



RCMP seeks break-in suspects

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# Rocky Mountain Goat

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Naio gets a good look at Santa in the lead-up to her first Christmas memories. Read the stories of local people's holiday memories in our special Christmas and Holiday section P9-16. The Goat is taking a gap week Dec. 16th and our next printed edition comes out Dec. 23rd.

## Doctor numbers back up in Valemount

By LAURA KEIL

The number of doctors in Valemount is already rebounding, after dipping to just one full-time doctor in November.

Dr. Ray Markham, chief of staff at the Valemount Health Centre, said a myriad of factors conspired to have three of Valemount's regular doctors unavailable beginning at the end of October. One doctor was sick, one was pursuing extra training, and another was on leave due to the mandatory COVID-19 vaccination policy.

Markham said Dr. Harry Keyter is now back at work and he expects Dr. Kat Godlewski to be back by the end of December.

"Things are looking up," he said.

Markham has been covering the decks in Valemount with the help of temporary locums for the past month.

With the exception of a short trip to Vancouver this week, Markham says he will be continuing to work full-time until more doctors are available. The clinic has a locum this week and the last week of December, as well as a student doctor for December.

Markham pulled back from his provincial commitments in order to ensure coverage in the valley during the shortage. In addition to

CONT'D ON P3

## Still no ice surface for McBride; inline skates on order

By ANDREA ARNOLD

The Robson Valley Recreation Centre ice surfaces in McBride remain ice-free as the ice plant renovations continue. The refrigeration unit has been removed and the electrical updated, but they continue waiting on parts and repairs.

Facilities Manager Lyle Lewis said the condensator was shipped up to Prince George for work and a chiller is being shipped from the US.

Lewis says it has been horrible waiting for parts to arrive throughout the whole project. At this time, they are not giving an estimated time of completion.

Contact information for the Canoe Valley Recreation Centre in Valemount was given to user groups wanting to be

CONT'D ON P3

Irene Berndsen

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see LISTINGS ON  
BACK PAGE



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# RCMP ask for public’s help locating hotel break-in suspects

BY GOAT STAFF WITH FILES FROM VALEMOUNT RCMP

The Valemount RCMP is seeking assistance from the public to identify two suspects in a series of break-ins at the Super 8 Motel on December 1 and 3, 2021.

Police say the break-ins were to staff areas and hotel storage, and locks were physically broken to gain entry to secure areas. No guest rooms were broken into or targeted.

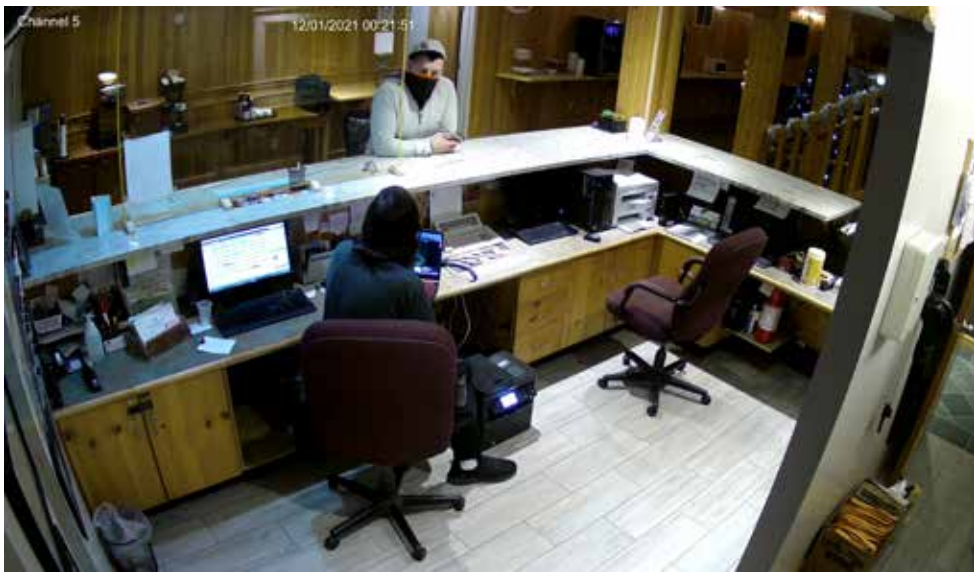
RCMP say the first suspect is a Caucasian male with a stocky build, average height and appears to be between the age of 25 and 35. He is seen on security footage on both dates

wearing black shoes with distinctive orange tongues.

The second suspect is a Caucasian female with shoulder-length blond hair, average height, and appears to be between the age of 25 and 35.

Police say both suspects are associated with a newer (possibly 2020 or 2021) dark blue or black Dodge Ram 3500 diesel pickup with an undetermined Alberta Licence Plate. The front grill features the word “RAM” in lieu of the standard Ram logo associated with Ram pickup trucks.

If you have any information in regards to these incidents or the identities of these suspects, please contact the Valemount RCMP at (250) 566-4466 or Crime Stoppers at 1-800-222-TIPS (8477)



# Robson Valley vaccination rate unclear

BY LAURA KEIL

New data released by Northern Health show that many Robson Valley residents are choosing to get vaccinated, but just how many is confounded by unclear statistics.

The Nov. 24th numbers released by Northern Health show 91 per cent of people 12 and older in the Valemount/McBride Community Health Service Area have had at least one dose and 80 per cent have had two doses.

In the same dataset, it shows Kitimat is at 105 per cent for first doses. When asked for clarification, Northern Health communications person Eryn Collins said it had to do with temporary workers inflating the numbers. The Goat asked if pipeline workers in Valemount were similarly inflating the numbers, but over the course of a week and multiple requests, Northern Health was unable to confirm.

There are approx. 1300 additional people working on the pipeline in the Valemount area Trans Mountain confirmed again this week. While the pipeline held their own COVID-19 vaccination clinics, some may have visited community clinics as well.

If the numbers don't include pipeline workers, the McBride/Valemount numbers are in line with

the provincial average for first doses and a big leap from the Northern Health average. In Northern Health overall only 82 per cent of people 12+ have had one dose, and 76 per cent have had two doses as of Nov. 24th.

But younger people in the Robson Valley are lagging behind when it comes to getting the jab. Only 64 per cent aged 12-17 had received one dose and only 54 per cent had received both vaccinations. Area residents are also lagging behind provincially when it comes to getting their second doses. Province-wide, 91 per cent had 1 dose and 88 per cent had 2, as of Nov 24th.

Last week, Northern Health relaxed its regional orders, but many rules remain in place, such as limiting in-person worship and unvaccinated people from attending events.

In a statement, Dr. Jong Kim, NH Chief Medical Health Officer said the NH Regional Order on gatherings and events is not based on immunization rates, as much as continued COVID activity and rates of ongoing transmission.

“Even in areas with strong vaccination rates, clusters and significant numbers of cases can occur,” Kim said.

He said the orders remain in effect pending further assessment of the region’s COVID-19 status by NH

and provincial public health officials; which includes assessing the impact increasing immunization coverage rates will have on overall COVID activity and risk of transmission.

Canadian data shows that people who are fully vaccinated are up to 60 times less likely to end up in ICU and far less likely to die as a result of a COVID-19 infection, as reported by several studies including the independent Ontario COVID-19 Science Advisory Table, an initiative of the U of T.

While younger people tend to become less seriously ill with an infection, studies have shown that youth are still spreaders of the illness and some youth have reported so-called “long covid,” with lingering symptoms of fatigue, joint pain, concentration and memory problems, headaches and other symptoms that last for months. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems (Source: Mayo clinic).

Health Canada has now approved child-size doses of the COVID-19 vaccine from Pfizer for children age 5-11. BC residents must first register their children before booking an appointment. The first child-size doses began distribution in the Robson Valley this week.

ROCKY MOUNTAIN GOAT

Dear readers,

We are taking some breaks! The Goat will NOT publish an edition **December 16th & 30th**, and **Jan. 6th**. Our next two editions are **Dec. 23rd** and **Jan 13th**. Starting **Jan. 13th** we resume a weekly print schedule. Thanks for your understanding and support! Check our website often for breaking news.

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## McBride ice... CONT'D FROM P1

a part of programs in Valemount in the interim.  
In the meantime, there are a variety of non-ice sporting opportunities at the Recreation

Centre. Floor hockey, pickleball, tennis and inline skating are all available on the concrete surface.  
“We have placed an order for inline skates to have available,” said

Lewis. “They will continue to be available after the renovations are complete, in the non-ice season.”  
The fit-pit and the convert-a-court continue to be open as well.



The room where the equipment needed to install and maintain ice at the Robson Valley Recreation Centre stands empty, awaiting all necessary elements to arrive and installation to begin. /SUBMITTED

## Valley doctors... CONT'D FROM P1

his role in the Valemount, Markham is the Executive Director of the Rural Coordination Centre of BC and a clinical professor in the UBC Faculty of Medicine. In February, he was appointed to the newly created role of Special Advisor to the Vice-President, Health at UBC to advise on how to advance innovation in the provincial health system.  
**Light at the end of the tunnel**  
McBride continues to have just one full-time doctor, though Markham told the Goat in November that they expect to have another doctor by next

summer.  
Markham said they have seen an uptick in patients with the additional workers in Valemount. The pipeline camp has a virtual clinic and uses video to connect to doctors out of town, and a doctor who sees pipeline patients virtually also does an in-person locum at the Valemount clinic and helps out with emergency calls.  
Markham said they are working with the pipeline to increase nursing coverage, as local nurses have been working at 50 per cent capacity for “quite some time.”  
He said their lack of nurses is one

that mirrors a provincial shortage.  
But he told the Goat the team does an amazing job even when short-staffed.  
“We have an amazing team. It kind of pulls out all the stops to try and make sure we serve the community,” he said.  
By the end of January he expects the Valemount doctor situation to stabilize followed hopefully by new nursing recruits.  
“It’s looking good for improving now and then back to normal late Jan,” he told the Goat in an email Monday.

## Local anthology now in print

By LAURA KEIL

The “Long winters, short stories” book is finally in print. The slim anthology packs a lot of punch, with 28 local writers sharing true and fictional stories.  
The book is a fundraiser for the Dunster Schoolhouse, formerly an elementary school and now a community-owned learning and cultural hub.  
Nancy Taylor, one of the anthology organizers, said the funds raised will support their arts and culture programs and operational expenses. The operational costs alone are approx. \$10,000 a year.  
The idea for the book came out of the “Long Winters, Short Stories” writing group held at the Dunster Schoolhouse in 2020, prior to COVID-19. Participants in that workshop came up with the idea of compiling a collection of local stories for publication.  
The organizers encouraged all kinds of writers and visual artists to submit memoir, fiction, creative non-fiction, poetry, photos, and graphics.  
The book jacket says the stories represent the diverse culture of our valley. “They describe the experiences and values of people whose lives are embedded in stunning wilderness landscapes; landscapes that spark self-reflection, ease geographical isolation and inspire literary adventures.”  
“Long Winters, Short Stories” can be purchased at the Dunster Store, the Rocky Mountain Goat bookstore in Valemount and the Valley Museum and Archives in McBride. To order through the Goat or inquire about shipping, email us at goatnewspaper@gmail.com or call 250-566-4606.





Village of McBride

HOLIDAY OFFICE HOURS

The Village of McBride office will be **CLOSED** from **Friday December 24th, 2021 - Monday, January 3, 2022** and will re-open on **Tuesday, January 4, 2022.**

RESIDENTIAL GARBAGE

There will be **NO** residential garbage collection on **Friday, December 24, 2021**, garbage will be collected a day early **Thursday, December 23, 2021**. Garbage will be collected as per usual on **Friday, December 31, 2021.**

Please call 250-569-7743 for any Public Works Emergencies.

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# Editorial



## Accepting what is

By LAURA KEIL, PUBLISHER/EDITOR

I laughed at my former self this week, when I picked up a copy of the Dunster anthology Long Winters, Short Stories and re-read the bio I'd written last spring.

"This year she leaves the newspaper world behind to make more time for her creative writing which has been her lifelong passion."

My cheeks flushed when I read it but I couldn't help but laugh as well. So many things I've set my sights on this year have fallen through. And yet, the funny thing is, the actual outcomes haven't been all bad. I don't think I'm alone in pouring my hopes into tangible things that become symbols for my real wants and

needs. When those things don't materialize, it feels like my hopes are dashed. But these things we fixate on, if we really reflect on them, are often just stand-ins for a want or desire we can fulfill in a different way.

Sometimes the situation can even turn out better.

My aunt, who lives in Hope and recently sheltered a dozen people during the catastrophic highway slides and flooding, was telling me how COVID-19 has been her teacher on letting go of expectations. Many of us get used to a fairly high level of control in our lives. But outside forces don't honour our well-laid plans. Our detailed visualizations of the future are just that—visualizations. Reality

is an alternate universe.

The great thing is that people are resilient. When one plan is cancelled or stopped, often it's mere hours before another is pushing through the soil of our creative minds.

This holiday season, rather than lamenting the year behind me, the plans that never occurred, I plan to remind myself that nothing is ever certain, nothing can be controlled in the way we desire, but reality is always there to welcome us to the present.

As Buddha said, "the root of suffering is attachment."

Let us be freer than we've ever been.



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- ☐ Add online subscription to paper subscription (\$10.50/year)

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Mail with a cheque to: Rocky Mountain Goat Media Inc, Box 21, Valemount, BC, V0E 2Z0 or email [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)

## CORRECTION

In the December 2nd edition of the paper, the story of the bridge repair stated, in error, that Dave Salayka had played a part in locating the needed bridge modules. In fact, Mac Cochrane was the individual who worked hard to find the needed pieces and the Association would like to extend a heartfelt thanks to him for his help.

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# Letters/Op-Ed

We welcome all letters to the editor  
Write to us! [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)



## About Letters to the Editor

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



## A 21st-century human failure

It is hard to comprehend this 21st century failure of the human race on the heels of two years of masking, nearly two centuries of medical advancements, social isolations, food supply shortages, and heroic sanitation practices- domestic and institutional, and continuing necessary travel restrictions to contain and prevent opportunistic viral spread. It's incredibly ironic that modern democratic societies, and educated... have failed to halt the advance and permutations of the pathogen. In the northern hemisphere a mind block of ignorance and resistance (of the wrong kind) remains among a poorly informed, poorly educated or sadly misinformed minority, while 80+ percent are diligent to be responsibly informed, even be triple vaccinated in interest of achieving best protection for self and society to thwart successive waves of Covid-19 variants. The same ignorance continues to threaten interprovincial travel

amid serious global challenges while a patchwork of inconsistent best practices, some politically expedient control measures too! are updated, now tediously announced to arrest and control ongoing spread of the virus given virtual autonomy within decentralized, multiple health service jurisdictions- in an effort to react to ever-changing presence of the virus. My pathos and dwindling hope is (apologetically) in contrast to the hopes of elder, hopefully discerning ones who have 'seen this all before' clinging to hope of a new day as we enter the Christmas season, a new year approaching. Anyone with a cursory high school level Biology understanding of the random, single-strand protein (dna) mutation, and potential might grasp the significance of 30 mutations on an especially pernicious (omicron) protein spike.

Achieving the necessary level of herd immunity from Covid-19 should be as

obvious as the need to eliminate the presence of bacterial and viral infections that have preceded, that once threatened humanity and quality of life in past generations and recorded history, or since Louis Pasteur. It is not the survival instinct or intentions of a dumb, living virus that is the problem—as even homeopaths will acknowledge. Without any doubt it will be the viral respiratory mutation we either consent to prolong, or that the unwitting human animal has little to no immunity to fight when the next mutation manifests. The cognitive human being has a duty (and to each other) to be vaccinated. Let's be done with the virus, the tedious masking, further spread and potential for mutation of it here. N.I.M.B Y. but indeed, worldwide.

*Peter Fox  
Valemount, BC*



## Thanks for sharing frustrations

Hello Laura, thank you very much for sharing your frustrations and concerns regarding the way health officials and governments are communicating with journalists and the public. Anyone who asks questions seems to be put in the conspiracy theorists group instantly, as if there was only one side to the medal... I sincerely hope you will get the respect you deserve from the officials you are trying to get facts from. Journalists are the only way the public can get information these days and it is very frustrating to see how you are being treated.

Thanks again for trying to get some information as we seem to be slipping away from a democracy to no one knows what is coming...

*Francis Leclerc,  
Valemount, BC*



## Religions

Thank you to Leon Lorenz and Glen Allison, for your responses to my letters. Much appreciated. I also was raised in a Christian culture, albeit that what I was taught didn't make any sense to me. So, I studied religions of the world, and learned that just as were all the other names of sons of gods used to start offshoots of older religions, the word Jesus was used to start yet another new religion. Those Christian scribes made a huge mistake however, when they wrote that Jesus was born perfect to a family of Jews that practiced only Judaism. That meant that for their personal salvation, the Christian religion was not wanted, nor needed by the Jews. Jesus was also said to have been a Jewish Rabbi. The broad HINT there (by the Christian scribes) was that because Jesus spotted the lies in Judaism, he decided to no longer be a Jewish rabbi, and so he became a traitor to Judaism, by starting the new religion of Christianity, where Jesus was certain he would then be preaching the one and only God-given truth. You will see the lies, but only when you want to see them. Been there ... did that!

*June Vandermark  
McBride, BC*



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The Goat is a member of the National NewsMedia Council, an independent org established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about

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editorial content, contact [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com)/566-4606. If you are not satisfied with the response, you can file a complaint at [mediacouncil.ca/1-844-877-1163](http://mediacouncil.ca/1-844-877-1163).

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The Beanery 2 hosted their annual food drive in correlation with the CBC's 35th Annual Food Bank Day on Friday December 3, 2021. They collected just over \$380 in cash donations in addition to several sealed donations that will be passed directly to the local Food Bank. Donations of items and cash will continue to be accepted at the Beanery right up until Christmas. /ANDREA ARNOLD

# Monashee pulls internet service from Dunster

By Laura Keil

Due to an equipment failure they say is beyond repair, Monashee Communications will no longer be providing internet services to the Dunster area.


In an email to customers at the end of November, the company said the equipment at their Horsey site, which they had inherited from a previous local internet company, is “beyond end of life.”

“While Monashee has made significant strides to build infrastructure for the Dunster Area, our efforts have been compounded by remote construction activities and weather events beyond our control which has caused escalating costs for construction,” the company said in an email. “We are now no longer able to continue to expand our high-speed services into the Dunster Area.”

Monashee said their existing equipment will be intermittent during the month of December 2021, and there could be days without service or intermittent service. As of Jan 1, 2022, service will cease.

Croydon resident Archie McLean says the change will affect about 10 customers and switching to another provider will be more costly—roughly \$50 more per month in his case.

McLean says their only option in Croydon seems to be Xplornet, as Star Link is not available, and the TELUS Smart Hub needs a good cell phone connection, which they don't have.



**Corporation of the Village of McBride**

**PUBLIC NOTICE OF COUNCIL PROCEDURE BYLAW AMENDMENT**

Notice is hereby given under Section 124 (3) of the Community Charter that Council Procedure Amendment Bylaw No. 804, 2021 will be brought forward to the Council of the Village of McBride on Tuesday December 14th for final reading and adoption. The amendment to the Council Procedure Bylaw is as follows:

Section 2 - TIME AND LOCATION OF MEETINGS

a) Changing to read “to be held second and fourth Tuesday of every month with exceptions of September when the meeting will be held on the fourth Tuesday, and December when the meeting will be held on the second Tuesday.”

**BOOK YOUR AD WITH US!**  
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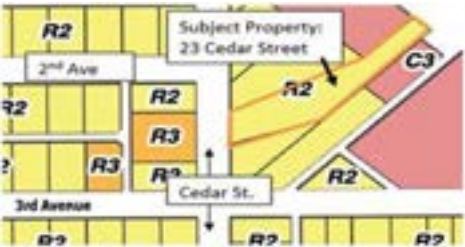
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**Village of Valemount**  
**Notice of Public Hearing**


Please Take Notice that a Public Hearing for Temporary Use Permits TUP-21-06, TUP-21-07, and TUP-21-08 will be held:

**Tuesday, December 14, 2021 at 7:00 pm**  
**Council Chambers, Village Office**  
**735 Cranberry Lake Road, Valemount, BC**

**1. Temporary Use Permit 21-06**  
Proposes 1 recreational vehicle to be used as a residence for a period of 2 years.  
**LEGAL DESCRIPTION:** Lot B District Lot 9778 Cariboo District Plan EPP67986 (23 Cedar Street)




**2. Temporary Use Permit 21-07**  
Proposes 1 recreational vehicle to be used as a residence for a period of 2 years.  
**LEGAL DESCRIPTION:** Lot 1 District Lot 7356 Cariboo District Plan 10557 (1280 Juniper Street)



**Cont.**

**3. Temporary Use Permit 21-08**  
Proposes 1 recreational vehicle to be used as a residence for a period of 2 years.  
**LEGAL DESCRIPTION:** Lot A District Lot 7354 Cariboo District Plan BCP8204 (1975 Hillside Mine Road)



At the Public Hearing, anyone who deems their interest in land to be affected by the proposed Temporary Use Permits TUP-21-06, TUP-21-07, or TUP-21-08, shall be given a reasonable opportunity to be heard. Comments may be made in person at the Public Hearing. Written submissions can be submitted by email to [publichearing@valemount.ca](mailto:publichearing@valemount.ca), or via letter to the Village of Valemount, PO Box 168, Valemount, BC V0E 2Z0. Written submissions will be accepted until 12:00 pm on December 14, 2021.

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

Digital copies of TUP-21-06, TUP-21-07, and TUP-21-08 are available at [www.valemount.ca](http://www.valemount.ca). Paper copies will be available for viewing during regular office hours (Mon. – Fri. 8:30 a.m. – 4:30 p.m.), until December 14, 2021 at the Village Office, 735 Cranberry Lake Road.

**Schedule of Regular Council Meetings 2022**

- January 11 & 25, 2022
- February 8 & 22, 2022
- March 8 & 22, 2022
- April 12 & 26, 2022
- May 10 & 24, 2022
- June 14 & 28, 2022
- July 26, 2022
- August 23, 2022
- September 27, 2022
- October 11 & 25, 2022
- November 8 & 22, 2022
- (November 8, 2022 is scheduled as the Inaugural Meeting following the 2022 Municipal Election)
- December 13, 2022


Meetings have not been scheduled for:  
July 12 and August 9, 2022 – Amended Summer Schedule  
September 13, 2022 – UBCM Conference  
December 27, 2022 - Christmas Office Closure

Meetings are at 7:00 pm at the Village of Valemount Council Chambers, 735 Cranberry Lake Road, Valemount, BC.

**The Regular Council Meeting schedule for 2022 will be posted at the entrance of the Municipal Office, and on the Village of Valemount website. Please note that Council may consider changing Council meeting dates and times. Any approved changes will be posted on the front door of the Village Office and at: [www.valemount.ca](http://www.valemount.ca)**

**Job Opportunity**  
**PT Administrative Services Coordinator**

Application deadline: **Wednesday December 15th, 2021 at 12:00 pm.**  
Full details are available on our website at: [www.valemount.ca/job-postings](http://www.valemount.ca/job-postings)



**VILLAGE OF VALEMOUNT**  
Let the mountains move you

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





# Holiday Memories

*This year the Goat's Andrea Arnold reached out to local people for their memories of Christmases and holidays past. We hope you enjoy them as much as we did.*



At the age of 12, McBride resident Diane Smith learned that snooping for presents can have some unpleasant results.

"My dad was a barber," she said. "I had asked for a typewriter and decided to go snooping to see if I got one."

Snooping wasn't something she had done before.

"I went into Mom and Dad's closet and started rooting in a box. I pulled out some clothing and felt this round thing. I looked in the cloth and it scared me to bits."

She had found a mannequin head her father used for

practices.

"I swear I've never snooped again for any present," she said. "I did get the typewriter that year."

During a more recent Christmas, Smith's oldest son and daughter had her questioning her sanity. She had a three layer jello dessert cooling in the fridge. When she pulled it out to add the custard and whipped cream, it was missing a layer.

"I did the third layer again," she said. "My daughter just told me a few years ago how she and Jason carefully removed and ate the third layer."

On behalf of Simpcw Community,  
Staff, Chief & Council

**Wishing everyone a Merry Christmas!**

**Tsucwmínte re Xyum  
te Sitq̓t ne Kúłtes re  
Tqelt Kúkwpi?**  
(Merry Christmas)

**Simpw**

People of the Rivers

**Merry Christmas!**

FROM ALL OF US AT THE  
VILLAGE OF MCBRIDE!

**HOLIDAY HOURS:**  
CLOSED: Friday, Dec. 24<sup>th</sup>, 2021 until  
Monday, Jan. 3<sup>rd</sup>, 2022  
RE-OPEN: Tuesday, Jan. 4<sup>th</sup>, 2022

HAVE A  
**blessed**  
**CHRISTMAS**

CHRISTMAS  
BEGINS  
WITH CHRIST

**BOB ZIMMER MP**  
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Warmest wishes this  
holiday season and a safe  
and prosperous 2022

**REGIONAL DISTRICT  
of Fraser-Fort George**

**Best wishes for a  
Happy Holiday  
Season!**

**Valemount & District  
Volunteer Fire  
Department**

**Best Wishes**  
to all during the  
holiday season!

**HOLIDAY HOURS:**  
OPEN Friday, Dec. 24<sup>th</sup> 11AM - 3PM  
CLOSED Dec. 25<sup>th</sup> until Jan. 3<sup>rd</sup>, 2022  
RE-OPEN Tuesday, Jan 4<sup>th</sup>, 2022 12PM - 5PM

**A Very Merry  
Christmas and a Safe  
and Peaceful 2022**

**McBride District  
Volunteer Fire  
Department**

Our warmest  
wishes for  
a peaceful  
Christmas  
and a very  
Happy New  
Year!

**CONNECTING COMMUNITIES  
ROBSON VALLEY  
COMMUNITY SERVICES**  
250-566-9107 / 250-569-2266

**Wishing you a Safe and  
Peaceful Christmas!**

cfdc.bc.ca  
1-800-661-2055

**Community  
Futures** Fraser Fort George

I am very proud to be the MLA  
for Prince George-Valemount

**SHIRLEY BOND**  
INTERIM LEADER OF THE  
OFFICIAL OPPOSITION  
MLA | PRINCE GEORGE - VALEMOUNT

250-612-4881  
Shirley.Bond.MLA@leg.bc.ca  
/ShirleyBondForBC  
1350 5th Ave. Prince George, BC





For Rosemary Hruby, the memory that comes to mind was the first Christmas spent with husband Dave.

"We lived in Texas and we were not going home (to her parents house in Colorado)," she said. "We weren't going, we really weren't going. Until it became apparent that we were going."

They hurriedly packed and hit the road for the drive from Texas to Colorado on December 23rd.

"We sang Little Drummer Boy all the way across Texas," said Hruby. "Dave drove, so this helped keep him awake."

They stopped in Lamar Colorado to try to get some food on Christmas Eve. Most restaurants

and shops were closed, but they talked a closing truck stop into selling them chocolate bars for their dinner.

They continued their Little Drummer Boy duet as they hit the road for the last stretch. The song was one of Dave's two favorite Christmas songs, and continues to be in spite of the hours of singing it on this 1050-mile trip.

"We arrived at my parents' house around 11 p.m. on Christmas Eve," said Hruby. "They weren't expecting us so they didn't have a tree. We decorated the potted norfolk pine. It was the best Christmas ever. It illustrates that the real joy of Christmas is being with family and friends."

McBride Mayor, Gene Runtz looks back on the Christmas of 1970 as the neatest Christmas he's ever had.

Runtz was serving in Vietnam and earlier in the year, he and wife Susie had welcomed baby Sarah into their family, and in October, Susie was hospitalized with complications due to two detached retinas. In mid November Susie was released and Runtz returned to the base in Port Lewis.

"I was granted an early leave of absence for Christmas," he said. "I was actually home for about three weeks."

He returned to Beaverton Oregon and remembers going to pick out a small tree for their home.

"The ladies of the area had been taking care of Susie and Sarah," he said. "They had set up a schedule and every day someone was at the house. When I got home, it didn't stop. They brought us all kinds of treats."

They didn't have much at the time. No money. But they had the support of many wonderful friends.

"I remember sitting on our used couch in the living room, with Sarah on my lap and our two year old border collie laying on the floor," said Runtz. "I felt really good, and I felt this was the start of parenthood for me. It was a wonderful feeling. I still think back to that day sometime when I'm sitting at home around Christmas time."

Pat Elliott has been a part of the Hospital Auxiliary in McBride for the past 40 years.

"I joined when I was 19," she said with a wink.

The memory that resonates with her is one that gets built on each year.

"Each year as we put up the Community Christmas Card (names displayed on plywood boards expressing Christmas greetings though a

Auxiliary fundraiser) we have to remove names," she said.

Some of the cards have to be removed or ones with multiple names have to be redone after someone has passed away during the year.

"We keep losing precious community members," she said.







Sometimes the most powerful memory is one accompanied with fear and sadness. For Allan Frederick, the memory of December 1988 holds some of these feelings.

"In early December my daughter was rushed into the hospital in Edmonton," said Frederick.

At the time, they lived in the small community of Boyle, just under two hours north of the city.

Diagnosed with meningitis, his five-month-old daughter spent almost two weeks in intensive care. Frederick and his wife were told by the specialist that their small child could suffer long-term effects such as blindness, deafness or that she may be slow to learn as she grew up.

"She was finally released from the hospital just prior to Christmas and we were able to take her home," he said. The diagnosis and

the unknown future made that Christmas a sad one for the family. However, the memory does not end there.

"She has fully recovered from the illness and is not blind, deaf and/or a slow learner," said Frederick. "She is a successful and vibrant member of society living a healthy and happy life."

Donna Perkins had a doll when she was four years old. She had literally loved it to pieces.

"My dad tried to fix it," she said. "But he wasn't able to."

Her parents convinced her to put the doll under the Christmas tree.

"They said that maybe Santa would replace it, but only maybe."

In the morning, in the place of the old one was a brand new one. The old one was taken and the elves would try to fix it to pass it on to someone else.

"I still have that doll," she said.

Pete Pearson has many memories of Christmas but feels that since becoming a grandparent, the season has taken on a whole new dimension.

"One great Christmas memory would a trip to the Toronto area to share the holidays with my wife Kerry's family and Christmas with

our grandchildren Noah and Nyiah," said Pearson.

He enjoyed meeting the family but being with the grandkids on Christmas morning made it extra special.

"Now we are also lucky enough to have Amelia to see at Christmas here in Valemount," he said.



Grandpa Pete Pearson cherishes the memory of Christmas morning with grandchildren Noah and Nyiah (shown above), and now granddaughter Amelia/ SUBMITTED

**WISHING YOU A WONDERFUL CHRISTMAS!**  
FROM MCBRIDE AG FOODS STAFF

250 569 0140  
410 Main St McBride BC

*Merry Christmas and a Prosperous 2022!*

1-800-Sandman  
sandmanhotels.com

**VALEMOUNT MINI-STORAGE**  
250-566-5185

**MERRY CHRISTMAS!**

**MERRY CHRISTMAS**



**Peace and Goodwill to All From all of us at**

**VALEMOUNT HOTEL** **LIQUOR STORE** **LOG n RAIL BAR**

250-566-4515 1200 Main St. Valemount, BC

**Happy Holidays**

**Haugk Home Designs & Renovations**  
250-981-0457

*Merry Christmas!*  
And wishing you all the best in 2022!

250-612-2820 | wendy@sewhot.ca

*The Goat wishes you a pleasant holiday filled with warmth, good food and cheer!*

*Merry Christmas and Happy New Year*

FROM ALL OF US AT  
**KILIN RESTAURANT**  
1117 Frontage Rd, McBride – 250-569-8820  
\*Closed Christmas Eve, Christmas Day, and Boxing Day

*Wishing you a safe & peaceful Christmas*

**Tete Jaune Lodge**  
250-566-9815

**Best wishes to everyone for the holidays!**

From Jin, Yoon & all of us

**Chalet Continental**

**Wishing you a safe and peaceful Christmas**

**Mike's Plumbing & Heating**  
250-566-1536



## Warm Wishes for a Joyous Christmas



**ROBSON VALLEY BUSINESS SERVICES**  
250 - 569 - 7941

*Wishing you a safe and peaceful Christmas*



*From the whole team*




**HUSKY / ESSO  
MCBRIDE**  
250 - 569 - 2441  
1006 NE Frontage Rd McBride, BC

## Safe Travels

Merry Christmas and a Prosperous 2022!  
*from Dennis & Adam*




**Warmest Wishes for a Happy Holiday Season and a Wonderful Year!**



From John, Donnie & Staff



## Happy Holidays!

We hope your New Year is filled with friends, family and good times




*Wishing you a safe and peaceful Christmas!*



from  
Management and staff  
Valemount Pines Golf Club

Our warmest wishes for a safe and peaceful Christmas!



# Merry Christmas & Happy Holidays

2021



Sheilagh Foster's favorite memories are spread across the generations. Too many to pick just one.

"Family traditions that I remember and treasure from my childhood include our annual Christmas Eve fishing trip with my dad, Everett Monroe, to the Blackwater (McKale River)," said Foster. "Ice fishing and fresh trout were a special part of Christmas Eve."

They often hosted 20-30 family and neighbourhood friends for dinner. Her mother organized and prepared the turkey meal and the kids were tasked with cranking the old ice cream freezer for the decadent finale to their feast. The gatherings were not just a Christmas event. The neighbourhood gathered at the Marsh home on New Year's Eve where Sarah prepared a goose feast for all.

"With our own children, we had a special day in late October when we went hunting for a Christmas tree which we marked for December cutting," said Foster. "It was fun to wander through the forest not hampered by deep snow to find our 'perfect' tree."

Turkey dinner wasn't complete without Christmas pudding with hard sauce - a sweet stiff icing

type of topping. Their Christmas day was filled with visiting, playing games, and enjoying new puzzles.

After Boxing Day the family looked forward to an annual ski trip.

"Sometimes it was about skiing but most of it was about visiting and having fun together," she said. "We still gather, whenever possible, after Christmas with our adult children and their children for a ski vacation."



Keiran Foster gets a ski lesson from his Uncle Andrew Foster. / SUBMITTED

Dear Gramps and Nana:

Our thanks and those of the kids for your very much appreciated Christmas gifts. The slippers all fit the feet they were intended for, and oh, yes, I took the hint -- I took a bath! That is really lovely soap and works very good in this water. We had a pleasant Christmas with Dave, Jack, Henry and Sarah here. Then for New Year's Day we went to Marshes and Sarah treated us to a really delicious goose dinner and we stayed over there and chewed the fat all afternoon with the boys Sarah and Ruth. The boys, Don and Keith, have been busy all holidays with the new chainsaw making posts and sawlogs off our place.

Wellwoods have had to move again as all our inspector jobs were abolished. I believe they moved to Prince George.

Godless love from all of us--

XXXXXXX

Sheilagh Foster cherishes the memories that her mother mentions in this letter to Foster's grandparents following the Christmas season. / SUBMITTED

*Wishing you all the best this Holiday Season*




1002 - 5th Ave Valemount, BC 250 - 566 - 8244  
CLOSED FRI, DEC 24TH AND SAT, DEC 25TH

*Wishing you a safe & peaceful Christmas*



**Raabis Mechanical Ltd.**  
250-566-0063  
Closed 12:00 PM, Dec 24th, 2021 until 8:30 AM, Jan 3rd, 2022

Season's Greetings on behalf of management and staff at CIBC Valemount




**Best Holiday Wishes**

from all of us at the Valemount Veterinary Clinic

OPEN  
Dec 21st 9AM - 3PM  
Dec 23rd 9AM - 12PM  
Dec 30th 9AM - 3PM  
Regular hours will resume Jan 4th, 2022



FOR AN APPOINTMENT  
PLEASE CALL 250-566-4194

*Tidings of Comfort & Joy*



Thanks for your support throughout the year!

**THREE RANGES BREWING CO**  
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Wishing Everyone a Very Merry Christmas and a Prosperous New Year!



**Wahoo Enterprises** 820-1st Ave, McBride  
250-569-0320





About a month before Christmas 2019 Owen Torgerson got to celebrate early with his family at his brother's home in Calgary.

"My parents were there and my other brother even flew in from Seattle," he said.

The group played games and had a Secret Santa gift exchange. It was the time together that made this November gathering so special.

"I think this was the first time in about 12 years we had all been together for Christmas," said Torgerson. "We had gotten together other times, like May long, but not Christmas."

"I'll be home for Christmas" is Sheri Gee's favorite Christmas song because it brings to mind thoughts of home, Manitoba.

"I get a little teary each year when I hear it on the radio, because I don't get to go home often for Christmas," said Gee.

When she is able to make the trip for the holidays, Gee loves very early Christmas morning.

One year, Gee got up before everyone else. She sat enjoying the Christmas tree glowing in the dark, before heading outside for an early morning walk.

"It was one of those mornings with fresh snow and Hoar Frost... the kind you can only get in the Prairies," she said. "The whole landscape was fresh and clean and sparkly."

The Ontario community of Woodlawn where Hollie Blanchette grew up was even smaller than Valemount.

"I grew up in an old farm house," said Blanchette. "Very Norman Rockwell like."

Her grandparents would visit for a few days most Christmases.

She remember her grandpa laying under the tree with her brother Tim,

shaking presents.

"Grandma would be sitting in her chair watching," she said. "She'd yell at Grandpa, 'George! Stop that! You're being a bad example.'"

He didn't stop, in spite of her scolding. In fact, he wouldn't let the kids do the shaking.

"He said he knew what things were so he could shake them."





**Wishing you  
a safe and  
peaceful  
Christmas 😊**



**EAGLE EYE CONSULTING AND  
HOME INSPECTIONS**  
780 - 645 - 0100



**Merry Christmas  
& Happy Holidays**

2021



**Merry Christmas!**

**Cheers to a  
DEEP Winter!**



**VRDA**  
VALEMOUNT & AREA RECREATION DEVELOPMENT ASSOCIATION

**Happy  
Holidays!**



**CANGAS**  
PROPANE

**CANGAS PROPANE INC.**  
1- 833- 852 - 8811

**HAPPY HOLIDAYS!**



**Wishing you  
a Safe and  
Peaceful  
Christmas**

**Mike Wiegele Helicopter Skiing**

**MW**  
**Mike Wiegele**  
Helicopter Skiing

[www.wiegele.com](http://www.wiegele.com)

**Wishing you a Safe and  
Peaceful Christmas!**

FROM **SUBWAY**

**250 - 566 - 4050**

**Best wishes to you and your family  
throughout the holiday season!  
Wishing everyone a Healthy and  
Prosperous New Year!**



**Wild Montane Construction Services | 250 - 566 - 5090**

**G**len Frear's memory comes from the feeling of being together. For him, it wasn't any one moment. "My grandparents lived in Jasper," he said. "It was the Christmas destination for most family members."

He recalls playing with cousins, all close in age to him and his sister. "Santa even visited one year."

There was one present that he remembers receiving. It was a model Austin Martin with all the same features as one in a James Bond movie.

"I'm pretty sure the missiles were missing by Boxing Day," he said.



Glen Frear remembers the Christmas Santa came to visit with him, his sister and his cousins. /SUBMITTED

**Wishing you  
and yours a  
Merry  
Christmas,**



**EMIL ANDERSON**  
MAINTENANCE | ROBSON

**Wishing you a  
Merry Christmas  
and a Safe,  
Healthy and  
Happy  
New Year!**



**Welcome Home**  
GIFTS & MORE

**from all of us at  
Welcome Home Gifts & More**  
250 - 569 - 0215

**Wishing you a Merry Christmas  
and Happy New Year!**

**Thanks for your support  
throughout the year! 😊**



**ROBSON VALLEY SEPTIC & WATER HAULING**  
250 - 569 - 7812

**HAPPY HOLIDAYS!**  
**Thank you to all our customers!**



**The Gathering Tree Valemount**  
[www.thegatheringtree.ca](http://www.thegatheringtree.ca)  
250 - 566 - 0154

**Wishing everyone in  
the Robson Valley  
a very Merry  
Christmas!**



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**From  
Sherri Malone  
& Family**


**250 - 566 - 1022**

**HAPPY HOLIDAYS!**

**Holiday Hours:**

Dec 24th 9:00AM - 4:00PM  
Dec 25th & Dec 26th CLOSED  
Dec 31st 9:00AM - 4:00PM  
Jan 1st, 2022 CLOSED

**Valemount IDA Tele-Pharmacy**

**ID.A.** **atoma** 

250-566-4594  
1214 5th Ave,  
Valemount

**W**ishing you a joyous holiday season and a New Year filled with Peace and Happiness.



**from Terry and Lisa at  
Summit River Lodge**

**MERRY CHRISTMAS!**



**CRESCENT SPUR**  
SKI RESORT

**All the Best for a Healthy & Happy New Year!**





The memory that stands out for Lucille Green is that of family.

"Every year we would have a large family gathering," she said. "Extended family too. Cousins of cousins. Not actually related."

Their gatherings were so large that out-of-towners were accommodated wherever possible. This sometimes meant that they had to get creative with sleeping arrangements.

"I often slept in the tub," said Green.

It was a time of games, specifically BINGO, and each child received a treat of a Japanese orange, a candy cane and peanuts in the shell.

On Christmas Eve, they were allowed to open one gift on Christmas Eve, then the rest waited until after the breakfast dishes were done on Christmas morning.

"We received one toy every year," she said.

"We cherished that toy all year." The rest of the presents contained much needed clothing like socks, underwear and winter necessities.



Two-year-old Lucille Green sits on her mom's knee, joined by her brother and sister, enjoying the Christmas season in their new house in Terrace. /SUBMITTED

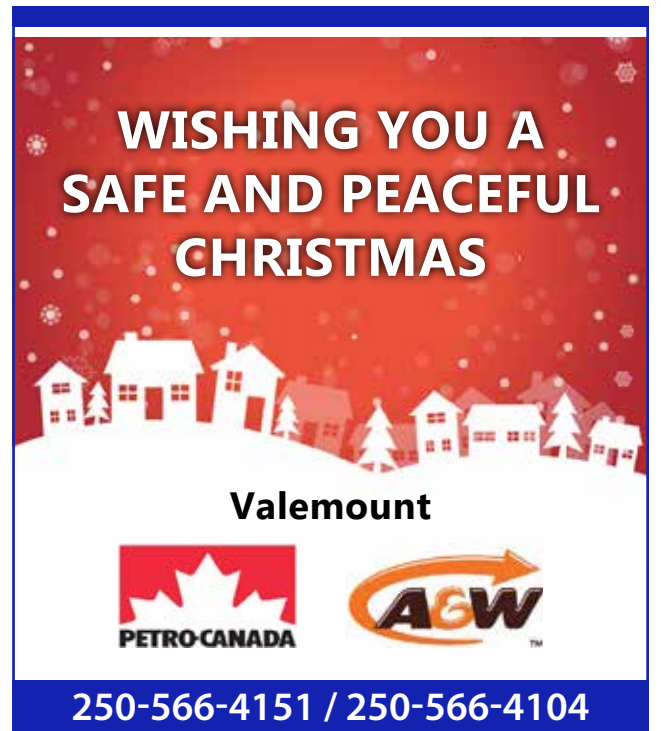
Daryl and Dianne Roth remember the first Christmas their oldest son was walking.

"He was just over a year old," said Daryl. "We cut all the branches off

the bottom three feet or so, so he couldn't pull things off."

They set up a kids table and chairs in the place of the branches and he loved to sit under it. They

continued this for several years as their family grew until the boys reached an age they could be trusted with low hanging ornaments.







Christmas in Valemout in the 60s is where Donnie Maclean's strongest memories were made. These memories, still visceral with all five senses, include a close connection to family and friends.

"Tobogganing on Daredevil Hill, feeling your woolen mitts balled with snow and your fallen socks balled up in the toes of your boots," said MacLean. "Skating on Cranberry Marsh, or watching my brothers and their friends playing road hockey while cars drove around them. Our family trudging through the deep snow looking for the perfect tree and relatives from out-of-town visiting. Older cousins, great aunts and grandparents who had time and patience to play games with small kids."

Some of her memories of the times spent together are the sounds the woodstove made while drying their wet, steaming

tobogganing clothes. She remembers chewy gumdrops skewered on the plastic tree on her Auntie Gwen's dining table.

Tastes and smells that linger in her mind come from the oranges they would find stuffed in the toes of their stockings along with an assortment of shelled nuts. She recalls piles of shortbread cookies, mincemeat tarts, butter tarts and fruitcakes.

"I remember listening for sleigh bells on Christmas eve under a brilliant starlit sky," she said. Her family and friends gathered for "singsongs" where her mom played the piano and her Uncle Harry played the violin.

"My Dad and their friends sang mostly in tune while enjoying glasses of Christmas cheer," she said.

"These are my favourite memories of Christmas from my childhood here. I love Christmas and how it brings people together."

## Wishing you a wonderful holiday season!

A white Star West Petroleum truck with a large red bow on the front bumper and a dog sitting in front of it. The truck has "LUBRICANTS" written on the side.

**Star West**  
PETROLEUM LTD.

**250-566-4818**  
3205 McLennan Rd | Valemout Cardlock

A decorated Christmas tree with lights and ornaments, surrounded by wrapped gifts.

*Celebrate the Wonder and the Joy of the Festive Season*

**MERRY CHRISTMAS & HAPPY NEW YEAR**

*From the Staff at*  
**UNDERWRITERS INSURANCE BROKERS**

**250-566-4464    1222 5th Avenue    PO Box 310 Valemout, BC V0E 2Z0**

# SEASON'S GREETINGS!

**Wishing you and yours a very Merry Christmas!**

**From the whole team**

**VALEMOUNT HEIGHTS PIZZA**

**1503 - 5th Avenue, Valemout BC | 250-566-4056**

A collage of four nature photos: a dog on a wooden bridge, a person hiking in a snowy forest, a person on a canoe on a lake, and a person on a canoe on a lake.

*happy holidays*

from all of us at  
**Columbia Basin Trust!**

Request your free 2022  
#basinlife calendar at  
[ourtrust.org/calendar](http://ourtrust.org/calendar)

Columbia Basin Trust operates in the unceded traditional territories of the Ktunaxa, Lheidli T'enneh, Secwepemc Sinixt and Syilx nations.



# Warm Heart, Cold Moon

For obvious reasons, the final full moon of the year is named the cold moon, though Venus, in the last week before turning retrograde, keeps throwing kindling on the yule log to add warmth to the dance of the holiday firelight. The full moon in Gemini is a gregarious social omen. Conversation skips and rolls, trends hook us, games delight and a certain flexibility of mind has us quickly carried away with new interests.

**ARIES** (March 21-April 19). You could do it alone, but you'll get there much faster with coaching. Whether it's a knotty problem or a fun goal, bring it to an objective party. Truthfully, this person doesn't even have to be skilled on the topic to show you things you hadn't considered before, expose your blind spots or provide you with accountability.

**TAURUS** (April 20-May 20). You know the world. You've been places and related to many different types of people. You took risks, and now you get to enjoy one of the rewards, which is your ease in myriad situations. Because you can relax around new people and situations, you will be given options not afforded to others.

**GEMINI** (May 21-June 21). The world is full of narcissists, egomaniacs and drama stars, and there's no way to avoid difficult people altogether. While you're not the casting director of your entire life, you most certainly can curate your main social circle. You'll choose who to keep close. You'll find excellent and qualified candidates this week.

**CANCER** (June 22-July 22). There's a decision to be made. In the past, you would have brought it to the group or let those close to you weigh in. But you're



the one who is going to be living the outcome of this choice. Think it through, then pick what gives you the best shot at delight, adventure and enjoyment.

**LEO** (July 23-Aug. 22). There are no shortcuts in relationships. People can become fast friends, but

those bonds are only as strong as the number of moments it takes to braid them. You'll enjoy creating relationships. It's important work, and you'll give it your full attention and care. Trust is built over time but can be broken in an instant.

**VIRGO** (Aug. 23-Sept. 22). You will lead with a vision of what's good for the group. You, like every other individual, will benefit as the group does. What happens through this mission will be more valuable than what can be stated in financial terms. Lives will be different because of what you do together.

**LIBRA** (Sept. 23-Oct. 23). You could drive a hard bargain if you really wanted to, but you realize that there is much more to gain in any deal than the dollar amount can encompass. You'll negotiate on matters worthwhile, which may not be financial. Mutually satisfying deals will be struck quickly and without formal contracts.

**SCORPIO** (Oct. 24-Nov. 21). When asked, you'll give an honest answer. Still, you'll consider your audience and whether they have a right to know or are just being nosy. More importantly,

when you're not asked, you'll keep your opinion to yourself. There's safety in steering conversation to safe, pleasant and positive topics.

**SAGITTARIUS** (Nov. 22-Dec. 21). There's no reason to stress about what to do, which way to go, who to be with or anything of the sort because, in all of these regards, there isn't one right idea for you. You've grown so versatile that there are many options that would be an excellent fit for you. Explore the possibilities. Your future is bright.

**CAPRICORN** (Dec. 22-Jan. 19). At some point in this fast journey through the thick blur of the week, you'll be wise to lay on the brakes. Given your momentum, it may take your entire body weight to bring the mechanics to a full stop, but it will be of great benefit to come to a screeching halt, if only for a moment, to ask, "Who is taking care of (SET ITAL)me?(END ITAL)"

**AQUARIUS** (Jan. 20-Feb. 18). Events of the past don't change, but the version of them you tell yourself and others can't help but evolve. Looking back, you'll realize things you didn't before. Your memories will come to mean something different. A fresh take on your story is coming together to empower you for the next adventure.

**PISCES** (Feb. 19-March 20). You'll be made aware of the price of a prize. Figure in the emotional labor and the energetic tax, and it's way higher than previously assessed, though you may still be interested. In general, you're not told often enough how valuable your contributions are. Remind yourself so you'll have the courage to ask more of life.

**THIS WEEK'S BIRTHDAYS:** You've had courage this whole way, though you haven't always been as lauded for it as you will be this year when your rewards will be rich and numerous. Love will be the ally to vanquish difficulty, open doors and brighten and lighten your spirits. A vision will spring to life. You'll get to live what you once considered merely a romantic notion. The sorrows of the past will seem but a distant memory -- a mournful color in your soul offset by brightness and cheer.

Write Holiday Mathis at HolidayMathis.com. COPYRIGHT 2021 CREATORS.COM

# SUDOKU

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	2			1			5	
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1			3			9		

## 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.



Answers on P13

# CROSSWORD

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



Answers on P13

## Across

- College major
- Measure to take
- Methane or ethane
- "Them"
- Predict
- Hunter's trophy, perhaps
- Workout targets
- More than prevalent
- Stallone's nickname
- Store-to-consumer business
- Fitting
- Laundry challenge
- Certain mystique
- Broad ranges of related ideas
- Cause for a plumber
- Opposite of "absent"
- Fanatical
- Cat-occupying ball
- Throw down the gauntlet
- Devoured
- Bottle at the perfume counter
- Light brown
- It may be stroked in thought
- Palette choice
- Around forever
- Thing to look under
- Amphora, e.g.
- Word of agreement
- Has title to
- Pointillist's unit

## Down

- "It's \_\_\_ cry from . . ."
- Chorister's cover
- "This is only a \_\_\_"
- Screenwriter's writing
- Fitting well
- Dobby or Winky, in Harry Potter
- Bargaining topic
- Signal
- \_\_\_ Saints' Day
- Word with blue or high
- Rising movement
- San Diego ball club
- Government revenue source
- Edge of a canyon
- Agile tree climber
- Like a wallflower
- A kind of soup
- Things to run
- Prevailing tendencies
- Dolphin's navigation aid
- Sound of an ungraceful landing
- Mark replacement
- Office expense
- Christmas stocking stuffer
- Brew in some barrels
- Manner or method

## Across

- Lick \_\_\_ promise
- Lifeless
- Aspiration
- Shade of black
- Link up again
- Nullify
- Bandage
- Specks in the sea
- In sum
- Luxury liner
- Runs
- Fleece seeker's ship
- Makes unfeeling
- Wallops
- "Amscray!"
- Embitterment

- Breakfast appliance
- Salon application
- Disentangle
- King or queen
- Frighten
- Lodge fellows
- Might
- Followers: Suffix
- Marine
- Kia model
- Holiday cooking equipment
- Major or Minor Bear
- Fictional detective Philip
- Big plot

- Spots
- Tie up
- Ostrich look-alike

## Down

- Berry considered a superfruit
- Acceptances
- Creator of Charlie and Matilda
- Nautical heading
- Galway native
- Calif. neighbor
- Berlioz's "Les nuits d'\_\_\_"

- Morning talk show cohost Kelly
- Swiss archer
- Enthusiasm
- Victorious
- "Rolling in the Deep" singer
- The \_\_\_ Prayer
- Peter and Paul: Abbr.
- Annual baseball game
- Undisturbed
- "Tosca" composer
- Not up and around
- Gamble on
- Jollity
- Needing no script

- Sacred songs
- Usher song: "My \_\_\_"
- High schooler
- "\_\_\_ cost you"
- Stink
- Commits a faux pas
- It's stranded, for short
- A boy named \_\_\_
- Concentrate
- Earth tone
- "Walk the Line" actress, Witherspoon
- Spanish houses
- Crown location
- Hot springs site

- Like some airports, abbr.
- Panacea
- Ivan IV's title
- It's scratchable
- Barely adequate
- Geometric figure
- Contents of some bags
- E.R. workers

Answers on P13

# THE TOUGHIE

by Myles Mellor

Answers on P13



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

CROSSWORD ANSWERS

1	A	R	T	5	T	E	P	8	G	A	S		
11	F	O	E	13	C	A	L	L	15	E	L	K	
14	A	B	S	16	R	I	F	E	18	S	L	Y	
17	R	E	T	19	A	I	L	21	A	P	T		
22	S	P	O	23	T	24	A	U	R	A			
25	S	P	E	26	C	T	R	A	28	D	R	I	P
30	H	E	R	E	31	E	X	T	32	R	E	M	E
33	Y	A	R	N	34	D	A	R	E				
35	A	T	E	36					37	T	E	S	
38				39					40				
41	T	A	N	42					43	H	I	N	
44	O	L	D	45	H	O	O	D	46	U	R	N	
47	Y	E	S	48	O	W	N	S	49	D	O	T	

TOUGHIE ANSWERS

1	A	N	D	A	11	T	I	N	E	R	T	19	G	O	A	L
12	C	O	A	L	13	R	E	T	I	E	14	U	N	D	O	
15	A	D	H	E	16	S	I	V	E	P	L	A	S	T	E	R
17	S	L	E	T	18	S						21	A	L	L	T
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44	U	R	S	A								47	A	C	R	E
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# Community Events

Send us your event to [goatnewspaper@gmail.com](mailto:goatnewspaper@gmail.com) or call 250-566-4606. Use 40 WORDS or less and we will publish it FREE up to a month before

## VALEMOUNT

**MONs Family Place Drop-In** is now on Mondays from 9am-noon for connection with other families, parenting resources and fun for you and your 0-6 year old children at RVCS unless otherwise stated below (99 Gorse St)! Call Hannah 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) to join.

December 17- Letters to Santa/Cinnamon Apple sauce ornaments (Note we meet on a Friday, not Monday this week!)

December 20: Cookie Decorating

December 27: Closed –no drop in

January 3: Closed- no drop in

**MONs Seniors Drop-In** is now on Mondays from 1-3pm. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities at RVCS unless otherwise stated below (99 Gorse St). Call Shae 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org) to join.

December 13th: Games and Puzzles

December 20th: Cookie Decorating and Lunch -

(will take place from 12 – 2 rather than 1 – 3 at the Community Hall)

December 27th: NO DROP IN THURS

**THURs DEC 16th Christmas Wreath Making** from 12 to 2pm in Valemount geared toward seniors. Come by to get in the holiday spirit and make Christmas Wreaths, drink hot chocolate and listen to Christmas music at RVCS (99 Gorse St)! Please call 250-566-9107 to register or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

**WEDs The Valemount Old Timers musicians** are back playing in the upper lounge at the Golden Years Lodge (1300 Main Street) on Wednesdays from 7-9pm. No charge. Coffee and goodies provided.

**THURs DEC 16th Seniors social tea** at the Valemount Golden Years Lodge 1-3p.m. Proof of vaccination required.

## MCBRIDE

**MONs Family Place Drop-In** is now on Mondays from 9am-noon for connection with other families, parenting resources and fun for you and your 0-6 year old children at RVCS unless otherwise stated below (942 3rd ave). Call Charlene 250-569-2266 to join.

December 13- Letters to Santa/Cinnamon Apple sauce ornaments

December 20- Christmas Reindeer/Santa craft

December 27- Closed –no drop in

January 3- Closed -no drop in

**WEDs Seniors Drop-In** is now on Wednesdays from 1-3pm. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities at RVCS unless otherwise stated below (942 3rd ave). Call Sandy 250-569-2266 to join.

December 15th: NO DROP IN – RVCS TEAM DAY

December 22nd: Tech Café - Please bring your devices & questions for some one-on-one technology assistance!

December 29th: Soup & Bun

**THURS DEC 16th Christmas Wreath Making** 4 to 6

pm in McBride, geared toward seniors. Come by to get in the holiday spirit and make Christmas Wreaths, drink hot chocolate and listen to Christmas music at RVCS (942 3rd ave)! Please call 250-569-2266 to register or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

**DEC 14-23rd Child & Youth Mindfulness Packages!** Pick up your mindfulness resource and activity packages for parents and their children (5-12 years) to learn about the power of mindfulness together in a fun and creative way! Packages available from December 14-23rd at McBride RVCS Office (942 3rd ave) or can be dropped off at the schools upon parent request.

**WED DEC 22nd A Holiday Gathering: Movie & Craft Time!** In celebration of the holiday season beginning, McBride RVCS CYMH Program would like to host a FUN afternoon full of crafts, songs, stories, games and a movie for the kids (elementary ages)! December 22, 2021 from 1pm-4pm at RVCS McBride, 942 3rd Ave. Please register: Call Jessica at 250-569-2266 or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

## TETE JAUNE

**DECEMBER Tete Jaune's Wreath-o-rama** is back! Tete Jaune residents are flexing their creative wreath muscles in this special drive-by competition between homeowners to see who has the best homemade wreath set up along their property line. Wreaths will be judged Dec. 17th by Francis Blackman.



*Pete Amyoony has lived, worked and gardened in the Dunster area for 43 years. He tries to deal with the “down to earth nuts and bolts of organic gardening” in his columns.*

# Gardening with Pete

## The great thing you are doing by growing a garden

With the holiday season fast approaching and the constant bombardment of commercials and flyers urging us to “buy, buy, and buy some more!” I hope all the gardeners in our area will take some time during the upcoming break to “pull in” a bit and think about the great thing they are doing by growing a garden.

First and foremost, the gardener is taking real steps to prevent many major diseases such as heart disease, diabetes, obesity, cancer and high blood pressure according to the Center For Disease Control in Atlanta. Everyday jobs like raking leaves or weeding give the same workout as aerobic dance or biking at 5-9 miles per hour. If you decide to dig with a shovel or fork, then you are getting the same workout as if you were on a stair-climbing machine or race-walking for the same period of time.

It is hard to believe, but fewer than 10 percent of North Americans get their recommended daily servings of fruits and vegetables every day. It is believed that this is one of the reasons for the sharp increase in obesity and diabetes over the past twenty years and the trend is getting worse. Eating so many refined and highly

processed foods and too few “fresh from the garden” foods leads the whole family in this direction.

There is no doubt in the mind of most nutritionists that the “old-fashioned” garden-grown foods are much more healthy than the supermarket varieties. Many of the foods in the supermarkets are bred for sweetness, looks and the ability to remain in storage for long periods of time. In so doing, the plant

breeders have actually bred out much of the nutrition of these “improved varieties”. Home gardeners can produce fruits and vegetables that can be picked at the height of their freshness and flavour. If they choose to grow the older open-pollinated and heritage varieties, they are tapping into thousands of years of selecting the best. Our ancestors wanted healthy, nourishing food that had natural ability to withstand the climate where

they were grown and that gave health to the families over many generations. The alternative is to grow a variety that was bred in a lab so it has a tough skin and is pretty to look at!

So, there is no doubt in my mind that growing a garden, and especially growing one organically, is the greatest gift a person can give to themselves, their family, their community and to the environment.

Over forty years ago, I made a conscious decision to stop sending Christmas cards and buying gifts that were not needed (and many times not wanted), and to take the good sum of money that I held back from the greeting card companies, the post office and the large stores and direct it to the Seed Savers Exchange or Seeds of Diversity Canada or to an inner city group that was teaching youth at risk how to garden. If you don't want to go to that “extreme”, perhaps you could give a gift of a garden tool, garden book or a garden center gift certificate to a loved one.

I wish all the readers of The Robson Valley Times a wonderful, relaxing (and dormant!) holiday break and may your gardens be healthy, happy and wonderful places to be in 2022!





# Men's program makes headway



Shawn Thompson/SUBMITTED

By LAURA KEIL

The Robson Valley Community Services Society is getting ready to launch its Men's Support Program in Valemount, and has hired a coordinator.

"We've heard from countless people throughout the community that the Robson Valley is in need of more services to support men," said Jill Joslin, media and communications officer for RVCS. "Robson Valley Community Services has since been able to secure the funding required to create a new program to do exactly that—a men's program created by men and led by men."

Shawn Thompson, Specialized Services Responder, will be responsible for getting the Men's Support Program up and running. RVCS says the goal for the Men's Support Program is to create an environment "where men can discover camaraderie and support through groups and workshops that are geared toward their own interests. RVCS says Thompson has a strong background in men-specific program facilitation, counselling and conflict resolution from previous work experience at the Ford Mountain Correctional Centre. He currently works in a permanent position as a Commercial Vehicle Safety

Enforcement supervisor and Joslin says he will coordinate his work with RVCS outside of this commitment. His educational background includes social services studies from the University of the Fraser Valley and several relevant courses from the Justice Institute of BC such as: Case Management - Advanced, Violence Prevention, Intro to Criminal Law & Justice, and Facilitation Skills Theory, Joslin says.

Thompson is currently in the beginning planning stages and would like to hear from men interested in what's to come. Existing ideas include campfire hangouts, substance & grief support groups, one-on-one emotional support, a woodworking workshop, foosball nights and others. Joslin says RVCS will be looking to recruit one more self-identified male staff member in the new year for the Men's Support Program.

According to Thompson, the Men's Shed Program in McBride has taken off with like-minded members, but the Valemount counterpart is in need of more volunteers to get the group off the ground. If you have an idea or skill you'd like to offer up, or you're interested in attending a Men's Shed meeting, please reach out by emailing [shawn@rvcsbc.org](mailto:shawn@rvcsbc.org) or [events@rvcsbc.org](mailto:events@rvcsbc.org).



The Beanery 2 hosted their annual food drive in correlation with the CBC's 35th Annual Food Bank Day on Friday December 3, 2021. They collected just over \$380 in cash donations in addition to several sealed donations that will be passed directly to the local Food Bank. Donations of items and cash will continue to be accepted at the Beanery right up until Christmas. /ANDREA ARNOLD

# MEN'S SUPPORT PROGRAM

**Coming soon!**

- The community has made it loud and clear that the Robson Valley is in need of more services for men.
- Please direct questions or program ideas to Shawn Thompson at [shawn@rvcsbc.org](mailto:shawn@rvcsbc.org)

We see you.  
We hear you.  
You matter, too.

For men  
By men  
Led by men



Joel Zahn made his hand made variety of wooden toys, games and ornaments available to attendees of the McBride Christmas Craft Fair hosted by the Elks and Royal Purple, on December 4 & 5. /ANDREA ARNOLD



Dawn Hickerty's festively decorated table showcased her jewelry making talents as well as some samples of her fiber arts at the craft fair/ ANDREA ARNOLD

## FOREVER IN OUR HEARTS

# WESTLEY ALLEN WEEDMARK

September 27, 1988 - November 22, 2021

It is with great sadness, and sorrow that we regret to inform the sudden passing of Westley Allen Weedmark. Born in Vernon, BC on September 27, 1988, and was raised in Barriere, BC. He passed away at the young age of 33 on November 22, 2021.

Westley was a true gentleman with a heart of gold and a soul of a "dang ol' mountain man," born 125 years too late. He was an exceptional artist, self-taught musician, a lover of nature, and those in it.

Westley's generosity was legendary! Known to be the type of person who would give you his shirt off his back even if it was the only one he had. His heart was not only golden but was adorned with diamonds. He was the type of friend who always had a gift or a handmade treasure that was specifically made for his loved ones.

Always looking for that vein of gold, he was fueled by his sacred places of the Goat River and Snowshoe Lakes. He was one that lived off the land, gathering wild medicinal plants, and berries for Bannock.

A classical soul, Westley usually sported a hat and classy outfit for shindigs. Westley's spirit was infectious. His warmth, laughter, and the stories he told filled all the hearts he met along the way. Westley has many friends as he was


an unforgettable soul who loved to see people happy. He loved his family and friends with everything he had.

He will be sadly missed by his "Meemaw" Diana, his dad Dean, brother Lamont, sisters Helena and Alysse, his niece Arianna, grandma, many uncles, aunts, and cousins, all his loving friends, and his beloved dog, Tipsin Waters.

"Oooooeee!" We miss and love you in the whole wide world Westley (Scooter).

In lieu of flowers, donations can be made in his name to the Diabetes Association.








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