



McBride fawns over deer in high-vis

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# ROCKY MOUNTAIN GOAT


Your weekly source of news, views and entertainment

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Daniel Shaffer works to remount his snowmobile following a stunt during the Snowmobile Freestyle demonstration on Friday November 22nd. The aerial spectacular was held during the annual Bung Bung Vintage Snowmobile event in McBride. /ANDREA ARNOLD See page 7 for more photos.

## Mail sorting, delivery halted as postal strike continues

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Canadian Union of Postal Workers (CUPW) went on strike November 15th, hoping to negotiate wage increases, secure pensions and safe working conditions. During the strike, CUPW members are not delivering parcels or mail.

In Blue River, Canada Post employees have had a slow couple of weeks, said employee Allison Prest. The workers at the Blue River Canada Post office are not CUPW members, according to Prest. However, there are

a number of CUPW members at the packaging station in Kamloops which ships parcels and mail to the Robson Valley, so local Canada Post offices are still not receiving or sending mail, Prest said.

"We're still open for business, but nothing's going on," Prest laughed. "You can buy your Christmas stamps, but you can't mail them."

In response to The Goat's questions about how the strike impacts the Thompson Valley and Robson Valley, Canada Post sent a copy of the Crown corporation's November 25th press release.

"Negotiations have been supported by a special

mediator since Monday, November 18th. Talks continued through this past weekend," the release reads. "We have continued to work to find agreement on changes to our delivery model to better serve customers with weekend delivery and more flexible staffing during the week."

The Goat reached out to Canada Post offices in McBride and Valemount, but did not receive a response by presstime. The CUPW did not return The Goat's request for comment.

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The deer made its way across the highway and appeared to be heading towards Dominion Creek Trail. /ANDREA ARNOLD



A deer was spotted in McBride on Sunday sporting a black jacket with high-vis reflectors. It was first seen near the Rich Boyz shop. /SUBMITTED BY JOE RICH

## Oh deer: High Vis wearing deer spotted in McBride

BY ANDREA ARNOLD

I have lived in McBride for many years and most of the “small town” activities hardly turn my head at this point. However, as I drove home Sunday afternoon, I slowed way down and took not only a double look, but a triple look and probably more as a deer made its way across Highway 16 and up the hill towards the Kilin restaurant. Deer crossing the highway do not make news. But this one was sporting the latest in high visibility workwear. A black and yellow long-sleeved top. I couldn't tell if it was a jacket, sweatshirt or a long sleeve t-shirt.

I took the exit onto the frontage road and was able to snap two photos of it before it headed into the woods around the Dominion Creek trail area.

I posted my photos on Facebook, and quickly heard that Joe Rich had also taken a photo.

“I was only about 50 feet from the deer,” said Joe. “It looked like it was a zipper rain jacket type of coat. It was definitely zipped up.”

I personally have to put coats on my dog when it's cold out and she fights me even though there is a good level of trust between us. I can't imagine trying to dress a deer.

Most of the comments on Facebook were either as confused as I had been, or just funny. One individual commented that I'd caught a deer on its way to work. Others said that it was about time deer started being safe around the highway.

Among the amusement was a good collection of concerns too. Questions remain unanswered: who is responsible, and how did they do it? But also, what do we do now?

With the loose-fitting fabric, the deer could get tangled up and hung up on a branch or a tree.

Rich also brought up the point that when you have an animal with a broken leg, their skin and fur under a bandage gets really smelly really fast. His concern is for the health of the animal and would like to see the jacket removed. Although, he is unsure how that would have to be accomplished.

Conservation Officers have been made aware of the situation. Sgt. Eamon McArthur says that although the animal is currently mobile and able to feed, there are concerns that if the jacket is secured onto the deer that it may get caught on the woods, panic and cause itself injury. He says there is a chance that it may tear and fall off, but knowing that most high-vis clothing is made of sturdy material, he thinks that is unlikely.

“I am floored that whoever did this was able to do this,” he said.

McArthur says that if someone has hand-raised an injured fawn, they may have been able to put the jacket on, but other than that scenario, he can't imagine it was an easy task.

COS recommends that the public keep their distance from wildlife in general as any direct interaction causes undue stress upon the animals. Harassment — meaning to “worry, exhaust, fatigue, annoy, plague, pester, tease or torment” — of wildlife is a violation under the BC Wildlife Act. McArthur stated in an interview with CTV that the dressing of this deer would qualify as harassment.

They are asking for the public's help to confirm the health of the animal as they determine a course of action. If they receive reports of regular sightings around town, it will allow them to track the deer's movements through the day. Also, they would like to get reports as to the state of the jacket — is it still firmly in place or has it started falling off?

“If someone sees the deer at the same feeding spot at a certain time of day, we can come, and be there when it is eating,” he said.

If it comes to action being needed, the COS will locate the deer, use a dart to give it a tranquilizer dose, and cut the coat off. McArthur says they have to move quickly once the tranquilizer has been administered. The level of adrenaline surging through a deer

can cause it to metabolize the tranquilizer quickly.

If locals see the deer they are asked to contact the RAPP (Report All Poachers and Polluters) line at 1-877-952-7277 or #7277 on the TELUS Mobility Network.

### ADOPT A SENIOR



It's time to spread the Christmas spirit with our annual community Adopt a Senior!

We're spreading even more cheer this year! If you know of a family or an individual in Valemount that would love some Christmas cheer please let us know!

If you want to adopt but don't know who, just let us know and we have a person for you!

This year's gift budget is up to \$50. Gift, food baskets, baking or presents all are great gift ideas!

Attach the person's name, address and phone number to the gift and drop it off at 1440 7th Ave by Wednesday, December 18th.

For more information, call or text Sherri Malone at 250-566-1022



# New roof one of many looming repairs at Rec Centre

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Regional District of Fraser-Fort George (RDFFG) is preparing to upgrade the roof of the Robson Valley Recreation Centre in McBride throughout the spring and summer of 2025. In a presentation to the RDFFG board on November 21st, General Manager of Community Services Kenna Jonkman outlined the process for improving the centre's roof.

According to Jonkman, the roof needs to be reinforced to ensure its longevity. The Regional District hopes to do minor repairs on the main roof and entrance awnings, as well as repair the metal wall cladding. Additionally, Regional District staff are exploring the possibility of replacing the building's exterior doors and windows.

The roof repairs have been on the Regional District's radar for years, Jonkman said. The project will be paid for with \$280,000 of the District's community works fund, along with some money from the Local Government Climate Action Program, a provincial grant which can be used to improve the climate resilience of public infrastructure.

The project must be reviewed by the Community Consultation Committee – a group of McBride-based representatives who offer feedback on the Regional District's plans for the Recreation Centre – and approved by the board of directors, Jonkman said. However, she believes consultation will be finished in time for the work to be completed in the spring or summer of 2025.

## Closing the funding gap

Future maintenance of the Recreation Centre comes with a hefty price tag, though. According to Jonkman, an asset management study of the centre revealed that over the next 20 years, the centre will require \$7.2M more in maintenance funding than in previous estimates. The study recommends that the Regional District create an asset management fund, a set of investments which will generate revenue to pay for necessary maintenance work, Jonkman said.

Over the next year, staff will work with the Community Consultation Committee to research asset management practices to be implemented in the Recreation Centre's 2026 budget, Jonkman said.

"It is likely the strategy will include evaluating major capital investments being done on a need-to-do basis, requisitions, user fees, level of service borrowing, and grant funding, if and when available," Jonkman said.

Regional District staff will present more details on the roof repairs and asset management study to the Community Consultation Committee at their next meeting, Jonkman added.

## An important asset

The Regional District circulated a survey on the Recreation Centre in October to ask residents how the centre should be funded and hear feedback on the importance of its services, which Jonkman summarized for the board. According to Jonkman, 265

surveys were submitted.

"Residents strongly agree that the Robson Valley Recreation Centre is an important asset and contributes to the quality of life in McBride," she said. "Residents also gave feedback that they would prefer user fees and/or taxes to be increased over the reduction of services offered."

Most survey respondents said they would be willing to pay more taxes to continue the centre's current services, according to Jonkman: 51 per cent said they would pay 10 per cent more in taxes, and 21 per cent said they would pay 20 per cent more. Additionally, respondents preferred that ice fees – such as public skating and skate-sharpening fees – be increased, as opposed to other user fees.

"Overall, residents of McBride put a high level of importance on the recreation centre," Jonkman said.

Staff will continue working with the Community Consultation Committee to develop an operating and financial strategy for the centre to fund infrastructure maintenance which maintaining the desired level of services, she added.

## Valemount to launch accessibility survey

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Village of Valemount's Accessibility Committee reviewed and approved an accessibility needs survey at its November 19th meeting. The 17-question survey will likely be released in January, said Krista Etty, Land Use Planner and committee member.

The survey asks respondents if they use mobility aids, if they have encountered barriers to accessing Village-owned sites, and if there are any barriers to participating in Village-run activities, such as Council meetings. Additionally, the survey asks respondents to choose which issues make sidewalks and trails most difficult to access, such as narrow or steep ramps, overgrown plants, or a lack of curb ramps.

The survey will be available online, and paper copies will be available at the Village office, Etty said.

"The survey will give us the priorities that need to be looked at, and from there we'll need to come up with actions, a timeline, and a budget," she added.

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# Regional District voting transparency bylaw moves forward

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Last week, Regional District of Fraser-Fort George (RDFFG) directors gave first, second and third reading to a procedural bylaw amendment requiring the Regional District to record how directors vote in board meeting minutes. The board will now issue a public notification that they may change its procedural bylaw before considering officially adopting the amended bylaw at their next meeting.

The subject of whether directors' votes should be recorded has been the topic of much controversy among the RDFFG board. While similar policies were discussed in 2019 and 2023, the topic made a re-appearance in August of this year, when directors voted 7-6 against a bylaw amendment that would require votes in opposition to be recorded in the meeting minutes, without exception.

During the August board meeting, directors expressed concern that this requirement may lead to increased harassment from constituents and journalists. In an attempt to resolve these concerns, director Kyle Sampson changed the proposed amendment to allow directors to opt out of having their "no" votes recorded.

The board discussed the new amendment during their October meeting, where they decided to postpone their decision so staff could research the potential legal consequences of not recording votes in opposition. Staff found there is likely no legal risk or liability associated with not recording opposing votes in the minutes.

Electoral Area H representative Dannielle Alan told the board she discussed the amendment with over 50 of her constituents, none of whom expressed concern over a lack of transparency.

"Quite frankly, they didn't care. Not one of them thought that it was important," she said. "I'm not going to waste any more time on this one. To me, it's a non-issue."

In a follow-up interview with The Goat, Alan said she had discussions on government transparency with constituents of all ages over the course of several days.

"A huge part of it was asking, 'What would it take to have somebody trust the government?'" Alan said. "Some of them who are more politically active said things

like, they watch parliamentary procedure and find it disgusting because it's like a performance piece. Nothing of substance gets discussed or debated."

If votes are recorded in the minutes without any additional context, it may create confusion for constituents or division among the board, Alan added. She recalled one instance where she voted against a motion on maternity leave for elected officials because she felt it was performative and provided insufficient support – Alan worries that had her vote been recorded in meeting minutes, it would have appeared that she is opposed to maternity leave.

A better practice is for elected officials to foster ongoing relationships with their constituents, Alan says.

"If I'm going to make a decision that's going to affect you, I'm going to come and talk to you about it. I want to hear your perspective on it," she said. "I believe we will increase transparency and trust in government by being honourable, by being communicative, by doing what we say and telling the truth."

During the meeting, Chair Lara Beckett also said the amendment may not make a difference.

"It is different from what we do now, but I am not sure that it necessarily improves transparency," she said.

Alan, Beckett and Director Brian Skakun all voted against the amended bylaw, and requested that their votes be recorded in the minutes. However, the board moved to give the amendment first, second and third reading.

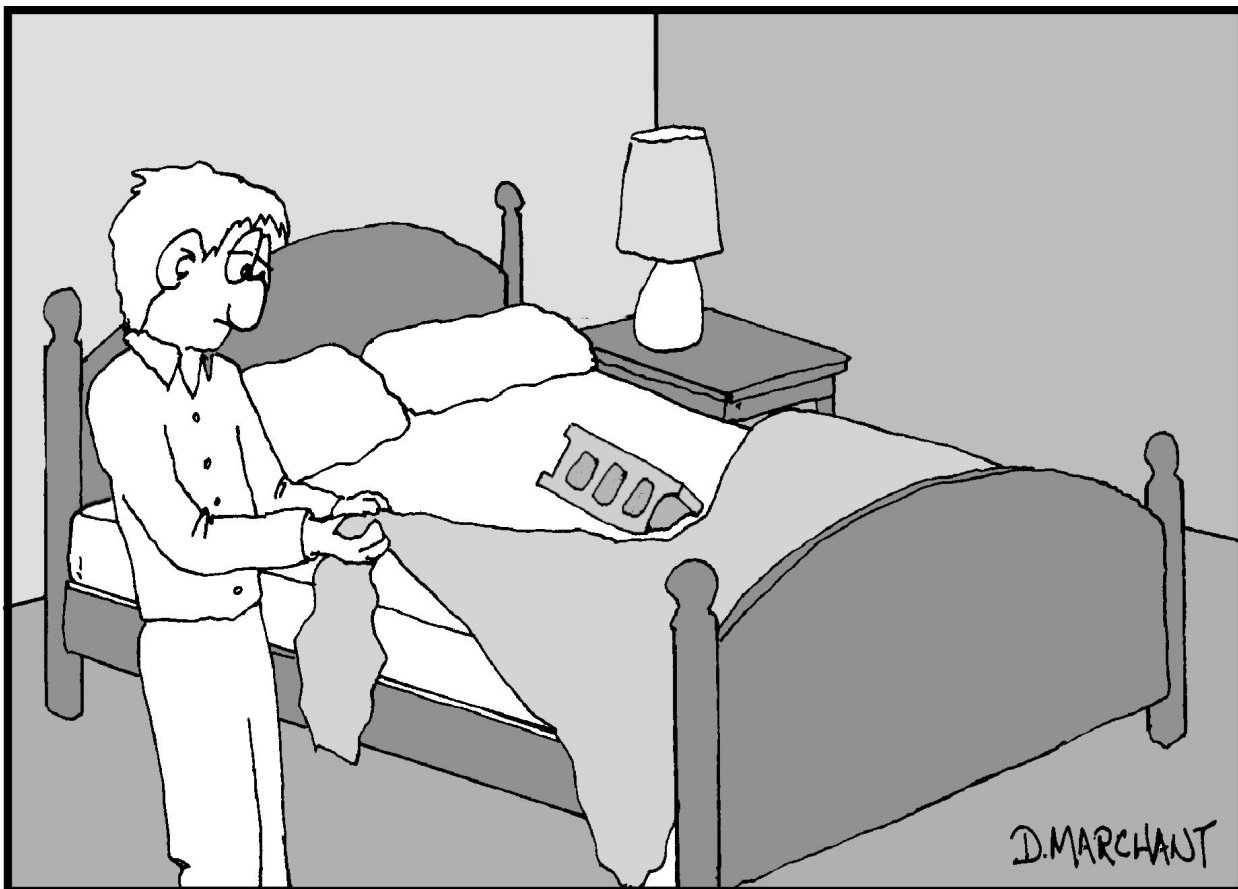
If the amended bylaw is adopted, the RDFFG will join the Regional Districts of East Kootenay, North Okanagan and Okanagan-Similkameen as the districts which record votes in the minutes. Additionally, 14 regional districts record votes and make audio or video recordings of their board meetings available online. Currently, only three regional districts – the RDFFG, the Cariboo Regional District and the North Coast Regional District – do not offer any recordings of their meetings or of how directors voted.

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# Columbia Basin Water Hub releases new data visualization tool

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Living Lakes Canada is testing the waters with a new data visualization tool in its Columbia Basin Water Hub. Scheduled to be released by the end of November, the tool will allow users to represent the Water Hub’s datasets in easy-to-digest graphs and charts.

The data visualization tool was created to make the hub’s resources more accessible, said Paige Thurston, Program Manager for the Columbia Basin Water Monitoring Framework, an initiative to track the impacts of climate change of which Living Lakes Canada is a member.

“This allows you to more easily understand the data, take a quick look at it, spot preliminary trends, as well as effectively communicate your findings with a wider audience,” Thurston told The Goat. “It’s more accessible to people without a scientific background, and helps make the data more easily support local climate adaptation efforts and informed decision-making.”

Data from the Water Hub has been used by groups ranging from local governments to researchers to community organizers to better understand how climate change is impacting Columbia Basin watersheds, and see year-over-year trends of water levels, according to Thurston. For example, the BC Wildfire Service used the hub’s fire suppression inventory – which identifies water sources that can be used by firefighters – this summer while fighting fires, Thurston said.

The Water Hub lacks data on the northern regions of the Columbia Basin, Thurston added. Local governments or researchers who have data sets they would like to share with the hub can visit [data.cbwaterhub.ca](http://data.cbwaterhub.ca) and contact the hub’s researchers, at which point they will work together to reach a data sharing agreement.

“We’ve got very close relationships with all of our contributors, as well as many of our users,” Thurston said. “We’re constantly adapting the hub to meet the needs of our audience.”

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# Global Thoughts

BY GWYNNE DYER

## Sudan: Nowhere Worse



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

There are wars in the world worse than those in Ukraine and Gaza. The war in Sudan is insanely cruel and stupid, but you hardly hear anything about it. Why not? Because, like me, other journalists hate writing about it and avoid doing so if they can.

There is nothing good to be said about either side, the ‘official’ Sudanese Armed Forces (SAF) or the rival Rapid Support Forces (RSF). Even the ordinary soldiers are wicked, regularly subjecting the civilian population to gang rape and murder.

And the war is about nothing, absolutely nothing, except the struggle for power between two professional killers. One is General Abdel Fattah al-Burhan, commander of the SAF, and the other, universally known as Hemedti, is the founder of the genocidal Janjaweed paramilitary forces and now commander of the RSF.

Both men worked for the brutal 30-year dictatorship of General Omar al-Bashir, but then took part in the coup that overthrew him in 2019. Together they then seized power back from the interim civilian government in 2021. But they couldn’t agree on sharing power after that second coup.

What makes the situation truly weird is that this is also a race war, and both men should be on the same side in it. Burhan belongs to the elite ‘Arab’ establishment of

Khartoum, the capital, while Hemedti is a tribal ‘Arab’ from the western region of Darfur.

Sudan is a country where everybody is black, but a majority think they are ‘Arab’ and therefore not really black Africans despite their appearance.

There was an influx of real Arabs into the region from across the Red Sea in Arabia about 900 years ago. They conquered Sudan, Islamised much of the population, and became the culturally dominant group in the northern part, but there were never a lot of them.

Within a few centuries they were physically indistinguishable from the rest of the population, but those who were Muslim still thought of themselves as ‘Arabs’, spoke a local version of Arabic – and saw the rest of the population as pagans and therefore eligible to be slaves.

That made a strange kind of sense at the time. The white Muslim empires around the southern and eastern Mediterranean, mostly Arabic or Turkish-speaking, were the main market for African slaves until the arrival of European customers diverted some of the trade westwards five centuries later.

In Sudan, both of those identities were internalised by people who looked exactly the same: Muslim ‘Arabs’ who owned and traded in slaves and non-Muslim ‘Africans’ who were slaves or at least were treated as inferior beings.

Fast forward to the 21st century, and those attitudes and divisions are still alive and kicking.

Every government of post-colonial Sudan has been completely dominated by ‘Arabs’. The far south of the country, where almost everybody was ‘African’ and most were Christian, rebelled in 1955 and waged a fifty-year struggle for independence that killed about three million people. It got independence in 2005 as South Sudan, but that didn’t solve anything.

The rest still had a 30% minority of ‘Africans’. Some rebelled and some did not, but all were brutally treated by Omar al-Bashir’s regime, which used Hemedti’s Janjaweed paramilitary to attempt a genocide of the most troublesome groups in Darfur region.

That brings us up to today, where the current war in Sudan has probably racked up 100,000 deaths already. 12 million people, more than a quarter of Sudan’s population, have fled or been driven from their homes. Hemedti is doing another genocide in Darfur.

The rival claimants for power are both getting financial support and lots of advanced weaponry from abroad: Hemedti from the United Arab Emirates, the Wagner Group (Russia) and Libya; Burhan from Saudi Arabia, Egypt, Ukraine and Iran. So you can see why I hate writing about Sudan. It’s a shame they can’t all lose.

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# Jasper applying for funding to make emergency wastewater storage more eco-friendly

By PETER SHOKEIR, LOCAL JOURNALISM INITIATIVE REPORTER

The Municipality of Jasper is applying for grant funding to help cover close to \$5 million in costs to reline its emergency wastewater storage facility and install a new groundwater monitoring well.

Council approved the submission of an application to the Alberta Water Wastewater Partnership on Tuesday (Nov. 19) to help cover an estimated \$4.75 million to reline the lagoon and \$50,000 for the new monitoring well.

“Whenever there’s a plant upset or an outage as occurred during the wildfire, wastewater flows will overflow into what was the old lagoon, and because it’s unlined, [it] will seep into the ground and potentially enter the river,” said Bernd Manz, interim director of operations and utilities.

The municipality operates its water and wastewater systems under a 10-year approval through Alberta Environment and Parks.

The approval was renewed in May 2024, and one of the conditions was the municipality add a liner system to the emergency wastewater storage facility by the end of 2026. Manz noted this requirement was meant to reduce the facility’s impact on the environment.

Based on Jasper’s population, the grant would cover up to 47 per cent of eligible cost, over \$2.2 million, while the municipality would cover the remaining \$2.5 million from debt and reserves, specifically the utility capital accumulated surplus, which was \$1.7 million at the end of 2023.

“We plan to undertake the detailed design next year and construction in 2026,” Manz said.

Natasha Malenchak, director of finance and administration, said this would cause the debt to be more than initially anticipated, but it had since been forecasted in the upcoming capital budget and the debt plan.

Although the municipality was putting more away in reserves since adopting the new utility rate model, it also started to incur more expenses since the wastewater treatment plant was more than 20 years old.

“Once we get to a point where all those capital items are taken care of, then we’ll see a better return on what we have in the plan for saving up in the future,” Malenchak said.

Coun. Helen Kelleher-Empey said they would likely be more reliant on debt than reserves in the near future due to having fewer utility users following the wildfire.

CAO Bill Given noted this loss of utility revenue was reflected in its disaster relief funding application to the Alberta government but acknowledged if there wasn’t revenue from some other source, those costs must be delayed or shifted to other customers, or projects would need to be postponed.

“And as you can see with the project that’s in front of us right now, some of those projects we just don’t have the option to delay,” he said.



An aerial view of the Jasper Wastewater Treatment Plant. /PETER SHOKEIR, LOCAL JOURNALISM INITIATIVE REPORTER

[www.valemount.ca](http://www.valemount.ca)

## Economic & Business Recovery Strategy

The Village is working with Strategies North to address the impact of the Jasper and other wildfires on our community’s local businesses and organizations. Strategies North will connect with individual businesses to help identify challenges, and develop recovery strategies and solutions to boost economic recovery for Valemount. For more information, or if you were unable to meet with the advisors in person on November 27 or 28, please contact the Strategies North team at: [valemountrecovery@strategiesnorth.ca](mailto:valemountrecovery@strategiesnorth.ca).

## Grease Trap Cleaning Requirements

It will soon be time to renew or acquire a business license for 2025. Any business with a commercial kitchen must prove that annual cleaning of the grease interceptor has taken place, prior to issuance of a business license. An invoice from a qualified service provider will be accepted as proof of meeting this requirement; alternatively, a date-stamped photo of the interceptor may be provided for approval by the Building Inspector prior to a license being issued. The invoice or photo must be dated within the last calendar year.

## Annual Wes Hudson Light Up Contest!

Light up your residence or business! Judging to determine winners for the 1<sup>st</sup> and 2<sup>nd</sup> place prizes in each category will take place between December 5th to 19th!

## Snow Removal Policy

Public Works does their best to clear the approximately 40km of Village roadways and lanes that must be maintained within 48 hours of every snowfall. Thank you for your help and patience during the busy winter months!

### **Snow removal occurs in order of priority:**

1. Emergency Routes, including the main streets in the Village (5th Ave, Hwy 5 frontage road, and Main St), and 9th Ave (between Gorse St and Highway 5).
2. The streets by both the Secondary and Elementary Schools; parking areas at the Fire Department, Service BC, Public Library, Community Services Building, and Village Office.
3. The remainder of the residential streets and the two alleys immediately to the North and South of 5th Ave, between Birch St and Dogwood St.
4. Residential alleys (only after all of the above have been cleared, sanded and salted).

Please keep easements clear. After the above four priorities have been completed, the Village will make every effort to remove windrows.

## Snow Removal on Sidewalks

Snow clearing and ice control measures on sidewalks along 5th Ave between Dogwood St and Birch St are the responsibility of the landlord/tenant. Sidewalks are expected to be kept to a condition that is safe for pedestrians to use.

## Celebrating Staff Milestones

The Village of Valemount is thrilled to recognize four team members for their outstanding dedication and commitment. **Trevor Pelletier**, **Lori McNee**, and **Melanie Hystad** are celebrating **15 incredible years of service** with the village, each bringing invaluable expertise, loyalty and passion to our team. Their contributions have been instrumental in shaping our success. The Village also congratulates **Dave McRae** on reaching the **10-year mark** and thanks him for his hard work and steadfast commitment over the past decade.

We are fortunate to have these staff members as part of our team and we look forward to many more years of success together!



## Municipal Office & Visitor Information Centre Hours

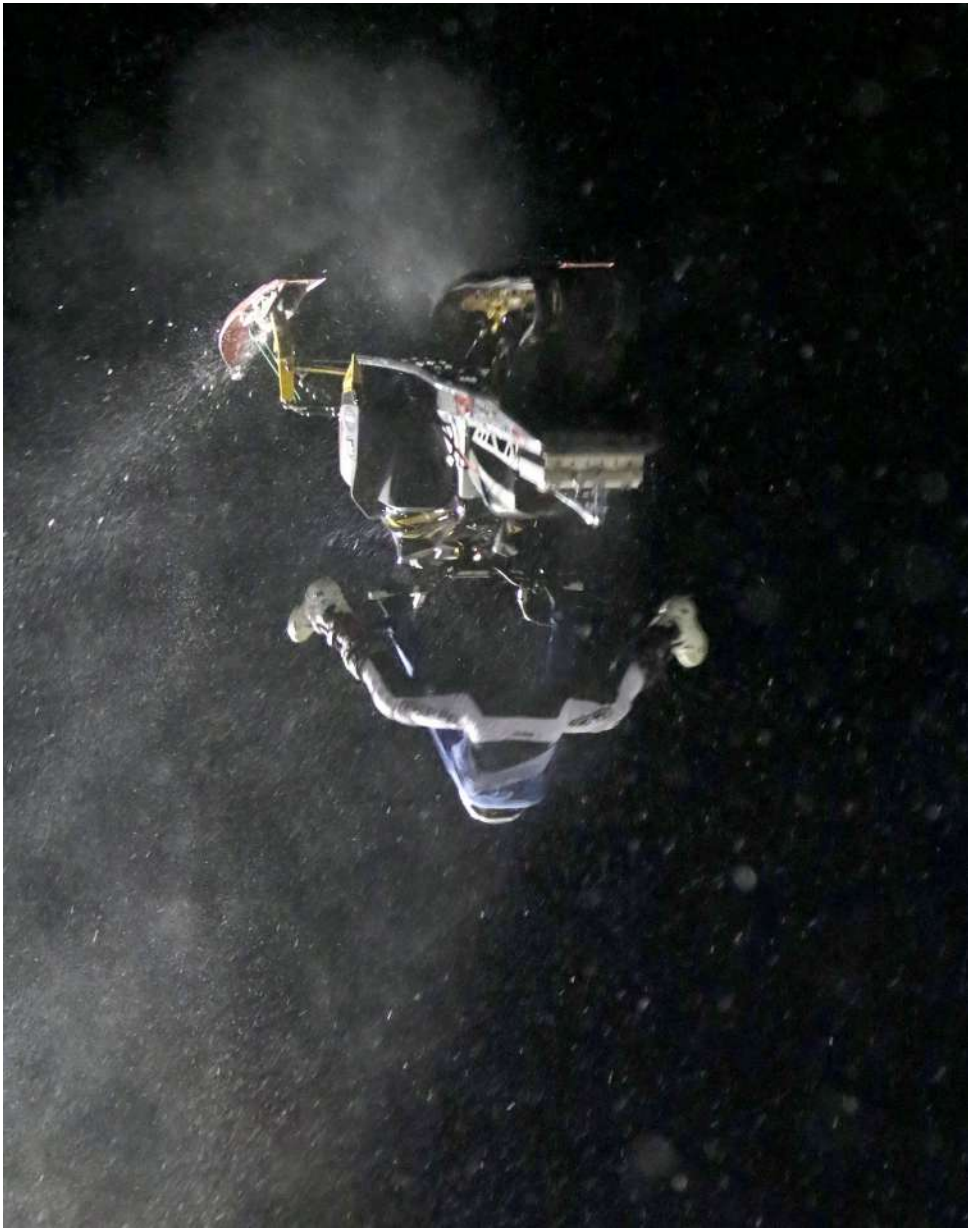
Open Mondays to Fridays  
8:30 am to 12:30 pm & 1:30 pm to 4:30 pm  
Closed for lunch and statutory holidays

Receive 25% off items at the Visitor Information Centre, except consignment, for the month of December!

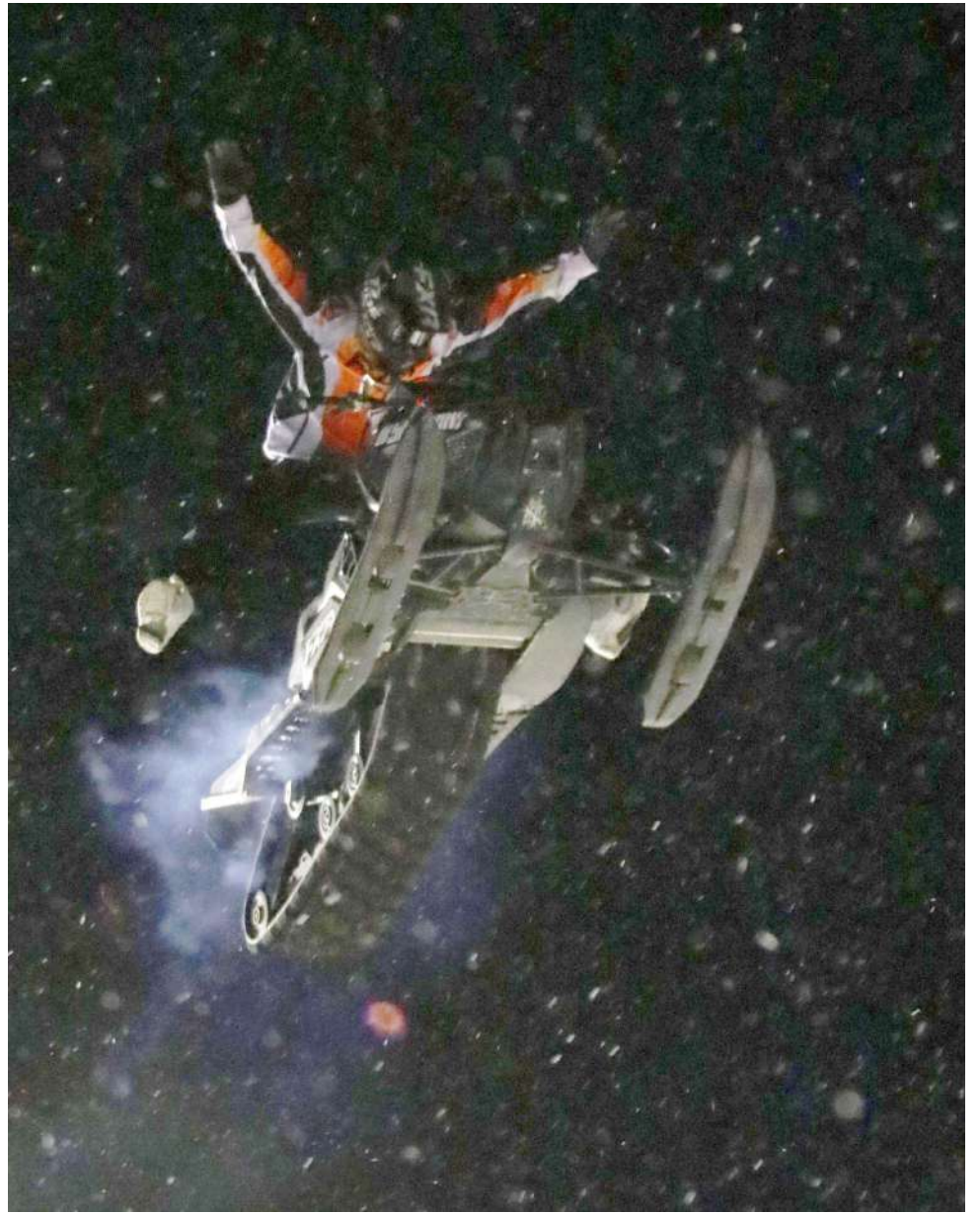
Be Seen & Be Safe. Pick up your **reflective feathers** at the front desk, and shine bright on those darker days.



# Snowmobile Freestyle Aerial Antics



Brandon Cormier had the audience on the edge of their seats as he completely lost his high above during the free style x-games demonstration.



Daniel Shaffer performs an aerial starfish before regaining control of his sled for landing.



Shaffer maintained contact with his sled as he performed a gymnastic like manoeuvre.



Cormier holds a solid handstand on the seat of his snowmobile.



# McBride Library welcomes new Library Director



Ingrid Stengler, the new Library Director at the McBride and District Public Library is excited to start a new chapter in her life as she steps away from over two decades of teaching. /ANDREA ARNOLD

BY ANDREA ARNOLD

The new library director at the McBride and District Public Library is a familiar face around town. After 25 years of teaching, Ingrid Stengler decided it was time to step away from the classroom and focus her passions on a different type of education.

In the past several years, Stengler has been working as the teacher librarian in both the McBride Secondary and Elementary Schools. Aside from these practical experiences, she has also been taking teacher/librarian courses over the past three summers. Her time working within the school libraries has become a favourite part of her job so when she was approached about the Library Director position, she applied.

"It is not often a chance like this presents itself," said Stengler. "It was not an easy decision. I applied, but I honestly didn't know what I was going to say until the job was offered to me. I feel like it is a better long term employment strategy for me. I see a long future with the library."

Stengler loves to be involved in community development and sees the library as an ideal space to facilitate this kind of growth.

"Working here, I will be able to apply focused energy into one space," said Stengler.

She says that teachers working in rural schools have to wear many hats and work in many different spaces within the school so this will be a nice change.

She is looking forward to being involved in multi-generational programming without the requirements of grading and assessment - just programming for the sake of learning.

"I am especially excited to work with babies, and programming for the littles," she said.

Stengler knows that with any new job come new challenges. In this transition, she anticipates that learning the administrative aspects is going to be a big one. During her years working as a teacher, the administrative duties were handled by a central office, so this will be a new experience. She also says that learning the steps for resource acquisition, and learning how to form relationships with those who partner with the library will be a part of her learning curve.

She says that in the switch from working at the high school she will miss teaching Drama and Theatre Production.

"I will miss laughing with the kids," she said. "Class was like comedy hour. They got to be human and work together as a team."

In the past two years, her library work expanded to include the elementary school library. This was a new experience that she really enjoyed, specifically reading to the students.

Stengler already has ideas for ways she can use some of her passions in program creation. Included in these ideas are groups for film/discussion and youth global issues introduction. She wants to help build leadership capacity with the youth of McBride, and wants to challenge herself to use the outdoor space for more programming opportunities. She also sees potential for bringing her love for drama to patrons through summer programs as well as the possibility of coding and inquiry projects.

Stengler spoke to The Goat prior to her first day as the Library Director on Tuesday, November 26th, 2024.

"I am looking forward to working here," she said. "The space is inspiring. I love being surrounded by books and I love talking about books."



The holiday season can increase the amount of products we use and consume, and we can also produce extra waste. Here are some tips for reducing waste, and reusing and recycling:

## Gift experiences, not items

Still looking for some last-minute gifts? Bring people together by gifting your time with a homemade coupon book or a pre-bought experience.

There are also lots of purchased options to choose from that can reduce your Christmas footprint like event tickets, restaurant reservations and gift cards.

## Homemade & reusable decorations

Holiday decorations add a festive touch to any home. Instead of buying plastic ornaments, wreaths and decorations, make your own from materials like dried fruit, pinecones, holly, river stones and evergreen branches. Christmas tree lots often give away branches trimmed off the bottom of trees.

If you do need to buy new decorations, buy reusable ones that will last for years and keep unnecessary waste out of the landfill.

## Reusable gift wrapping

Choose an alternative to commercial gift wrap. Using cloth or fabric bags instead of single use paper wrapping is an easy way to reduce waste this holiday.

If large presents need to be wrapped in paper, there are usually enough flat sections to be reused. Open large gifts with care and set the paper aside for another gift-giving occasion. Fancy ribbons and bows can be stored till next year when you will appreciate not having to buy new ones.

## Donate old items

Give away items that you don't want or won't use, or old items that have been replaced by something shiny and new. Make sure the items donated are clean and in good working condition.



Let's put waste in its place.



MINIMIZING WASTE BY REDUCING, REUSING, RECYCLING AND COMPOSTING.

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# MDFD new fleet member

McBride District Volunteer Fire Department unveiled the newest member of their fleet on Monday, November 18th. Department members, Christine Monroe and Anthony Hruby carefully peel away the paper, leaving only a crisp black decal declaring McBride Squad 11.

The shiny white F250 Ford Lariat Super Duty pickup was purchased with funds that the crew earned while helping in Jasper this past summer. Chief Lipke says that the truck will be used for transportation to out of town training or when crews are called on to aid in another area, but only manpower is requested.

Another instance the truck may be used is to scout out possible forest fire locations during the summer. It will be parked at an officer's home and when a call comes in, the officer will respond directly instead of having to report to the hall first and take one of the equipment-loaded trucks.

The truck was used during the incident at TGP on November 4th and following the call, hoses were placed in the box of the truck for transport. Chief Lipke said that was more efficient than rehanging them on the fire trucks for the short commute back to the hall. /ANDREA ARNOLD

# Proposed taxes for Thompson-Nicola Regional District open for feedback

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Thompson-Nicola Regional District (TNRD) is accepting public feedback on its proposed tax rates for 2025. The Regional District has proposed a tax increase of about \$11 per \$100K of assessed value for Electoral Area B, which includes Blue River.

In an interview with The Goat, Electoral Area B Director Lee Onslow said the rate of \$11 per \$100K of assessed value may change if BC Assessment drastically raises the assessed values of homes in the area.

"We'd still need the same amount of money to pay for the services that Area B is receiving," she said. "If the assessment values go higher, then the rate per \$100,000 would be reduced slightly."

According to Onslow, the TNRD's tax increases are largely caused by a four per cent wage increase for Regional District staff, the creation of a new facilities manager position, an increase in the cost of 911 services, and general inflation. She encourages residents to visit [tnrd.ca/budget2025](http://tnrd.ca/budget2025) to view a breakdown of the services funded by residents' taxes.

"I feel that the budget that's been proposed from staff at the TNRD and that directors have debated is a budget that will work to ensure that the services people are getting stay at the standards that they're used to," Onslow said.

Residents with feedback on the budget can contact the TNRD finance department at [finance@tnrd.ca](mailto:finance@tnrd.ca), or they can contact Onslow at [director.lonslow@tnrd.ca](mailto:director.lonslow@tnrd.ca), she said. That feedback will be passed along to the appropriate staff.

"If the TNRD were to hear an overwhelming amount of feedback stating that they weren't getting value for the services they were paying for, that would then go to the board of directors to debate that, and maybe alter the services or talk with staff and try to rectify that situation," she said.

She added, "Refer to the website, understand the budget, and if you have any questions or concerns, contact the TNRD because you are heard and your opinion is valuable. We want to hear it."

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**LIMELIGHT**  
 An Ode To Vaudeville  
 By Sharon Stearns

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 Show @ 7:30 pm

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# Nourish your body, fuel your life

## How nutrition impacts mental health: steps to thrive through the change of seasons

By AMY PAWLIUK, REGISTERED NUTRITIONAL THERAPIST

As the seasons shift, many of us experience negative changes in mood, low energy, or a dip in motivation. While it's easy to blame these feelings on shorter days and colder weather, an often-overlooked factor is nutrition.

The connection between what we eat and how we feel is real. The gut-brain connection plays a critical role in mental health. In fact, about 90% of serotonin, (a key neurotransmitter for mood regulation) is produced in the gut. This means that what you eat directly impacts your mental health.

For some people, seasonal changes can be especially challenging. But the good news is that small, intentional shifts in nutrition and lifestyle can help, even as the temperatures drop.

### The Role of Nutrition in Mental Health

1. Gut Microbiome: Take care of your gut and it will take care of you. The health of your gut bacteria influences mood and stress levels, not just your digestion. Incorporating fermented foods like yogurt, kimchi, and sauerkraut, eating lots of veggies, whole grains and legumes or even supplementing with a high-quality probiotic, can support a healthy gut-brain connection.

2. Balancing Blood Sugar for Stable Energy: Frequent spikes and crashes in blood sugar can lead to irritability, fatigue, anxiety and even cravings and binge eating later in the day. Eating meals with a balance of protein, healthy fats, and fiber can help maintain steady energy and mood throughout the day. A savory, high protein breakfast can help keep you going with fewer crashes all day long!

3. The Inflammatory Link: Chronic low-grade inflammation (often triggered by processed foods,

sugar, and hidden food sensitivities) is associated with depression and anxiety. Eating lots of anti-inflammatory foods like leafy greens or berries, and avoiding foods your body has a negative reaction to can help with inflammation.

4. Your body only has what you give it to work with: If you are not eating what your body needs to make your feel good hormones you won't have the building blocks needed to do so! Eat real food, and enough of it.

### Practical Steps to Support Your Mental Health This Season

1. Embrace Seasonal Foods: Lean into warming, nutrient-dense meals that feature seasonal produce like sweet potatoes, squash, brussel sprouts, and kale. These foods are rich in vitamins and minerals that support mental and physical health.

2. Move your body: It can be hard to motivate yourself to move but if you can, it will help you feel better mentally and physically. It doesn't have to be a crazy work out, any movement that feels good to you works! Anything from dancing in the kitchen to building snowmen! Just do it!

2. Stay Hydrated: Even in cooler weather, dehydration can cause fatigue and brain fog. Herbal teas and warm water with lemon are great seasonal alternatives to cold water.

6. Create Routines that incorporate Mind-Body Nourishment: Beyond food, things like mindful eating, gratitude journaling, or spending time outdoors can help reduce stress and boost serotonin naturally.

Your body—and your mind—deserve to feel their best, no matter what the weather brings.

Remember to check out the healthy eats page of my website and follow me on social media @wildwellnessholisticnutrition for recipes and inspiration on how you can feel your best!

### UPCOMING EVENTS & NEWS!

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BRITISH COLUMBIA/YUKON

#### REGULAR EVENTS:

Friday Night Dinner served 5:30 p.m. to 8 p.m.

Friday Night Music: most Fridays 7pm-close!

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

Blngo - Second Thursday of every month. Doors open at 6 p.m.

#### COMING EVENTS:

Nov 29th - Jam Night hosted by Ernie Romanow

Nov 30th - Legion Craft Fair 10 a.m. - 3 p.m. @ the Legion, 970 Main St. Santa will be there 11-1.

Dec 6th - Open for regular dinner during late-night shopping

Dec 13th - Open Mic hosted by John Crowley

Dec 20th - Holiday Karaoke hosted by Laura Keil

Dec 27th - CLOSED for the holidays

**General Meetings:** Third Tuesday of each month @ 7 p.m.

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

Royal Canadian Legion Branch 266, 970 Main Street, Valemount

*Through the  
Lens with Leon  
Lorenz*



After days of searching for this magnificent woodland caribou that I hoped was still alive (I had filmed it the previous fall here in the Muskwa-Kechika) I spotted him coming directly towards me along a well used game trail. Quickly ducking behind some low brush I set up my filming gear and prepared for a face to face encounter. It finally spotted me at about 50 feet and with a loud snort leaped off the trail and gracefully ran out of sight. Unfortunately I never did find it again which could be to a few factors such as leaving the area with receptive females and/or the presence of a grizzly bear family that was in the area. /LEON LORENZ



# PUZZLES



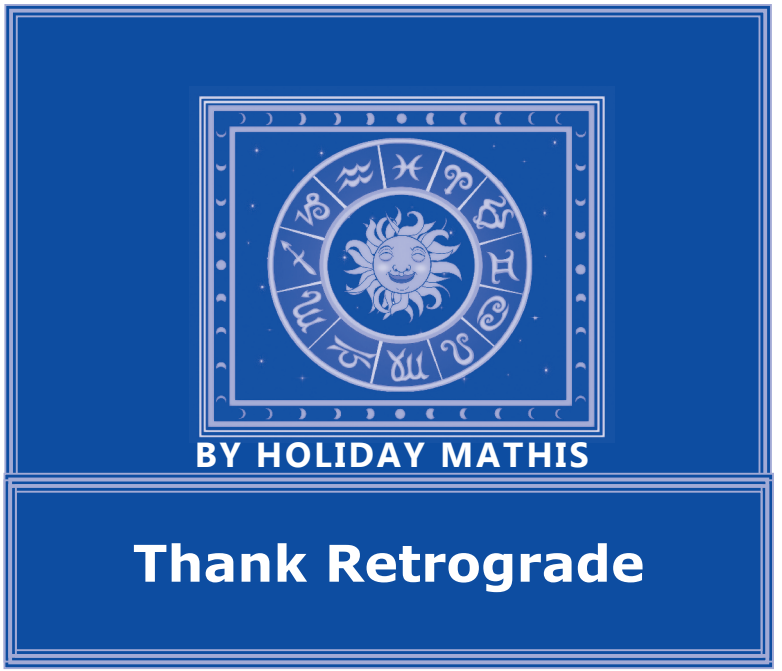
## CROSSWORD

Answers on P13

- Across**
- Not operating
  - Quick note
  - Opposite of "yeah"
  - Everyone
  - Kiln
  - Green light, 2 words
  - Digit
  - Monthly check
  - Long bench with a back
  - Exertion
  - Common deciduous tree
  - Story
  - Lab vessel
  - Less big
  - \_\_\_ upon a time
  - Gdansk resident
  - Altered
  - Equipped
  - Domestic
  - Make a choice
  - Japanese, e.g.
  - Farm animal
  - Speedy steed
  - Comedy team, e.g.
  - Wonderment
  - Curve in the air
  - Cut out
  - Sleeping need
- Down**
- Where pants may have a hole
  - Devoured
  - Rolled grain
  - Move like lava
  - Run away
  - Human
  - Forbidden fruit taster
  - Playing pieces
  - Not had by
  - Place setting items
  - How old you are
  - \_\_\_ now brown cow!
  - Out for the night
  - Skirts
  - Disease cause
  - Geometric finding
  - One in a suit
  - Opened
  - Place to get a facial
  - Corleone group
  - Legal
  - Capable of surviving
  - Sticker
  - What comes to mind
  - Relative

1	2	3	4	5	6	7	8	9	10	
11			12					13		
14			15					16		
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34				35						
		36		37		38		39	40	41
42	43			44	45	46		47		
48				49				50		
51				52				53		

- Centering point
- Ride
- Be in debt
- Play's duration
- "... but few \_\_\_ chosen"



The hardest things to see are the things in plain sight. It takes the threat of subtraction to alert us to cherish and protect what we have. That which can be taken becomes more valuable when we recognize the reality-- anything and everything we have is ours for but a beautiful, fleeting moment. Mercury turns around just in time to put the spin of awareness that makes for grateful hearts in this week of Thanksgiving.

**ARIES** (March 21-April 19). Your imagination misses you. Maybe offer it an invitation? A blank page, a fresh canvas, a lit stage ... This is a relationship worthy of quality attention, investment, gifts and more. When you spend on creativity, you are investing in your happiness and your higher self.

**TAURUS** (April 20-May 20). Every choice brings rewards. Plenty of money, time and energy will be spent this week, and it will not come back to you in a direct way. But consider the invaluable gains -- experience, personal growth and connections. Also, there will be a long-acting bonus; hidden benefits sprinkled on your life unexpectedly over time.

**GEMINI** (May 21-June 21). There are different ways to think about this week's problem, but many around you will stick with their first reaction. Not you. You'll seek other perspectives -- step left, step right, zoom in, zoom out -- all to reach the best vantage for seeing what's wrong so you can solve the right problem.

**CANCER** (June 22-July 22). Become a mirror for the world around you and you'll always have something rich and meaningful to reflect. The more you notice -- the nuances, the beauty, the struggles -- the more you'll have to show and share with others. These are all points of relatability that help you connect and grow together.

**LEO** (July 23-Aug. 22). Focus isn't always rigid concentration. In fact, too much intensity might thwart your progress this week. Take your time. Wrap your mind around a problem like a cat curls into the warmth of a sunlit window in a moment of restful, restorative illumination. Everything in its time. Enjoy the peace as much as you enjoy the pounce.

**VIRGO** (Aug. 23-Sept. 22). You can have what you want, so long as you want the cost of it, too. Price tags lie, not intentionally but because that little sticker couldn't possibly fit all the nuance and quiet labor involved in the purchase. Experience will teach you more than analysis. Also, you can succeed alone, but it will be much more fulfilling with others.

**LIBRA** (Sept. 23-Oct. 23). Ever the diplomat, you let people know where you stand without asking them to change their own boundaries. Your gracious,

respectful input will set the tone for others. You could civilize the scene just by being you. State your perception of situations (affirmatively, not argumentatively) and you will cause a change for the better.

**SCORPIO** (Oct. 24-Nov. 21). Are you imposing an unrealistic expectation on the situation, or is your expectation unusual but within the realm of the possible? If you can meet the high standard you set, there's probably someone else who can, too. Keep looking. You'll have fun with the search this week. Your charisma makes people want to please you.

**SAGITTARIUS** (Nov. 22-Dec. 21). Let your wish list drive the week. Being clear on what you want makes life magical. It will open your mind and experience to include a few wild asks. Stick to wishes that are thoroughly your own instead of simply agreeing to what other people want from you or letting society impose upon you the things you "should" want.

**CAPRICORN** (Dec. 22-Jan. 19). Whether you move fast or slow matters much less than moving methodically through the week as though on a staircase, each step connected in order. To jump around would be dangerous and unnecessary. Trust the architecture. Set your expectations to the comfort and stability of incremental change.

**AQUARIUS** (Jan. 20-Feb. 18). Even when you are knocked out of your normal routine, it's a gift. The uprooting challenges you to rely on your senses to a greater degree and even on your extrasensory abilities. After making a few strong decisions, you gain confidence. Your attitude gets lighter and your thinking gets brighter.

**PISCES** (Feb. 19-March 20). Mistakes were made, and that's beautiful. Without them, there would be no story, and no reason to connect or improve. An incorrect assumption is at the heart of it. The remedy is in reassessing the situation and asking better questions. Adjustments will be made to create a healthier and more suitable arrangement.

**THIS WEEK'S BIRTHDAYS:** Even though you'll approach the year with a light heart, your contribution, unique and essential, will be one of profound influence. You'll forward the interests of a group. You're proud to have an array of different kinds of friends, and the year will bring you together for many occasions. More highlights: New love awakens inside you. Sweet fun, hard work, and improvements that range categorically from the domestic to the financial, with health and fitness goals hit along your merry way.

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

## SUDOKU

Answers on P13

**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.

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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51	52	53				54			55	56	57	58
59						60			61			
62						63			64			
65						66			67			

## The Toughie

Answers on P13

- Across**
- Some diner orders
  - Sugar amts.
  - Central Florida city
  - Big melee/funny guy
  - Robust
  - Stop by
  - Class of submarines/fancy sports car
  - Clancy hero Jack
  - Legislate
  - They have two meanings
  - Tall tale/ball of wool
  - Bass, e.g.
  - Unruffled
  - Like some beaters
  - Provide weapons/chair part
  - Babbled
  - Giant star
  - Brainstorming session result
  - To be married/hired
  - Summer plus winter/salts?
  - Cry
  - "Fiddlesticks!"
  - Yak's home
  - Compass point
  - Cap'n's mate
  - \_\_\_ and World Report
  - Fond du \_\_\_, Wis.
  - German "a"
  - Veggie/crush or dock/protect
  - Mother's sisters
  - "Star Wars" princess
- Down**
- Thin fastener
  - Disney character from Hawaii
  - Good source of protein
  - Injure
  - Topic line in message board
  - Singer, Leo
  - Prepared carefully
  - Dispatched
  - Candidly
  - Publisher Nast
  - On \_\_\_ with (equal to)
  - Pet parasites
  - Colonial insects
  - Telling a whopper
  - Highest Boy Scout
  - Hunts
  - Highway divisions

- Kind of court
- Ralph of The Waltons
- "Help \_\_\_ the way!"
- Hand out
- Ice hockey teams
- Cornerstone abbr.
- He's in boots
- Go fish
- Shade of black
- "Wow!"
- Software maker
- Begin afresh
- Spars
- Exchanged words
- "Beauty \_\_\_ the eye ..."
- Notable period
- Flummoxed
- Unity
- Sea and striped
- "\_\_\_ me, you villain!"
- Caffe \_\_\_
- Bubblehead
- Adages
- Paris wharf
- Multi-tasking computer system
- "That's \_\_\_!"
- Dudley Do-Right's org.
- Sharp cheese
- They may be wild
- Deli wares



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### SUDOKU ANSWERS

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ROBSON  
VALLEY

# Community Events

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

## Valemount

**Fri Nov 29th Jam night Valemount Legion**  
Bring your instrument or dancing shoes and collaborate with others who are musically-inclined! Starts at 7pm after the regular legion dinner at 5:30.

**Fri-Sun Nov 29th, 30th & Dec 1st Wishbone Theatre presents Limelight** Dinner and show at the Best Western Valemount Inn & Suites Nov 29th & 30th. Show only Dec. 1st. Tickets \$60 for dinner shows, \$25 for Dec 1st show only. Cash bar. Divas, dancers, singers and comedians are ready to entertain you! Tickets at Infinity Office and through e-transfer - [wishbonetheatreproductions@gmail.com](mailto:wishbonetheatreproductions@gmail.com)

**Sat-Sun Nov 30th & Dec 1st Mask Making workshop** fundraiser for Jasper's Jule House at the Gathering Tree Wellness Therapies. Cost is \$70 and includes materials and lunch on Sunday. Runs Sat 1-5, Sun 10-4. Call 566-4142 or 566-1175 to register.

**Sat Nov 30th Christmas Craft Fair - Valemount Legion** 10 a.m. - 3 p.m. @ the Legion, 970 Main St. Santa will be there 11-1.

**Tues Dec 3rd Financial Empowerment and Banking Basics - Valemount** Join RVCS and Kristine Bricker from CIBC for a workshop, taking place at 11am-12pm at 1444 5th Avenue. This event is being held in recognition of the 16 Days of Activism Against Gender-Based Violence. Financial empowerment is an important tool in breaking cycles of abuse as it enables individuals to gain independence and make informed decisions. This workshop will cover essential banking skills and budgeting.

**Fri Dec 6th** you are invited to join us as we honour the memory of the 14 women tragically lost in the 1989 Montreal massacre on this National day of Remembrance and reflect on the on the ongoing issue of gender-based violence. Candles will be provided by us to illuminate this important moment of remembrance. The vigils will take place at 3:30pm in Valemount at 1451 5th Ave. We encourage all members of the community to join us in this meaningful moment of reflection and solidarity.

**Fri Dec 6th Late-Night Shopping** 5-9pm (some stores close at 8pm). Christmas tree lighting and Santa's arrival at 5pm, followed by great deals at local stores and santa photos at the Rocky Mountain Goat 5:30-7.

**Sat-Sun Dec 7-8th U9 minor hockey tournament.** Come cheer on local under-9 players at the Canoe Valley Rec Centre! Game times TBA.

Sat Dec 7th Wet/needle felted Christmas stoking workshop at Twin Peaks Resort. To sign up call Donna at 250-566-1503.

**MON Dec 9th The RVCS AGM** is Monday, December 9th at 1:00-2:00PM, at 1444 5th Ave in Valemount. If you would like to stop by and see some program highlights from the year, meet our staff and board, and learn more about what we do, we welcome you to join us! Please call or email for more information: 1-844-324-2004 or [info@rvcsbc.org](mailto:info@rvcsbc.org)

**Fri-Sun Dec 13th-15th Adult co-ed hockey tournament** at the Canoe Valley Rec Centre. Cheer on the home team(s)! Beer gardens and concession available. Game times TBA.

**Fri Dec 13th Open mic at Valemount Legion** Bring your instrument and songs! Starts at 7pm after the regular legion dinner at 5:30.

**Fri Dec 13th German Christmas Market** at Three Ranges Brewing Co. Enjoy local goodies and hot and cold drinks by local vendors! More details TBA.

**Dec 13th Open Mic** at the Valemount Legion. Music starts at 7pm following the regular

Friday night dinner at 5:30.

**Fri Dec. 20th Christmas Carol/Holiday song Karaoke** at the Valemount Legion. Music starts at 7pm following the regular Friday night dinner at 5:30.

## Ongoing Valemount

### Sunday Pancake Breakfast

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

### Personal Tech Help

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](mailto:learn@valemountlearningcentre.org)

**Family Place Drop In Program** If you have questions, are looking for parenting resources, or just need to chat, you can join us in person 9am-noon every Friday in Valemount at 1444 5th Ave. Our weekly targeted programming is a great way for kids ages 0-6 (with their caregivers) to play, connect, explore, and learn!  
Nov 29 – Baking and Decorating fall cookies  
Dec 6 – Snow Painting at Centennial Park  
Dec 13 – Making Snowflake Decorations  
Dec 20 – Holiday Baking with the family  
Dec 27 – RVCS winter closure –No FPD

### Old-time Music Wednesdays

Oldtimers band and music night at the Golden Years Lodge in Valemount 7pm 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 in the accessibility bus.

### Friday dinner and music nights

Dinner at the Valemount Legion 5:30 followed by music at 7pm every Friday. Music varies by week and includes open mic, karaoke, jam sessions and special events. Check under the Valemount events list at right or the Legion facebook page for details about specific dates. No music Dec 6th or 27th this month.

### Crafty Stitchers - Sundays

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

## McBride

**Thurs Nov 28th Table Talk** from 1pm-3:30pm Join us to journal about a given topic and then share if you desire and discuss at the RVCS office in McBride, 942 3rd Ave. No registration required, for more information call 250-569-2266 or email: [events@rvcsbc.org](mailto:events@rvcsbc.org). This program is brought to you by the McBride Adult Literacy Program

**Sun Dec 1st Winter Craft Fair** at the Robson Valley Community Centre 12 - 4. Hosted by McBride Secondary PAC, girls volleyball and boys basketball.

**Thurs Dec 5th Ladies Christmas Tea - McBride** at the McBride Evangelical Free Church, Doors open @ 6 for light appetizers (sweet & savory) and socializing. Short Christmas program to follow.

**Thurs Dec 5th Join us for our Tech Drop-In** whether it's setting up your smartphone, troubleshooting your laptop, or getting the most out of your apps. No question is too small – come in and let's make tech easier together! Come by between 11am-3pm with questions about using technology and we will work to support you to learn more about

your device. No registration required, for more information call 250-569-2266 or email: [events@rvcsbc.org](mailto:events@rvcsbc.org). This program is brought to you by the McBride Adult Literacy Program.

**Fri Dec 6th** you are invited to join us as we honour the memory of the 14 women tragically lost in the **1989 Montreal massacre on this National day of Remembrance** and reflect on the on the ongoing issue of gender-based violence. Candles will be provided by us to illuminate this important moment of remembrance. The vigils will take place at 3:30pm outside at the McBride RVCS office, 942 3rd Avenue. We encourage all members of the community to join us in this meaningful moment of reflection and solidarity.

**Sun Dec 8th Breakfast with Santa - McBride** @ the Elks Hall. FREE event 9-11 a.m. Pancake Sundae Bar, Toonie Raffle and the chance to sit with Santa for breakfast.

**Thurs Dec 12th** Join us at the Elks Hall in McBride for a **Festive Wreath making workshop!** This is a wonderful opportunity to get creative and add a personal touch to your holiday decorations. Registration is required, please contact the office to sign-up. For more information call 250-569-2266 or email: [events@rvcsbc.org](mailto:events@rvcsbc.org). This program is brought to you by the McBride Adult Literacy Program.

**Sat Dec 14th Auxiliary Extravaganza - McBride** 7pm - 8:30 p.m. More details TBA.

**Tues Dec 17th Join us for Let's All Take Part In Art! Children ages 0-6 years** and their caregivers are invited to join us from 10am-12pm making Christmas ornaments at the McBride office 942 3rd Avenue. Registration is required, please contact the office to sign up. For more information call 250-569-2266 or email: [events@rvcsbc.org](mailto:events@rvcsbc.org). This program is brought to you by the Infant Development Program and Family Literacy Program.

**Thurs Dec 19th Join us for a Festive Social event** at the McBride RVCS office for a cozy and cheerful gathering. Enjoy a warm cup of coffee/tea and indulge in delicious home baked cookies. It's the perfect way to celebrate the season with friends and neighbors! No registration is required, for more information call 250-569-2266 or email: [events@rvcsbc.org](mailto:events@rvcsbc.org). This program is brought to you by the McBride Adult Literacy Program.

## Ongoing McBride

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

December 2 – Cooking with Tots-Baked Apples  
December 9 – RVCS closed, FPD cancelled  
December 16 – Letters to Santa and Craft  
December 23 & 30 – RVCS winter closure –No FPD

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

**Fibre Artists - McBride**  
On Wednesdays the McBride Library host the Fibre Artists' group 10am-12pm: come knit, sew or crochet with us! Beginners welcome. Online option available for anyone who would like to join us that way – call the library for info on 250 569 2411.

**Book Clubs for Adults - McBride**  
The McBride Library holds two monthly

book discussion clubs for adults, on Thursday afternoons at 1.30pm. Call for details: 250 569 2411.

**Dungeons & Dragons - McBride Library**  
For ages 12-18, the classic fantasy storytelling game. Join us on Tuesdays from 3.30-5.00pm at the McBride Library. Bring D&D dice if you have them!

**Sunshine Stories - McBride Library**  
10:30-11am. An early literacy program for children ages 0-5 and caregivers. Songs, rhymes, stories and fun! In partnership with Decoda Literacy. Runs each Thursday until September 5th!

**Board Teens - McBride Library**  
Board Teens is a new program aimed at teens (ages 12-18), who are invited to come play some of the library's many board games every Thursday from 3-5pm. Have a favourite game you like to play? Bring it with you!

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

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

**McBride Library Writing Group**  
Our Writing Group for adults meets every Friday afternoon 1:30-3pm. We tend to chat for the first 30 minutes about what we are working on, then we sit silently for an hour to write. Our writers are working on a range of things – novels, memoirs, poems, short stories, dissertations. Writing something? Join us!

## Dunster

Sat Dec 7th **Christmas Market** 2-5p.m. @ the Dunster Schoolhouse. Handmade products and food. Chili and Chai vendor tables. Vendors can contact Kat McNaughton.

## Blue River

*Send us your events!*

## Tete Jaune

Sun Dec 8th Tete Jaune Community Club's **Christmas Potluck Dinner**, doors at 5:30, dinner at 6pm. Bring a side dish and/or dessert.



**ATTENTION**

Print your event poster here for just \$25!

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# Santa's Anonymous hosting events across Alberta for displaced Jasper residents

By PETER SHOKEIR, LOCAL JOURNALISM INITIATIVE REPORTER

Santa's Anonymous has recruited "elves" throughout Alberta to offer holiday cheer to Jasper residents still displaced by the wildfire.

Along with the usual holiday programming in Jasper, elves will be organizing festive events in communities where residents have relocated, specifically Hinton, Edmonton, Calgary and the Bow Valley.

"Basically, the idea is to make sure that no one is missed and that we still remain a community, even though we are displaced," said Julie Des Becquets, Santa's Anonymous program co-ordinator. "It's not all about also receiving gifts. It's also about togetherness."

Santa's Anonymous is an annual program organized by the Jasper Community Team Society to help spread the joys of the holiday season by "sharing and giving by any means possible to allow those who would typically go without to receive a needed gift," according to Des Becquets.

For the communities with displaced residents, Santa's Anonymous will be offering two events throughout December. More details will be available in the coming days.

Gift requests are available for people who are displaced. Residents can apply for a gift through Community Outreach Services at 780-852-2100 or during regular office hours. The deadline to apply is Dec. 11.

"As a recipient of Santa's Anonymous, if you would typically go without, that would be for anybody under the age of 12," Des Becquets said.

People can write down their requests on paper mitten cards at Andromeda Coffee, the Jasper Municipal Library or the Jasper Activity Centre. Anyone can take one of the mittens and shop for the item, leaving it unwrapped in the drop-off boxes.

Residents also have the option of getting a free food hamper, which will be offered by the society and the Jasper Food Bank. There is a suggested donation of \$25 per person. Food hampers are available in-community only.

The food hamper sign-up is available online. The pick-up will be at the Jasper-Yellowhead Museum on Dec. 16 from 4 p.m. to 7 p.m.

Holiday events to keep a look-out for include the Santa Train, a shopping bus on Nov. 29, Skate with Santa, Photos with Santa and various musical performances, with some dates to be announced.

This year, the Canadian Red Cross is funding Santa's Anonymous, although items such as gift certificates for adults are being funded by external sources. Those wishing to donate to Santa's Anonymous can do so online.

Displaced residents can follow Santa's Anonymous on Facebook and Instagram for the latest updates.




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FRIDAY, NOVEMBER 29 - THURSDAY, DECEMBER 5

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# Shelly Battensby

REALTOR



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## 16380 Highway 5 North

VALEMOUNT

**\$405,000**

This 2-bedroom log home sits on 9 acres and features a front verandah, walk-out basement (unfinished), and a large industrial shop. While a little TLC is needed, the bones are good and just need your vision.



## 1411 6th Avenue

VALEMOUNT

**\$492,000**



Immaculate and move-in ready, this large, 3-bedroom home has everything you are looking for. The yard has over 18,000 sf, an attached garage and carport, and south facing aspect for the garden. Available for quick possession.

## 5925 Whiskey Fill Road

VALEMOUNT

**\$455,000**



Just minutes from town, this 3 acre parcel features a cozy, 2-bedroom home with open concept living, and a large, 2-bay heated workshop. The yard is landscaped and fenced, with a fountain, garden site, and RV hookups. Available for quick possession.



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OFFICE: 1275 5th Ave, Valemount BC V0E 2Z0

### 4590 STONE RD

**\$675,000**



This gorgeous acreage that consists of two titles needs new owners! It is conveniently located only 5 minutes north of Valemount. The diversity of mature trees on the property allow the white

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

### 1485 CRANBERRY LAKE RD

**\$999,900**



Countryside paradise has arrived! Whether you're inside your newly renovated home or outside on your picturesque acreage you are living your best life! The house had extensive

renovations in 2022 & 2023. All windows were upgraded, the entire main floor was updated with paint, flooring, brand new kitchen and bathrooms. All kitchen appliances, wood stove and water tank were replaced then as well. There are many smaller outbuildings, a 20x40 steel frame building, a 60ft round pen and some fencing on the property. Needing a mortgage helper? No problem as downstairs has been run as a 3 bed B&B for many years. Location could not get any better as you are literally a two-minute drive from town. Come for a tour today and see how perfect the countryside paradise really is!

### 1355 KING RD

**\$375,500**



Calling all hobby farmers! This property is for you! Conveniently located only a few minutes out of town, this 2.2 acre property has a little something for everyone. The

house is an older manufactured home with an addition that's been well looked after. The spacious 28x28 garage gives you plenty of space for a workshop and for storing your vehicles and toys in. The back part of the property is fenced into two pastures for your animals. If you're not sold yet, you will be when you see the stunning 360 degree mountain views from this property!

### 11975 BLACKMAN RD

**\$749,000**



Tete Jaune acreage living at its finest! This 3 bed, 2 bath gorgeous 2021 home is located on 10 flat, usable acres with unobstructed views of the Cariboo Mountains. The

open-concept layout features a full kitchen with sleek stainless-steel appliances flowing into a cozy living room with windows boasting the outside mountain vista all on one level for easy living. Step outside from either the dining room or master bedroom onto the beautiful sundeck providing the perfect spot for relaxing or entertaining while soaking in the stunning mountain views! Additional highlights include A/C, a pantry & bar area off of the kitchen, hot tub, fibre cement siding and fiber on decking for zero maintenance for many years to come! Ideal for both personal enjoyment & as an investment.



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