in the kiln so that the glaze turns out the way I expect it to? After all of those considerations, the piece can still fall apart or not turn out properly.

It takes a huge amount of thought, time, patience, and luck for Lyuba's creations to turn out as spectacular and beautiful as they are.

In Lyuba's gallery the group was able to see just how extensive and varied Lyuba's ceramic works have been. Many of her newer colorful sculptural creations were on display. Most of those newer works were fired in an electric kiln, but the tour group was also shown the large much-used gas kiln that David Milne had built (photo below)

Lyuba then turned the guiding of the tour over to David, who explained the excitement of making Raku pottery, where glowing-hot pieces of pottery in a small tiger torch-heated kiln, are precariously moved with a long pair of tongs into a bucket of straw or newspapers. The very glowing-hot pots cause the straw or paper in the bucket to ignite, then the fire is smothered by a lid on the bucket, which draws oxygen out from the glazes, giving the cooled glaze a metallic look.

The Dunster Museum's "Discovery Visits" which organized the tour of Lyuba's studio have been very interesting so far, and I am certainly eager to see where they take us next.

David Marchant is a McBride-based artist and a long-time contributer to the Rocky Mountain Goat.



Local ceramic artist, Lyuba Milne allowed locals to tour her ceramics studio in late July as a part of the Dunster Museum's "Discovery Visits" program. Milne holds a Masters Degree in Art History and Art Criticism from the St. Petersberg Academy of Art. /PHOTO BY DAVID MARCHANT

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10 Thursday August 7, 2025

Residents learn the ABC's of Dunster school history



The Dunster school gym was plastered in old photos, news articles, and children's artwork during the reunion. Attendees included former students and their parents. /ABIGAIL POPPLE

By Abigail Popple, Local Journalism Reporter, RMG

Several generations of Dunster residents gathered for an evening of socializing, songs and joke telling at the Dunster School reunion on the weekend of Saturday, August 2nd through Sunday, August 3rd.

The school is a place full of nostalgia for alumni and parents alike, said local Nancy Taylor, who helped organize the event with Loretta Simpson.

"It was a very happy place, very welcoming. It was the hub of the community," said Taylor, whose children attended the school for roughly ten years total. "[We] wanted to reconnect with people about what a great place it was when it was thriving."

The first Dunster school was established in 1915, according to an exhibit at the reunion. The original school building was replaced in 1932, which burned down 31 years later. The current Dunster schoolhouse was completed in 1964. Since then, locals and School District 57 have worked together to add a gym, playground and tennis court, according to the Dunster schoolhouse website.

In the 1990s, when the School District said the Dunster school would need to close due to low enrolment projections, locals rallied to have the school designated as a fine arts elementary school – one of just two in the province. The school was nearly condemned permanently until the Dunster Fine Arts School Society bought the building from the School District, Taylor said.

That dedication to the schoolhouse has kept it as a thriving community hub to this day, she added.

"The community has taken it over, and it's required a high level of volunteerism to do it," she said. "We've done a lot of improvements to the building, and there's still more to do with the place."

The building may see a new cohort of students soon, Taylor added – the Rocky Mountain Forest Academy hopes to establish a nature school there, where children can participate in an outdoor curriculum. The Academy declined The Goat's interview requests.

Resident Alaina Chapman said her children attended the school from 1995 onward. She attended the reunion to look at old class photos, learn some history, and revisit fond memories.

"The Christmas plays were amazing – they always had elaborate costumes and these incredible storylines," Chapman said. "It was a nice community. The big kids took care of the little kids. They'd help them put on their boots."

Thelma Lewis, who attended the school in the 1950s, made the drive up from Calgary for the reunion. Her parents and siblings also attended the school, which was a one-room building at the time.

Lewis fondly recalls a sense of community among the students, and described her teachers, Mr. and Mrs. Smith, as wonderful.

"When we first started going to school, there was no bus that ran from Dunster up to the Croydon school. So my mom had an old car, and it had a sign on it that said 'School Bus," Lewis laughed. "She used to pick all of us up and bring us to school and take us home."

It was a different experience than students today might have, Lewis added – kids spent lots of time outside, were forbidden from writing with their left hands and rang a bell outside the school to announce the beginning of the day.

"It was fun," she said of her time at the school. "It was different years ago... Things have changed so much now."

The school may see more reunions in the future. Taylor says she hopes to attract even more alumni the next time around.

"I think this is the reunion before the really big reunion," she said. "There's a lot of people that were unable to come. I'd like to see us do this again in another four or five years and really get a critical mass."



A talent show held outside the Dunster schoolhouse featured a song set to the tune of "Downtown," as well as comedy and poetry recitals. /ABIGAIL POPPLE



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Valemount | McBride | Dunster | Blue River



Andrew Werner of McBride was presented the King's Coronation Medal by MP Bob Zimmer on Monday July 28th. Werner was recognized for his contributions to Canada through his valuable contributions to Canada. Werner served five years as a reservist, beginning in 1977. After transitioning to civilian life, he pursued varying careers including bartending, bouncing and working as a faller in BC forestry for over 30 years.

Werner's partner Donna, and many members of their family were also present for the presentation at Beanery 2 Bistro. /ANDREA ARNOLD





Measles is circulating in BC BC and the North.

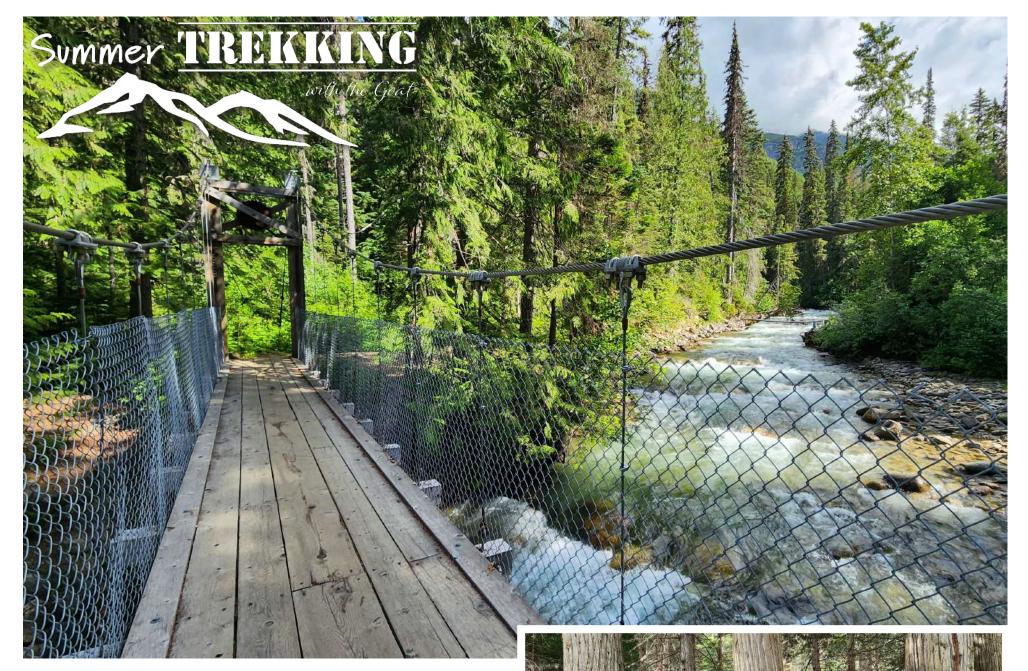
Measles is a very contagious disease that can have serious complications.

Protect yourself, your family, and your community.

Get vaccinated and know the symptoms!







Valemount's Swift Creek Loop an easy-access hike

By Laura Keil

If you're staying in the Village of Valemount and looking to get out for a hike but don't have a 4x4, the Swift Creek Loop is a great option. You can walk to the trailhead or park your vehicle or lock your bike just off Main Street (other side of the bridge over Swift Creek) and start there. The trail provides a moderate amount of elevation gain and descent (150m/500ft, but some rolling trail and steep sections) and a good number of steps (8.5km/5.3mi).

The calming rush of the creek, the huge cedar trees on the other side of a short suspension bridge, the lookout over Valemount and surrounding mountains, the lichen, mushrooms and other plant life are all what make this route a favourite among locals and visitors.

In September you can occasionally see spawning salmon close to the municipal water intake. The Village gets its drinking water from this stream, please respect that this is a watershed. Keep yourself and your pets out of the water so as not to disturb the delicate salmon redds (nests). Chinook salmon are more commonly seen closer to the Visitor Centre in Swift Creek and usually begin spawning in mid-August.

Important Notes

The Yellowhead Outdoor Recreation Association is currently working on re-routing a 200m stretch of wet trail under the Southern Traverse (for those that know the trail, it's that typically boggy section right before you climb the steep hill back to 5-Mile Road). They also plan to do some brushing of overgrown forest on the north side. The re-route has been roughed in but it still needs a little more work, according to YORA. A bridge to cross the small creek at the beginning of the reroute will be installed in September.

Mountain biking trails intersect at various spots along the way, watch for the #6 markers which will keep you on the main hiking trail. To avoid walking down 5-Mile



The calming rush of the creek, the huge cedar trees on the other side of a short suspension bridge, the lookout over Valemount and surrounding mountains, the lichen, mushrooms and other plant life are all what make this route a favourite among locals and visitors. /LAURA KEIL

(which can be very dusty due to biking shuttle vehicles) watch for the sign across the road which will allow you to access a new trail leading you to the bottom of 5-Mile, leading to Juniper Street just off Main Street where you started.

As always, watch out for bears. Be sure to make lots of noise so you don't surprise them and they have time to leave to avoid an encounter. The mosquitoes can be bad during the spring and summer, although when I hiked this 3 weeks ago there were hardly any mosquitoes. Still, bug spray and/or a bug shirt are recommended.

Summary

Distance (Loop): 8.5km/5.3mi Approx. time: 2-2.5hrs (full loop) Elevation gain: 150 m/500 ft Trailhead coordinates: 52.838697°, -119.267809°

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

Open Thursday-Monday 4:30:9pm

1002 5th Ave, Valemount

2025 NWMRA VELEMOUNT MUEL RECOG

The Northwest Mud Racing Association held its mud races at the Canoe River Campground, located just outside of Valemount on August 2nd and 3rd, with events kicking off Saturday afternoon. Attendees who braved the rain got to witness junior racers take on the mud track, giant Hill N Hole trucks going against the mud and taking jumps, and side by sides complete drag races through a 200 ft mud pit.

View more photos on our website www.therockymountaingoat.com /PHOTOS BY SPENCER HALL











Nourish your body, fuel your life

Can't Stop Snacking? Your Metabolic Health Could Be Behind It

By Amy Pawliuk, RNT, Wild Wellness Holistic Nutrition

If you can't go long without eating or always need snacks handy, you're not alone, and you're not just lacking willpower. This constant need to eat might be your body's way of signaling that something deeper is going on.

I know, because I've lived it.

I never left the house without food. I always had a backup plan, because if I didn't eat in time, I'd go from feeling fine to suddenly anxious, shaky, weak, and overwhelmingly not okay.

It wasn't until I started learning about metabolic health that things finally made sense and began to change. Today, I regularly head out without food and feel totally fine. No more emergency snacks. No more energy crashes.

So, what changed?

When your metabolic health is compromised, your cells stop responding properly to key hormones. That means even when there's plenty of fuel in your bloodstream, your cells can't access it. They're essentially "starving," and they send signals to your brain demanding more fuel. You get hungry, sometimes even if there's still food in your stomach. If you don't eat, those hunger signals intensify and trigger your body's stress response. You may feel panicked, irritable, foggy, or dizzy. This isn't a lack of discipline. It's your biology doing exactly what it's designed to do: protect you.

But what if your labs are normal?

That's the tricky part. Most people are told everything is "fine" based on standard lab results. But your body will compensate for dysfunction long before it shows up on a test. You can feel unwell for years before your bloodwork catches up and by that point, you're often already in crisis. (PS pre-diabetes is NOT a 'pre' problem)

So if you feel dismissed, told you're fine, or left feeling like it's all in your head, it's not. You're likely catching the early signs of metabolic dysfunction and catching it early gives you the best chance to reverse it. Don't worry if you are already past the early stages, you can still reverse it, just not as quickly.

Common Signs of Poor Metabolic Health Include:

- Weight gain, especially around the belly
- Low energy or that classic afternoon crash
- Needing to snack often or intense sugar and carb cravings
- Feeling shaky, dizzy, or irritable between meals
- Brain fog or memory issues
- High blood pressure, or acid reflux
- PCOS, irregular cycles, or intense PMS symptoms

These signs aren't random; they're messages from your body. The good news is that you can

do something about it.

Your body wants to thrive. It wants to feel balanced, energized, and well. You just need to understand what it's trying to tell you and how to support it with the right fuel, structure, and strategy.

If you see yourself in this list, don't wait for a diagnosis to start making changes. The longer metabolic dysfunction continues, the harder it becomes to reverse. But the sooner you act, the more power you have.

You deserve to feel good again. And it's absolutely possible.

For free recipes that help to support metabolic health visit my website at www. wildwellnessholisticnutrition.com



Amy Pawliuk is a registered nutritional therapist residing in Valemount. You can find her on Instagram and Facebook @wildwellnessholisticnutrition. /FILE



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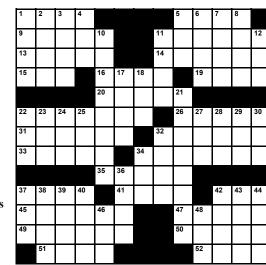
CROSSWORD

Answers on P17

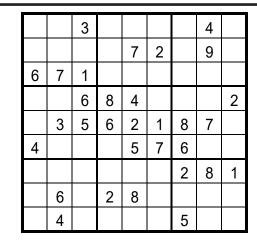
Across

- 1. Hold in check
- 5. Pass receivers
- 9. Hamburger topping
- 11. Embezzles
- 13. PDF maker
- 14. Skin art
- 15. Auction unit
- 16. You (biblical) 19. Stitched
- 20. They go across and down
- 22. "Totally cool!"
- 26. Twangy, as a voice
- 31. Forbidding
- 32. Respectful 33. Hearty entree
- 34. Electrified
- 35. Top ___ margarita 37. A long way off
- 41. Plane surface measure
- 42. Internet
- 45. In good taste
- 47. Depart
- 49. Sequential events
- 50. Carpenter's tool 51. Poled house
- 52. Advanced

- Down
- 1. Stocking stuffer
- 2. Disentangle
- 3. Barrel of laughs
- 4. Hope of comedy
- 5. Time of arrival, abbr.
- 6. Takes home, as pay
- 7. Social engagement 8. Lento in music
- 10. Socializes for business purposes
- 11. Seven-card
- 12. Relative
- 17. Main web page
- 18. Mined material
- 21. Winter wonderland creator
- 22. Pack animal
- 23. Soaked
- 24. Day before
- 25. Red (water area) 27. October beverage
- 28. Round table member
- 29. Got down
- 30. Zeppelin start
- 32. Race position at Indy
- 34. A head



- 36. Stetsons
- 37. Newspaper inserts
- 38. Distance measurement
- 39. Land unit
- 40. Horse strap
- 42. Breaker, e.g.
- 43. Not odd
- 44. Boxing prize
- 46. Tennis equipment
- 48. Coral reef dweller



SUDOKU

HOW TO PLAY

Answers on P17

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

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

The Toughie

- 1. Nessie's water
- 5. Government security agency,
- 8. Rash reaction
- 14. Fly
- 15. Weight unit
- 17. Little matter
- 18. Prefix with type
- 19. Aquatic mammals
- 21. Some carnivores
- 24. U.N. agency for workers'
- 25. Throughout
- 29. Subject of William Saroyan's writings
- 34. Raspberry stems
- 36. High protein soy
- 37. Lamp type 38. Highland ape
- 42. Misjudge 43. Taj Mahal city
- 44. Jabbers
- 49. Bungle, with "up"
- 50. Student's stat. 51. Medicine Nobelist
- Metchnikoff

- 12. Drivel
- 16. Rental agreement

- 22. Wrangler, for one

- 31. U.S. Army medal

- 45. Immorality
- 46. Vagabond
- 53. Antlered animal
- 56. Zoo favorite
- 60. Hotel chain
- 61. Abvsmal test score 64. Perry White, e.g.

- 66. Goodbye from a Brit.
- 67. Cancels
- 69. 1982 Disney film
- 70. Hot car 71. Avian home
- Down 1. "Bad"
- short
- perhaps 3. Wrap
- 4. Emcee
- Ťomé 7. Hurler's pride
- 10. Staff
- Waterfront" 14. Law enforcement device
- 23. Fido for example 24. Scoop
- 28. Household study
- 30. Soak 31. Sweetly, in music

- 68. Smooth jazz player
- cholesterol, for
- 2. Sundae topper,
- 5. Bring in
- 8. House of snow 9. Cereal "for kids"
- 11. Med. care providers 13. Cobb of "On the
- 20. Gridiron official, for short 21. Powdery
- 25. Peaks
- 26. New Zealand inhabitant 27. Inter
- - Chinatown 54. Actor Sharif

- - 32. Jockey wear 33. Teacher's charges
 - 35. Not nourish 39. In awe
 - 40. Sep or Roth? 41. "I think, therefore ___ **Descartes**
 - 47. Some "Sesame Street" dolls 48. City on Guanabara Bay 50. From China or India
 - 52. Suffix with consist 53. Street in New York's
- 55. Over
- 57. Bollywood superstar actor, last
- 58. Article in Die Zeit 59. Japanese coins
- 63. Royale of old autodom
- name
- 61. Make a sharp turn 62. Business card abbr.
- 65. Hale and hearty

BY HOLIDAY MATHIS **Sturgeon Moon Mechanics** The Mars change to cooperative

Libra reminds us how things often happen because there's a system for making them happen. These systems are often large scale, old and engrained, but don't let that stop you. As we approach the inventive Aquarius full moon -- the Sturgeon Moon -- you're invited to design your own way of doing things. Build the structure that supports your brilliance. The future isn't waiting on permission, it's waiting on infrastructure.

ARIES (March 21-April 19). Someone with real insight will be drawn to the lesser-known corners of your life. That's the kind of attention worth having. Disinterest, on the other hand, is a red flag. Watch out for that this week, too, because when you're with those who can't see you, it's futile to try to make them. If you feel you must perform, it's a sign to spend your energy elsewhere.

TAURUS (April 20-May 20). You're focused on what matters now, but there will be those who insist on reviving dusty scenes from the past. Maybe it's all they know how to reference, or maybe they need to feel seen before they can move on. You acknowledge, briefly, then lead the way forward. This is your week to set the tone -- present, constructive, onward.

GEMINI (May 21-June 21). Emotional avoidance causes more pain than dealing head-on with an uncomfortable feeling. If you had to say exactly what's going on with you, it probably wouldn't fall neatly into a category like "frustration" or "fascination." Whatever that fusion is, try to give it a name. Doing so will help you process. You've got to feel it to

CANCER (June 22-July 22). When you're fully immersed in your own interests, passions and personal growth instead of chasing connection, you naturally draw in kindred spirits. People who "get" you will appear this week because you're being the truest version of yourself. It's a hopeful, trust-the-process message about belonging through self-expression and letting resonance lead.

LEO (July 23-Aug. 22). There's a magnetic loop between

beauty and the one who honors

it. Beautiful things call to you

today: enjoy me, protect me, buy

me, envy me, make me. Why you?

Beauty recognizes itself in you --

because beauty knows its source. In answering the call, you become even more inspired. VIRGO (Aug. 23-Sept. 22). You may feel stuck, but it's no reason to worry. Everyone feels this from time to time. Instead of letting your thoughts race wondering which direction to go or what option is best, observe the current environment to see what the hang-up is. Where's the wiggle room? Do what you can. Any move you make helps free you.

LIBRA (Sept. 23-Oct. 23). Remember that it is not always necessary to earn every

bit of grace that comes your way. You're a beloved child of the universe, and like a good parent, the universe sometimes gives you a break (SET ITAL) just because. (END ITAL) This week, something that's been a struggle (mentally, emotionally, logistically) finally resolves itself.

SCORPIO (Oct. Nov. 21). This week, you're refining your relationship with the material world. Purchases are reflections of identity and evolution -- what you're buying says something about what you now prioritize: comfort, longevity, joy, beauty, status, simplicity. The themes swirl around matters of taste, worth and self-definition through choice.

SAGITTARIUS (Nov. 22-Dec. 21). No matter how badly you want a thing, your pursuit will be best approached subtly and without drama. This week is about smart power, long games and the confidence of knowing what you came for. With dogged determination and strategic timing, you will commandeer an impressive twist.

CAPRICORN (Dec. 22-Jan. 19). Knowledge alone isn't inherently powerful -- it's potential power. It becomes actual power when it informs a decision, guides action, shapes behavior or creates change. Until then, it's like a closed book on the shelf. This week, you'll put your knowledge to work -- and that's when things start to move.

AQUARIUS (Jan. 20-Feb. 18). You'll have your options for hanging out this week, but it would be hard to compete with the comfortable, easy fun of your own company -- which is quality indeed. Being able to relate kindly to yourself is a skill you've cultivated, and now you get to enjoy it as you relax into your own

rhythms, interests and instincts.

PISCES (Feb. 19-March 20). The full range of life includes pleasure and pain. Both are information. Pleasure hints at what's right for you. Pain tells you what's wrong, unhealthy or plain dangerous. While it would be foolish to seek pain, it's equally foolish not to expect it. What hurts is also telling you how to adjust, grow or become. Use it well, as this is the path to greatness.

THIS WEEK'S BIRTHDAYS: This year is kissed with wild wonder. You'll meet the moment like a dancer meets music -- fluid, alert and lit from within. You'll fall in love with your own ideas, which attract collaboration. One warm connection can change everything. Don't wait for sweet people to come along -- turn them sweet with the sheer force of your charm, and that's what draws up the sweetest part of them. Even though the work you're doing is daily and practical, it somehow adds up to things feeling more enchanted, more personal, more



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Valemount

MON AUG 11: Join us for Coping with Extreme **Heat** an informative and supportive session on staying safe and healthy during extreme heat events. We'll watch a helpful webinar together, learn practical tips, share experiences, and connect with others in your community. Stay cool, stay safe, and stay connected! Let's beat the heat together— Monday, August 11, 2025, from 1:30 PM to 3:30 PM at the Valemount RVCS office, 1444 5th Avenue, registration is not required. Brought to you by the Seniors Program.

WED Aug 13: Join us for Sprouting Memories -**Harvesting Sessions** are blooming this August! Starting Wednesday, August 13th to September 3rd 2025. Join us at the Valemount Community Garden, 201 Ash Street, for fun, learning, and connection for caregivers and children aged 0-6. Let's grow together—one seed and smile at a time! Registration is preferred – please contact the office to secure your spot. Brought to you by the Infant Development Program.

WED AUG 13: You're invited to join RVCS in celebrating our newly renovated spaces and beautiful outdoor upgrades! Explore our refreshed offices, family drop-in area, commercial kitchen, garden plots, outdoor learning space, and playground. Wednesday, August 13th, from 12:00 PM - 3:00 PM, at the RVCS office in Valemount, 1444 5th Avenue. Learn about the programs and services we offer, meet our team, and see how this space is built for connection and community. Stay for lunch and refreshments—we'd love to share this special day with you!

THUR Aug 14: Baby Blossoms is back on Thursday, August 14, 2025 with Tiny Tummies: Wholesome Cooking with Orlanda Goodell! This free session, part of our monthly infant care series, offers caregivers of children aged 0-3 practical tips on preparing nutritious meals for growing babies. Join us from 10:30 AM to 12:00 PM at 1444 5th Ave—registration is required, so be sure to sign up early! Brought to you by the Infant Development Program.

WED AUG 20: Join the Indigenous Literacy **Program** for a special gathering filled with stories, laughter, and meaningful connection. Enjoy light refreshments, heartfelt conversations, and the joy of being in community. This is a space to slow down, be present, and connect with others in a spirit of warmth and openness. Wednesday, August 20, 2025, from 1:30 PM to 3:30 PM, at the RVCS office in Valemount, 1444 5th Avenue. No registration required.

TUE AUG 26: Curious about the services Community Living British Columbia (CLBC) offers? Drop by our open-house style info session to learn how individuals can access supports that are led by them, for them! What to Expect: How to get started with CLBC, the role of case managers and service providers. A spotlight on services like: Supported Living & Outreach, Skill Development & Community Inclusion, Wellness Supports. Tuesday, August 26, 2025, from 1:00 PM to 3:00 PM at the Valemount RVCS office, 1444 5th Avenue. Whether you're a community member, caregiver, or just curious—come say hi, grab a snack, and get informed!

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.

Saturdays in the Park - Sats

Live music in Centennial Park! Upcoming shows: Aug 9th Singalong Night, Aug 16th Bush Pilot & Friends. Aug 23rd HALF/ASIAN with Amy the CODA, 6:30-8pm.

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

9 AM-12PM every Friday in Valemount at 1444 5th Ave. Come connect with other families, access parenting resources, and enjoy fun activities for you and your 0-6-year-old children at RVCS (1444 5th Ave), unless otherwise stated. Registration is not required. For more information, call 250-566-9107 or email events@ rvcsbc.org. See activities below:

Aug 8 – Bouncy Castles at Centennial Park

Aug 15 – Play Dough Art

Aug 22 – Watercolor-Fun at Centennial Park

Aug 29 - Summer Craft

If it's too cold, rainy or windy we will meet at 1444 5th Ave!

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

August 9th: Boulder Mountain Hiking trip

Hike up from valley bottom to the alpine on this stunning trail. Elevation gain is significant at 1,200m over 7 kms. There is an opportunity to

hike off-trail through some lovely meadows on the way back down from the summit if there's interest. Views of the Goat River Valley and beyond are stunning. Hosted by the Ozalenka Alpine Club. The cost will be \$20/non-member and free for members (contact Elsie Stanley if you'd like to become a member). Max is 10 per trip, so please sign up early if you want a spot. Either Joy or Sean Prockter from Robson Backcountry Adventures will be the guide for the trip. We will meet at 08:00 in the Canada Post parking lot in McBride and everyone will need to sign a waiver in order to participate (see robsonbackcountryadventures.ca for your

WED AUG 13: Join us for Coping with Extreme Heat an informative and supportive session on staying safe and healthy during extreme heat events. We'll watch a helpful webinar together, learn practical tips, share experiences, and connect with others in your community. Stay cool, stay safe, and stay connected! Let's beat the heat together—Wednesday, August 13, 2025, from 1:00 PM to 3:00 PM at the McBride RVCS office, 942 3rd Avenue, registration is not required. Brought to you by the Seniors Program.

TUES AUG 19: 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. Tuesday, August 19, 2025, from 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 sensory play. Coffee, tea, and light snacks provided. Feel free to bring your lunch. Initial registration is required. Brought to you by the CYSN and Family Support

WED AUG 27: Curious about the services **Community Living British Columbia (CLBC)**

offers? Drop by our open-house style info session to learn how individuals can access supports that are led by them, for them! What to Expect: How to get started with CLBC, the role of case managers and service providers. A spotlight on services like: Supported Living & Outreach, Skill Development & Community Inclusion, Wellness Supports. Wednesday, August 27, 2025, from 10:00 AM to 12:00 PM at the McBride RVCS office, 942 3rd Avenue. Whether you're a community member, caregiver, or just curious—come say hi, grab a snack, and get informed!

Ongoing McBride

MONs Family Place Drop In Program 9:00 AM to 12:00 PM 9 at RVCS (942 3rd Ave, McBride), unless otherwise stated. Come connect with other families, access parenting resources, and enjoy fun activities for you and your 0-6-year-old children at RVCS (942 3rd Ave), unless otherwise stated. For more information, call 250-569-2266 or email events@rvcsbc.org. See activities below:

Aug 6 – Face Painting

Aug 13 - Cooking with Tots - English muffin

Aug 20 - Water Play Day

Aug 27 - Play at Kolida Park

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 ground breaking 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

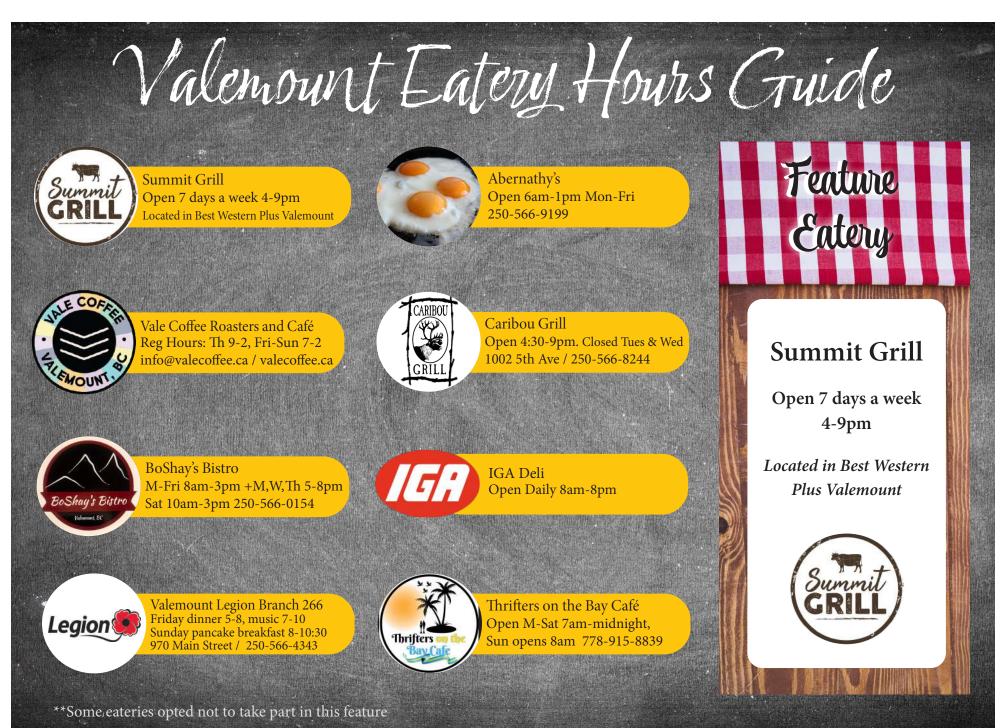
Free food pantry at McBride RVCS (942 3rd Ave) that's available to all! Emergency top-up food is accessible to our clients and anyone who walks through the door. We share and accept donated foods that are safe and fresh for use. This project is made possible thanks to grant funding from United Way of 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

SATs Dunster Farmers Market is up and running again for the 45yth year. Join us at Dunster Community Hall every Saturday from 11am to 1pm until the end of September. No fee for vendors. All welcome! We offer a nice lunch of local beef burgers, local veggie burgers, hot dogs, coffee and juice. We usually have veggies and plants, home baking, local crafts and art, and miscellaneous new and used items. For more information, call Pete Amyoony at 250-968-4334.

AUGUST 29-31 Robson Valley Music Festival! Three days of music, arts, and community. Camping available on-site. For the full line-up and tickets visit www.rvmf.ca





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VALEMOUNT

This impressive home offers space, style, and flexibility for modem living. The main floor welcomes you with a sprawling family room, an upscale kitchen, and three generous bedrooms, while upstairs, the luxurious primary suite is your private retreat. Downstairs, a self-contained, 2-bedroom suite is ideal for extended family or a potential B&B. The oversized yard is a rare find and features a detached double garage and ample space for gardens, a pool, or simply relaxing under the open sky.



200 Whiskey Fill Road

VALEMOUNT

Set on a gentle rise with 74 acres to call your own, this 3-bedroom bungalow offers a front-row seat to nature's best. The yard is landscaped and features a whimsical she-shed and generous workshop. Inside, the heart of the home is the spacious kitchen and cozy living room with vaulted wood ceilings. Whether you're dreaming of horses or letting the kids roam free, this is a place that brings comfort and freedom together. It's more than a home - it's a lifestyle that fits like your favourite sweater.









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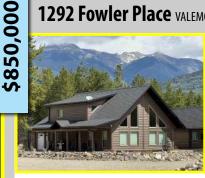
For over 25 years

1292 Fowler Place VALEMOUNT



Perfect Family Home. This new listing offers a well-appointed 2-storey home on a nice corner lot. Enter into the ground level basement that is just waiting to be finished to suit your taste. Could easily be made into a rental suite

with a private entrance already in place. Second floor offers 3 bedrooms and 2 bathrooms perfect for a growing family. Living room is huge with a big bright bay window letting in tons of natural light. Compact kitchen has lots of cupboards and even has a cozy breakfast nook that leads on to the sundeck. Attached double garage is great for storage. Yard is fully fenced with a convenient alley access.



Gorgeous Vacation Rental! This stunning home just came on the market. This one and a half storey home is just under 2000 sq ft of finished living space with 4 bedrooms and 3 baths. Main floor has an open concept kitchen and living area. Vaulted ceilings with

large bright windows letting in tons of natural light. Handy mud/drying room leads into the attached 20' x 20' garage. Corner lot is half an acre with tons of parking. Covered deck is stamped concrete for easy care and gives plenty of room to BBQ or just to relax. Zoning allows vacation rentals and a second dwelling. So many opportunities!

830 Beavan Cres VALEMOUNT REDUCED \$523,700



Custom Details Throughout! Perfect Vacation Rental plus zoned for 2 dwellings. Potential 3 bdrm 2.5 bath home packs a lot of punch in 1.5 stories & just under 2000 sq ft. New furnace and dishwasher. Master Suite boasts floor to ceiling

windows, fireplace, 30ft

vaulted ceilings and more. The studio/loft can be another bedroom or study and leads onto a private deck with glorious mountain views! Fantastic 0.69acre lot beautifully landscaped like your own park! 16' x 24' garage with 200 amp service.

\$449,995

1320 3rd Ave VALEMOUNT



Looking for a spacious home with the option of a revenue producing suite? This immaculate 1/2 log duplex could be the one! It may appear to be a compact size home but it is just the opposite. Main floor has 1166 sq ft of living

space including a spacious open living room/dining area, compact kitchen, 3 generously sized bedrooms and a spotless 4 piece bath. Downstairs has a fairly new 2 bedroom basement suite that would be ideal as a B&B or a long term rental suite. Modern kitchen has a stainless fridge, cooktop and a counter convection cooker. Furniture can be included. A must-see!