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# Community Forest predicts \$600K surplus

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

The Valemount Community Forest will likely make somewhere between \$600K - \$800K in profit over the next year, according to a presentation that general manager Kalina Velez gave to Council during its February 25th meeting.

After being introduced by community forest president Ainslie Jackman, Velez gave an overview of the community forest's 2024 finances, as well as a projection of revenue and costs for the next year.

"We don't know what's going to happen in 2025 with the tariffs," Velez said. "But, if we keep going the way we were going in the past, then we should be in pretty much the same situation as in 2024."

Last year, the community forest generated over \$9M in revenue, Velez said. The vast majority of the revenue came from log sales, and \$11K came from other sources, she said.

According to the presentation, the community forest spent about \$7.8M on operational costs last year. These costs include hiring logging contractors – which made up about \$5.2M of the operational costs – as well as the cost of maintaining roads and silviculture, which made up \$926K and \$528K, respectively. Other costs included hauling material to other sites,

The cost of maintaining roads may increase in the future, Velez said. The community forest will use roads on steeper terrain as it accesses land higher in the mountains, which will make them more challenging to maintain, she said.

Additionally, the community forest spent \$308,078 on payroll last year, along with nearly \$250K on administrative fees, according to the presentation. These costs, along with funding grants, giving donations, the board's discretionary funds, and other miscellaneous costs, total roughly \$605K.

Taking these expenses into account, the Valemount Community Forest made a net profit of about \$654K.

The organization predicts it will make about \$9M in revenue in 2025. Operational costs may increase, Velez said, but the current projections estimate that they will total about \$7.6M.

There is a chance that the community forest will make a higher profit than the predicted \$654,473 next year, Velez added.

"This number actually may be a little bit higher because right now we're pre-developing a lot more road," she said. "I don't want to make promises, but we might be looking at closer to \$800K in total net income."

However, that prediction may change based on factors such as wildfires, which may make it difficult to harvest in the summer, Velez said. Still, she said the organization should generate these estimated profits next year.



Emma performs her skating solo inspired by the film Burrow during the Canoe Valley Skating Club's Pixar-themed carnival last weekend. See more photos P8. /LAURA KEIL

After Velez finished her presentation, Councillor Pete Pearson asked to review the slide with the community forest's total revenue and net income for 2024. Velez showed the slide again, which featured a pie chart of the total revenue, total expenses, and net profit.

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# Valemount RCMP Report: February 2025

By CPL. NICHOLAS THEORET

On February 1st, while making routine patrols in the Village of Valemount an officer with the Valemount RCMP observed a vehicle leaving the parking lot of the Valemount Legion at a high rate of speed. The vehicle proceeded to drive down 5th Ave. at 72 km per hour and failed to stop at the controlled intersection of 5th Ave and Cedar St.

A traffic stop was conducted with the vehicle and the driver was found to be under the influence of alcohol. A roadside screening test was done which confirmed that the driver was operating the vehicle with a blood alcohol level over the legal limit. The driver was then issued an immediate roadside prohibition and their vehicle was impounded for a period of 30 days.

On February 10th, while making routine patrols, an officer with the Valemount RCMP conducted a traffic stop with a vehicle at the intersection of 5th Ave. and Dogwood St. after the driver of the vehicle failed to stop at the controlled intersection. The officer suspected that the driver may be under the influence of alcohol and a roadside screening test was conducted. The test resulted in a reading of "Warn" which indicates that while the driver's level of impairment did not reach the threshold

for a criminal charge under the Criminal Code, the level of impairment was too high to operate a motor vehicle under the Motor Vehicle Act of British Columbia. As a result the driver was issued a 3 day driving prohibition and 3 day vehicle impoundment.

On February 23rd, the Valemount RCMP responded to a report of a collision on Karas Rd. between a motor vehicle and a pedestrian. On arrival it was determined that the pedestrian was struck while crossing Karas Rd. from the Petro Canada parking lot while returning to his vehicle which was parked on the other side of the street. The driver of the vehicle admitted to being distracted by a group of people on 6th Ave and did not see the pedestrian crossing the road. The pedestrian was transported to the Valemount Medical Clinic with non-life threatening injuries and the driver of the vehicle was issued with a violation ticket for driving without due care and attention.

## Marriage Commissioner

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

For more information and an application form please visit [gov.bc.ca/becoming-a-marriage-commissioner](http://gov.bc.ca/becoming-a-marriage-commissioner)



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### WILD Aerial

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### WILD Flowers

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# Valemount Council: TMX benefits, traffic bylaw, farmers' market support

By ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

Valemount Council discussed a new traffic regulation bylaw, the elementary school science fair and a coupon program for the farmers' market during their February 25th regular meeting.

Mayor Owen Torgerson called the meeting to order at 7:00 p.m. After adopting the minutes of the February 10th special meeting and the February 11th regular meeting, Council moved on to the night's delegation.

## Community Forest finances

Valemount Community Forest president Ainslie Jackman and general manager Kalina Velez presented information about the organization's 2024 finances and projections for the next year. The Community Forest made over \$9M in revenue last year and spent about \$7.8M on operational costs, plus \$604,702 on other costs such as payroll and discretionary board spending. The organization made a profit of \$654,332 in 2024, and is expected to make a similar amount of money in 2025, Velez said.

For more information on the delegation, turn to A1.

## Trans Mountain Community Benefits

Trans Mountain released its progress report on the Community Benefits Program on January 31st. The program comprises a series of agreements the company negotiated with local governments in communities where pipeline work took place, including Valemount. The agreements commit Trans Mountain to funding infrastructure improvement projects, for example, water and sewer upgrades.

In Valemount, the company gave \$135,000 to the Senior Housing Development sewage lift station, which was completed in September 2024. Additionally, the company has committed to providing \$50,000 to training and education for the local ambulance station.

The ambulance station training was not scheduled when Trans Mountain released its report. In an email to The Goat, CAO Anne Yanciw said the training is booked for March 31st through April 17th. She did not comment on whether there was a delay in scheduling the

training.

As the staff report on the community benefit agreement was received for information, Council did not pass a motion.

## Traffic Regulation Bylaw

Council gave first and second reading to a new Traffic Regulation Bylaw. The current bylaw – which was adopted in 1982 and last amended in 2014 – is outdated, according to the staff report. In an email to The Goat, Yanciw and Corporate Officer Carleena Shepherd said the current bylaw references old legislation.

The new bylaw designates some new powers to the Public Works Superintendent and Bylaw Enforcement Officer, including being able to place road signs and close roads, according to Yanciw and Shepherd. Additionally, staff have removed references to bus and taxi zones, school patrol, footpaths and horses, they said. The new bylaw does not include regulations about what can be built on Village property because this is now addressed in a separate building bylaw, Carleena and Yanciw added.

Finally, The previous bylaw said the speed limit on Village roads would be 25 kilometres per hour unless otherwise posted, while the new bylaw says the limit is 40 kilometres per hour unless otherwise posted. The previous bylaw also said snow removal on sidewalks would not be required on Sundays, while the new version makes snow removal mandatory seven days a week.

Staff conducted benchmarks with other communities, including Nelson, Cumberland and Summerland, to produce a new bylaw. While the 1982 bylaw could have been amended, Yanciw told The Goat the Village felt it would be more efficient to write a new bylaw with modern formatting, as the 1982 bylaw was typewritten.

## Internship funding

Northern Development Initiative Trust offers funding for local governments in northern B.C. to hire an intern. This funding allowed the Village to hire its current intern, and Council approved of applying to the 2025 program during its December 10th regular meeting.

The Trust wrote a letter to staff informing them that Valemount was approved for a grant of up to

\$60,000 to hire another intern.

Councillor Hollie Blanchette congratulated staff on the successful application.

"It's a really good program," she added. "We've benefited from it before."

"We've gotten some really keen superstars," Torgerson said.

## Science Fair

Valemount Elementary held its annual Science Fair on Thursday, February 27th. Two weeks beforehand, School Counsellor Shirley Giroux sent an email to prospective judges. Torgerson was unable to attend, but encouraged Councillors to sign up to judge the science fair.

Counsellor Pete Pearson said he enjoyed judging last year's science fair.

"It's a great day, it's so fun to watch," Pearson said. "I'm unable to do it this year, but I recommend everybody to go spend a day with the kids."

For more information about this year's science fair, turn to P10.

## Farmers' Markets letter

The BC Association of Farmers' Markets sent a letter to Council asking to send a letter of support to the Minister of Health, Josie Osborne, for the Association's Nutrition Coupon Program. In 2024, the Valemount Learning Society shared these coupons with low-income families, pregnant people and seniors to purchase local food at the Valemount Farmers' Market. Locals redeemed \$19,125 in purchases through the program, according to the letter.

The Association does not have funding secured for the 2025 coupon program, the letter says. The board of directors and executive director hopes a letter of support to Osborne would demonstrate the importance of the program and help secure future funding.

Council moved to write and send a letter of support for the program.

## Adjournment

Council did not have an in-camera session scheduled for the meeting. Torgerson moved to adjourn the meeting at 7:16 p.m.

# McBride RCMP Report: February 2025

By CPL. KELLY BARRIE, McBRIDE RCMP

During the month of February, the McBride RCMP had 21 calls for service from the public which resulted in one criminal charge. There were several calls related to checking the wellbeing of individuals in the community, civil mediations, and traffic complaints.

The most prevalent call for service was due to collisions on Highway 16 with a total six calls for service. All six collisions were due to weather related issues on the roadway and drivers failing to account for the icy or snowy conditions. The McBride RCMP wants to remind everyone to drive more cautiously in winter conditions. There will be an increased stopping distance due to winter conditions and drivers should increase their following distance of other vehicles and mind their speed while going through turns in the road. The McBride RCMP also wants to remind everyone to stop at railway crossings and ensure that the tracks

are clear prior to proceeding. The McBride RCMP worked closely with CVSE (Commercial Vehicle Safety Enforcement) to locate and identify an impaired driver. CVSE was performing an inspection on a semi truck and believed the driver may be impaired by drugs prompting them to contact the McBride RCMP. The McBride RCMP attended and performed a field sobriety test on the driver and determined that he was impaired by marijuana. The drivers' licence was seized, he was prohibited from driving, and the semi truck was impounded. There are stiff penalties related to impaired driving and everyone should ensure they are sober before planning to get behind the wheel of a vehicle.

The McBride RCMP also engaged in community events throughout the month of February:

On February 25th, Cst. Nataline Cooke attended the McBride ice rink and used a laser to determine the speed of each player of the figure skating club. The fastest speed recorded was 29 km per hour!

Also on February 25th, Cpl Kelly Barrie and Cst Hayden McIntee hosted children from the McBride Evangelical Free Church on a detachment tour. The kids were able to visit the cell block and were lucky to bring a volunteer with them willing to be the model for the various types of restraints a police officer may use when making an arrest. Then all kids posed for "mugshots" and had their fingerprints taken as part of an RCMP Identification Kit in case they ever were reported missing. The tour was of course completed by all the kids taking a turn operating the police vehicle's emergency equipment (lights and sirens).

On February 26th, Cst Hayden McIntee attended the McBride Centennial school to participate in Pink Shirt Day with principal Jason Schwartz. McIntee visited several classrooms to engage with the kids in anti-bullying messaging.

# Mixed reactions to Valemount business recovery effort

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER, RMG

While some Valemount business owners have begun to recover since the nearly three-week-long shutdown of Highway 16 and Highway 93 last summer, others are struggling to keep afloat from the cascading economic impacts.

In early November, the Village hired consultancy firm Strategies North to assess the economic impacts of the highway closures and implement an economic recovery strategy. The firm met with business owners later that month, and produced a report for Council in January estimating that \$1.5M would be needed for Valemount's economic recovery.

The firm said it hopes to get economic support to village businesses through lobbying the federal government, as well as the governments of B.C. and Alberta. Additionally, Strategies North began offering grant application coaching as of February 10th.

The efforts have elicited a variety of reactions from local business owners. The owner of Emerald Earth Organic Spa, Sherri Houghton, said she has not received concrete support from the Village or the consultancy firm.

"I received maybe three follow-up emails from Strategies North [after the November meeting]," Houghton told The Goat. "Unfortunately, none of them were what I was hoping for. I was looking for some business grants, and they didn't find any grants that would suit my business."

Houghton said she can no longer work on her business full-time, and has had to accept part-time work in other communities.

"They're still looking, so I'm hopeful that maybe they will find something that will help me," Houghton added. "But so far, I haven't had any successful help or outcomes from the meeting."

Some businesses have been able to weather the economic turbulence. Owner of The Caribou Grill, Patricia Thoni, told The Goat her business was buoyed by winter tourists.

"I did talk with someone [from Strategies North]," Thoni said. "I didn't lose as much as some other businesses... We closed for the fall, and then December was decent, so I just didn't really follow through with it."

Owner of Blue Sky Cabins, Kelly Anderson, said she was fortunate not to have any booking cancellations as a result of the Jasper wildfire. As a long-time visitor to Valemount and a new business owner, she is pleased to see the village trying to expand its tourism market.

"We had international guests that came and enjoyed Valemount. Although they were disappointed to not be able to travel into Jasper, it gave them a chance to look around Valemount and the surrounding area," Anderson said. "A lot of people do come to venture towards Jasper. We have people coming to enjoy the bike park, enjoy the hiking around Valemount, and I think Valemount is starting to make its own path."

In an email to The Goat, Strategies North president Grant Barley said business owners can reach out to the firm to ask about potential grant opportunities. Barley's team is also forwarding grants to Valemount businesses they have been in contact with, he added.

The firm does not specialize in writing

business grants, but it can provide coaching, Barley said.

"We are helping Valemount businesses as much as we can with information and advice on preparation and submission of applications," he said.

Barley added that he is optimistic about potentially helping businesses earn money through grants, and lobbying on behalf of the Village.

"We have over \$800M successful applications in the 10 year history of our company," Barley said. "Working with the Village of Valemount and the Valemount business community has been excellent and we're very proud to be working for the community."



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# Letters/Op-Ed



## About Letters to the Editor

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## Letter: Pot calling the kettle black

Well, I should have seen it coming from the bumper stickers on the campaign truck; It's not a huge surprise that Rosalyn Bird is so pro-American that she'd use her MLA platform as critic of citizen services to call out Premier Eby for "putting politics before people" and "grandstanding" while lending a voice for Elon Musk. Goat Editor Hall did a great job on this file, particularly with his final statement saying that Musk's Starlink system is readily available to consumers, which pretty much nullifies her position... that is if she was really basing this soap box diatribe on helping remote Northern citizens. It appears to me to be a case of the pot calling the kettle black. Politicking and grandstanding as this appears to be, Bird then goes on to allude to Eby wanting to punish Starlink boss, and lead for the U.S.'s new D.O.G.E. (the Department of Government Efficiency), Elon Musk, whom she has diminished to "Trump affiliated". The laughability of B.C. wounding Musk economically is hilarious. And the apparent world's richest man is a great deal more than 'affiliated'. With Musk standing

and speaking in the oval office by the seated Trump, Musk's young son X whispered to Trump to "Shush", and "You aren't the Real President." To which Trump, a pathological egomaniac on most fronts, just ate it. Musk's team, set to create a new financial trajectory for our American neighbors, somehow fails to address the elephant in the room: himself and the uber-wealthy, of which American's number 25 of the world's 50 richest people. The .01%, the uber-billionaires and ultra wealthy just below them, get continued tax loopholes, it seems, while millions of kids supported by school lunch programs will go without. Efficiency at its best. Clearly this will "Make America Great Again". A 2% tax on the Oligarchs would not hurt them one iota, but it would go a long way toward solving all of America's financial woes. Most Canadians still have a choice to further fill Musk's coffers or not, while the 350 million or so Americans have that completely removed considering the mass interrelationship of Musk to the corporate military industrial complex and now their financial and

governmental system. But rather than focus on the dumpster fire to the south of us, pots and kettles blackened by the toxic smoke aside, B.C. politicians should be focused on it's own bullsh#t, such as the bipartisan love-in with the biomass industry which is set to reduce our existing life-giving primary ecosystems (that all of us, and our planet depend on) to pellets to be burned in former coal fired power plants in Japan and the U.K. as a 'solution' to climate change, never minding the fact that the deforestation, transport, refining, and the inefficiency of the fuel comparison all add up to this being a demonstrably false claim. But jobs are jobs right? And the sacred cow of the clearcut economy can never be challenged.

Rob Mercereau  
Dunster, B.C.

# Global Thoughts

BY GWYNNE DYER

## First as Tragedy, Then as Farce

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

Hegel wrote that "all great world-historic facts and personages appear twice." It was Karl Marx who said that Hegel forgot to add that these repeating events happen "first as tragedy, then as farce." You know, like Adolf Hitler and Donald Trump. The script goes like this. A right-wing party is created or taken over by a charismatic populist. Tick. He mesmerises half the country with a constant shower of nationalist and racist lies (more than half the country, in Hitler's case). Tick. Once in power, he proceeds to shred the status quo both at home and abroad. Tick. But is starting a war also a necessary part of the package? Trump hasn't started any wars yet, but demanding territory that isn't theirs is a tendency common to both men: Austria, Sudetenland, and the Polish Corridor in Hitler's case, Canada, Greenland, Panama and the Gaza Strip in Trump's. However, Trump's threats are unconvincing. He talks the talk, but he probably doesn't have the stomach for a real fight. Hitler fought for four years in the trenches of the First World War, was decorated for his courage, and was a street-fighter in the violent politics of 1920s Germany. Trump was born into money (he was a millionaire at the age of eight), went into the real-estate business with

his father, and avoided service in the Vietnam War by claiming that he had 'bone spurs' on his heels. This is a showman, not a brave man. There is a small risk that his rash and conflicting promises might trap him into a war, especially since Israel's Prime Minister Binyamin Netanyahu is scheming to draw him into a joint attack on Iran. But even the Republican majorities in Congress would probably balk at another American military adventure with 'regime change' in the Middle East. So no, Trump is probably not going to start a war. Hitler was the tragedy; Trump is the farce. But even farces can do great damage. In this case, the principal victim of his antics will be the international rule of law, a fragile and relatively recent invention that has probably spared us from a nuclear war for the past 75 years. The First World War killed 11 million people. The Second World War only twenty years later killed between 45 and 65 million. There were even a couple of small nuclear weapons dropped on Japan at the end. That's what happens when you combine traditional great-power behaviour with modern weapons of mass destruction. Yet here we are eighty years later, and no great power has fought any other great power directly since the Second World War. (Proxies

are OK.) The global death toll in international wars across borders (civil wars don't count) has plummeted from a million a month in 1945 to around a hundred thousand a year by 2020. However, now the numbers are going up again, mainly thanks to the wars in Ukraine and Gaza. They are evidence that the system that has protected us for so long is breaking down. What the international rule of law means is that sovereignty is sacred; that attacking another country is literally a crime. Borders may only be changed by peaceful negotiation; any changes accomplished by force are illegal. There is no international police force, so nobody may come to arrest the criminal, but the conquest will never be recognised by other countries. There will be sanctions, boycotts, all manner of nuisances – enough, in most cases, to deter countries from trying to grab some of a neighbour's territory. It's a flimsy system, but it has served us well for a long time. Lose it and we're straight back to the 18th century – with nuclear weapons. And taking the lead in demolishing it are two great powers, the United States and Russia, who probably owe it their survival through eighty years of relative but precarious peace.

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# McBride Council: Tourism outlook, chickens and hockey tournament beer garden

By ANDREA ARNOLD

McBride Mayor Gene Runtz called the February 25th Council meeting to order at 6:00 p.m. Council heard a presentation from Dannielle Alan regarding the current tourism outlook, discussed a future bylaw adjustment to allow limited chickens and approved the purchase of a new lawn mower.

## In-camera removal

Council first voted on a motion to remove the in-camera portion of the meeting. Mayor Runtz explained that the report was not complete so Council would not have all the needed information.

The agenda item referred to Section 90 (1): (c) labour or other employee relations.

Councillor Joe Kolida asked if council could continue into in-camera even without this item to discuss other matters. Mayor Runtz responded that no, if this item was removed, no in-camera meeting would be held at all.

The motion was called to a vote, with three in favour and two (Councillors Tina Bennett and Kolida) opposed so the in-camera portion of the meeting remained.

## Visitor Centre update

Council received a presentation from Dannielle Alan regarding the operations of the McBride Visitor Centre.

Council had received a report from Alan and she expected that everyone had read it, so she did not go over the points addressed in the report. The report gave a broad overview of the Visitor Centre operations, staff, visitor numbers and projects over the past 10 years. In her presentation, she did however address some of the challenges they are currently facing and observations they have made.

Following the events of the past summer, wildfires and highway closures, the Visitor Centre staff saw Valemount experience a drop in tourism and expect to see fewer American tourists in the Robson Valley in the near future due to the current geopolitical environment. Alan said that the goal of Visitor Centre staff is to sell the Valley,

specifically, experiences within the Valley to visitors. They hope to have people stay a little longer than maybe they originally planned. An extra hour in McBride could result in buying lunch, and an overnight stay allows people time to travel to local attractions like the Ancient Forest. Either of these are creating financial growth to the local economy.

Alan says that overall the community focuses on authenticity, not a gimmick, so the community needs to be authentic. Markets, festivals and community events all contribute to that authentic community feel. Alan said that prior to COVID, McBride accommodations were filled almost every weekend in part because of some events that were happening. People were returning and bringing friends and family with them.

She says that the American tourism numbers have been on a steady decline, even those travelling through to Alaska, and she doesn't expect that to improve. The European tourist numbers have seemed to come back strong after COVID and seems to be holding. The goal now is to increase the amount of time these visitors stay in the community, and have them post on their websites, blogs or other social media about their great affordable experiences in the Robson Valley. This earned media is publicity for the community that the community is not paying for and Alan sees it as something McBride could benefit from.

"We want people to come and explore," she said.

Alan sees the Regional market as the strongest. People from within the region looking for budget friendly, environmentally centered and authentic experiences. These people are looking for family friendly activities and are often attracted by camping opportunities.

She pointed out several experience opportunities that are available through the work of volunteers - bike trails, Belle Mountain camping and trails, and snowmobile access upgrades to name a few. She also mentioned many events like the Robson Valley Music Festival, Pioneer Days and the Dunster Ice Cream Social.

She then turned to areas that are lacking in the tourism sector: a newer hotel/motel, more camping locations, car wash, limited dining options, guided adventures and no

weekend automotive service options.

She concluded her presentation with requests for Council, outlining ways the community needs support to attract more visitors.

Alan says she wants to see increased support for community champions, those who are developing and executing new attractions and events, developing community. She would like to see more support for the recreation endeavors that the Community Forest is working on. Thirdly, she implored Council to continue to advocate for, develop and maintain the local backcountry access points.

"It is critically important that the Village continue to lobby the Province for the right to access our backcountry," she said.

"I want to see people come visit here, fall in love with the area like everyone here has done, and buy property," she said. "I want to see them live here and bring with them industry."

## Reports

Karen Stahl, financial consultant, gave a brief update on where Village staff are at reformatting procedures within the finance department and budget season. She said that the new procedures and reporting will be seen as they go through the budget and that this will help with transparency. Year end will be the focus at the beginning of March and they will shift to budget planning near the end of March. She hopes that through all these plans and changes, the audit process will be shorter this year, saving the Village some money. She also said that this year's audit will be performed remotely.

## Chickens

In discussion during the portion of the meeting where they received documents for information, they touched on a letter from Angie Campbell-Power requesting that chickens be allowed in town limits. A limited number of birds, no roosters and with a set of rules was the request. No motion was needed aside from a vote to receive the document, but during discussion,

CONT'D ON P7

www.valemount.ca

## Utilities Discount

March 10 is the last day to get a discount on your utilities bill! Pay on or before Monday, March 10, to receive an 8% discount. Non-receipt of a utility notice does not excuse a property owner from payment, so if you have not received your notice, please contact the Village Office. Payment can be made in person at the Village Office (debit, cheque, or cash only), by cheque or cash through the mail, with credit card through our website (under village office>finance>tax/utility payments), through your bank, or via e-transfer to [dof@valemount.ca](mailto:dof@valemount.ca) (include account number in message).

## 2025 Columbia Basin Trust Resident Directed Grants

The CBT ReDi Grants Online Engagement Survey will be live until midnight on Thursday, March 6th! Find it on the Village of Valemount Facebook page, and at [www.valemount.ca](http://www.valemount.ca), to learn about each project and vote on the proposals. Help shape our community's future!!

Proposal approval and funding allocation will be decided at the Adjudication Committee Meeting held at 6:30pm on **March 13**, in the Village of Valemount Council Chambers (735 Cranberry Lake Road). This meeting is open to the public. Please note that meeting dates and times may change; approved changes will be posted on the front door of the Village Office and at [www.valemount.ca](http://www.valemount.ca). Final approvals and allocations will be announced at the March 25 Council Meeting.



## Volunteers Needed!

The Village requires volunteers for several important community boards and committees. Get involved!

To learn more about each of these unique opportunities, and to access the **Board/Committee Application Form**, please see the Latest News & Events banner on the Village of Valemount of Valemount homepage: [www.valemount.ca](http://www.valemount.ca).

**\*Deadline for all applications is 4:00 pm, Sunday, April 13, 2025.\***

➤ The Village's **Accessibility Committee** is seeking a member who will represent people with disabilities or those who support people with disabilities in their work or personal life. The committee meets four times per year and will develop a Village Accessibility Plan to make our community as inclusive and accessible as possible. Please submit your application in-person at the Village Office, by email to [planner@valemount.ca](mailto:planner@valemount.ca), or by mail to Village of Valemount, Attention: Planner, PO Box 168, Valemount BC, V0E 2Z0.

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

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

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

Please submit your application for the Community Foundation Board, Council Remuneration Review Panel or Clean Air Task Force in-person at the Village Office, by email to [corporate@valemount.ca](mailto:corporate@valemount.ca), or by mail to Village of Valemount, Attention: Corporate, PO Box 168, Valemount BC, V0E 2Z0.

## Business Façade Improvement Program

This program is funded by Northern Development Initiative Trust and

businesses for renovation, restoration and redesign of commercial façades that are located in the Village of Valemount Downtown (5th Avenue), Railtown (Main Street) and Highway Corridor (Hwy 5 South) area. Each building is eligible to apply for an annual grant of up to 50% of façade improvement costs to a maximum of \$5,000. Visit [www.valemount.ca/services/grants-funding](http://www.valemount.ca/services/grants-funding) for more information.

## Municipal Property Rules & Regulations

This notice serves as a reminder that all municipal properties, including designated parks, vacant lots, and other public areas, are governed by both municipal and provincial regulations. These properties are designated for public use and enjoyment, and citizens must adhere to specific guidelines to maintain their integrity, safety, and aesthetic value.

### Important reminders:

- **Respect for Public Property:** Vandalism, defacement, and any unauthorized alterations to these spaces are not permitted. This includes, but is not limited to, graffiti, destruction of property, or any actions that damage the natural or built environment.
- **Interference with Structures:** Interference with existing structures on municipal properties is not permitted.
- **Tree and Plant Management:** The removal, planting, or relocation of trees and plants on municipal properties without proper authorization is not permitted.
- **Storage:** Municipal properties are not to be used for personal storage of materials, vehicles, or any other items unless specifically authorized by the municipality.
- **Enforceability:** These regulations are enforceable through the Criminal Code and Bylaw Enforcement. Citizens are encouraged to enjoy and utilize municipal properties in a manner that preserves their intended purpose. Activities should be carried out with respect for the environment, present and future generations of the community, and the legal framework that protects these spaces. Thank you for your cooperation in keeping our public spaces safe and enjoyable.



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

# COOKING UP MEMORIES

BY ANDREA ARNOLD

The new Kitchen Kitsch exhibit at the Valley Museum and Archives in McBride seems to be succeeding as one of two most successful connection creating exhibits that curator Bridget Uhl has been a part of.

The other, the History of Telephones, and this one, are easy for patrons to relate to.

“Everyone has a phone, and everyone has been in a kitchen,” said Uhl. “The kitchen is the heart of the home.”

Uhl said the museum has hosted a kitchen exhibit before, at the old location on Dominion Street, but this is the first time they have been able to create one of this scale.

The idea came to her after a 100-year-old cookbook from the Holdway family, and some old corningware was donated.

“Hey! Kitchens! That’s an idea,” she said.

The exhibit is set up to feel like visitors are guests in someone’s home. Many of the items are on loan from about two dozen residents spanning from Dome Creek to Dunster. Uhl also used items that she found in the archive room that have been donated to the museum over the years. She says that the exhibit isn’t finished, and changes will be made up until it is taken down in June.

“If you have something that you feel would be a good addition, please talk to me or bring it in,” she said.

So far the exhibit contains items that span approximately 100 years of kitchen history. There is a stovetop waffle iron from the early 1900’s and a stand mixer from the 1930’s. Some of these items, even the stand mixer, still work.

Uhl had several cookbooks loaned for the exhibit. Many of these are compilations of local recipes submitted by recognizable names. The cookbooks are no longer available for purchase.

“I have photocopied a variety of individual recipes, and people are welcome to take a copy home to try,” said Uhl.

The display has really tapped into the feeling of nostalgia for many.

“So many visitors have shared stories of either first hand experiences with items they are seeing, or memories of seeing the items at their grandparents homes,” said Uhl.

This exhibit is an opportunity for parents and grandparents to come with the younger generations and tell stories and have props to help the kids better visualize what they are hearing. Uhl has created two short scavenger hunts, two levels of difficulty, that can help kids take a closer look.

Joanne McClinton brought two of her kids into the museum for a look. She was able to show them items she had used growing up, and the kids even pointed out a few items that they still use around the home.

Young Ava was drawn to the rag rug that lays next to the old wood cookstove. For good reason.

“That looks like the rugs Grandma Carol makes,” she said.

Upon closer examination, McClinton confirmed that yes, it was in fact, the result of her mother’s handiwork.

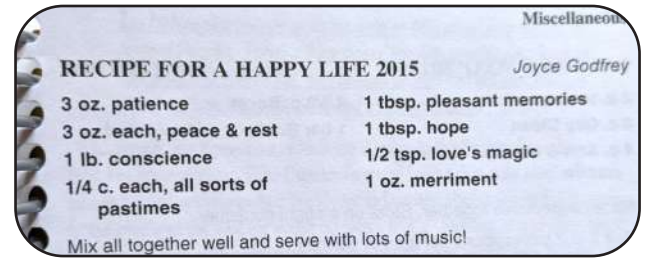
As the exhibit is still in its early days, it will be up until mid-June, Uhl is working on ideas that will allow people a more interactive experience. She is looking for ideas of what pioneer type skills people would like to learn, or teach, and welcomes feedback and ideas.

Wood cookstoves, stovetop toasters, wooden flour canisters, hand mixers, and a wooden drying rack are just a small taste of some of the items on display. Uhl invites everyone to come for a wander down memory lane, then sit at the kitchen table with a hot beverage and share some stories.

Left: Valley Museum and Archives curator Bridget Uhl shows off a rosette cookie iron, just one of many kitchen items that have been used in the Robson Valley over the last 100 years or so. The Kitchen Kitsch exhibit shines a spotlight on many of these and as a result, brings out memories and stories from visitors. / ANDREA ARNOLD



Sherry Wingie took a few minutes to wander down memory lane through the Kitchen Kitsch exhibit at the Valley Museum and Archives. Wingie has been one of many who shared first hand stories as she looked at the different items used in past domestic chores. / ANDREA ARNOLD



This tongue in cheek recipe was included in the 100 year anniversary version of “The Dunster Cookbook” published in 2015. /SUBMITTED

## McBride Council Cont'd from P6

much of council was in favour of the idea. Mayor Runtz pointed out that chickens are useful for compost disposal. Currently there are a few homes in town that were grandfathered into Village limits with chickens in place. Council agreed to look into what bylaws need to be changed, and what steps need to be taken in order to allow for residents to have a small number of chickens on their properties.

### Beer Gardens endorsement

Council approved Cody Yetter’s application for a beer garden endorsement for the Buck’s Hockey Invitational Tournament on March 14th-16th at the Robson Valley Community Centre.

### Lawn mower

Council approved the purchase of a new 2025 Stihl RZ560 Zero Turn Mower from Horseshoe Lake

Ventures in the amount of 14,299.99 excluding taxes.

### In-camera

As the in-camera meeting was removed by vote at the start of the meeting, the gathering was adjourned at 6:33 p.m.

**VALEMOUNT PUBLIC LIBRARY'S**  
**Annual General Meeting**  
**MARCH 10TH, 2025**  
**4:30PM**  
 IN THE BASEMENT OF THE LIBRARY  
 AT 1090A MAIN STREET  
 CURIOUS MEMBERS OF THE PUBLIC AND ANYONE  
 INTERESTED IN JOINING THE LIBRARY BOARD ARE  
 VERY WELCOME TO JOIN US!

**McBride, WE'RE OPEN!**

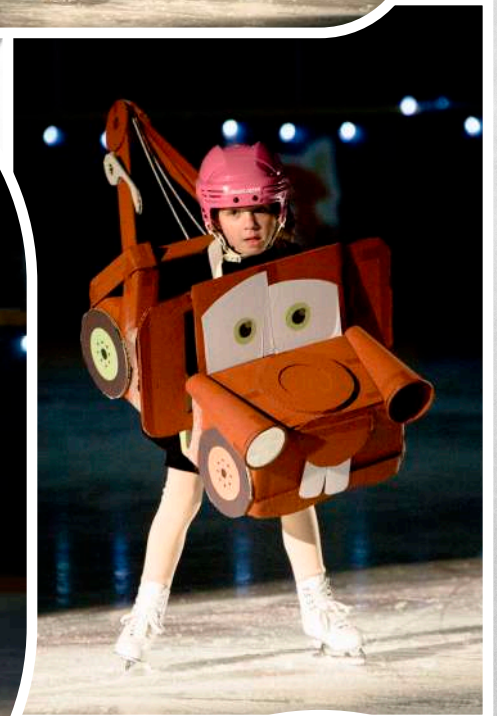
**INTEGRIS**

We're excited to announce the soft opening of our brand-new McBride branch on **March 5th, 2025!**

Stop by and say hello at **210 Main Street, McBride, BC**

Learn more about Integris at: [www.integriscu.ca](http://www.integriscu.ca)

# Canoe Valley Skating Club presents PIXAR on ice



Valemount has a long tradition of skating carnivals, this year being the 52nd! The Canoe Valley Skating Club put on another heartwarming show March 1st as skaters of all ages and abilities courageously took to the ice. From lower right clockwise: Isabella and Ilya perform a Finding Nemo/Dory doubles routine; Samara and Elli take part in the opening act called Blue Umbrella; Cyrus, Ernest and Lochlan during the first Canskate routine; Amelia takes aim for the archway; Hannah and Maya glide along; Hewitt performs a solo routine inspired by Monsters Inc; Cassidy takes on a Jessie persona from Toy Story; Skating coach Sharonrose Shalla and her granddaughter perform a routine about a grandmother, called Nona; Olivia displays her tow truck costume inspired by the movie Cars; Brooklyn's moves are incredible as she skates her Incredibles-inspired routine; (inset) Alayah reaches for the sky in her solo performance inspired by Inside Out. For more photos, see our website. /LAURA KEIL



# Local seniors learn about advance care planning

BY ABIGAIL POPPLE, LOCAL JOURNALISM INITIATIVE REPORTER

Dozens of Robson Valley seniors gathered in the Valemount Community Hall on Tuesday, February 25th, to learn about resources for making an advance care plan – that is, a series of instructions for substitute decision makers if one becomes incapable of communicating their own healthcare preferences.

Hosted by the Valemount Elder Collaborative, along with support from Robson Valley Community Services, Northern Health, and the BC Association of Community Response Networks, speakers outlined what kinds of documents and processes are necessary to make sure medical professionals and family members can follow seniors' preferences for medical care even if they are unable to communicate those preferences in the moment.

Presenters shared two documents with attendees: the My Voice Advance Care Planning Guide – a booklet created by the Ministry of Health that allows users to name substitute decision makers and list medical procedures they do not consent to – and the Medical Orders for Scope of Treatment form, more commonly called the MOST form. This form allows people to file a Do Not Resuscitate (DNR) order with their local health authority.

It's important for these forms to be kept somewhere obvious in the home, said Valemount Community Paramedic Sean Carmen. He suggested leaving a copy of the MOST form in a plastic sleeve on the fridge, something he commonly encountered while working in the Fraser Valley.

"That's one of the first things paramedics will go look for," Carmen said. "If you're in a condition where you're incapacitated and not able to communicate properly with us, it gives us the instructions on how you wish to be treated and your wishes for further care. These are important documents to have at home and to keep updated as well for moving forward."

McBride-based nurse Ashley Flavelle, who also presented at the event, agreed that keeping advanced care plans up-to-date is crucial. The MOST form requires a physician's signature and is kept on file with the local healthcare centre, and patients can call to update the form once it is filed, she said.

Flavelle also introduced attendees to the My Voice booklet, which can be accessed online at <https://tinyurl.com/yhvwf394>.

"Planning for advance care is one of those things that we all need to talk about and we all need to think about," she said. "[The booklet] is going to help you answer who you want to make decisions for you if you're in a situation where you can't."

It's important to have open discussions with substitute decision makers, and revisit your care plans about once a year, Flavelle added.

"In some situations, you get a little bit messy if you don't have the right person making that choice," she said. "That's why it's important to pick the person that will have your best interests in the moment and do the things that you want them to do."

Former notary Linda Fry explained how the booklet can be approved without having to visit a notary or lawyer.

"If you do it without a notary or lawyer, you have to have two independent witnesses do signatures for you... If you go to a notary or a lawyer, they can draw these documents and witness your signature. They only need one witness," Fry said. "This really gets you familiar with this paperwork. You can do it yourself, or you would have that information to speak to a lawyer or a notary."

## Saving an "arm and a leg"

Attendees appreciated the opportunity to learn about their legal options for free. Valemount resident Byron Bustin told *The Goat* he had previously been unaware that a lawyer is not necessary for making an advance care plan.

"Basically [we attended] so that we don't have to pay lawyers \$400 an hour," Bustin said. "Reading through this [My Voice guide], it looks to me like we could have a representative that doesn't have to be a lawyer. That caught my attention because it takes an arm and a leg [to pay] for a lawyer."

McBride residents Pete and Irene Berndsen said they attended the event to learn about the options available to them.

"We're jumping the gun at 71. How's that for positive thinking?" Pete Berndsen joked. "It's good to be informed, and we saw the presentation was available."

The Berndsens said they feel fortunate to have access to healthcare in the Robson Valley.

"My mom, for example, is 91 in Winnipeg, [and] has to wait six hours in a lineup at a walk-in clinic to get attention," Pete Berndsen said. "Here, you can walk in, Valemount is good and McBride is good as well. I got nothing but kudos to say."

Valemount resident and member of the Valemount Elder Collaborative Kurien Thomas said the event was a good opportunity to get more information about advanced care planning to the public. After spending decades advocating for better healthcare access in rural Alberta and B.C., Thomas was pleased to see more public discussion of healthcare in the Robson Valley.

"We don't know health status, how many cancer patients we have, how many heart patients we have, these kinds of different information [in the Valley]," Thomas said. "The thing is that autonomy, self-determination, these are parts of health."

He added that when he lived in Alberta in the 1970s, the province did not yet have home care available for aging patients. While B.C. may have a long way to go in getting equitable access to health care between rural and urban areas, there have been improvements in the resources available to seniors, he said.

"[The presentation] is useful," Thomas added. "About 80 people came here, from McBride and Valemount. It's very nice that they came here."



Valemount-based community paramedic Sean Carmen spoke at the Advanced Care Planning informational session on February 25th. He suggests leaving care planning documents in a visible place in one's home, so first responders know about requests such as do not resuscitate orders. /ABIGAIL POPPLE

## Birthday fun zone!



Option+

Valemount IDA  
1214 5<sup>th</sup> Avenue  
250-566-4594

I.D.A.

REGULAR HOURS

MON-SAT: 9 AM - 5:30 PM



## Reducing Food Waste

Food waste is an urgent, but solvable, crisis. Globally, one third of all food produced is wasted, and closer to home, it is even worse. In Canada 63% of the food we throw away each year could have been eaten – this is equal to 140 kilograms of wasted food per household!

With this in mind, the Regional District wants to help residents make their food go further and waste less. Here are some simple tips from Love Food Hate Waste to reduce food waste:

### Plan it Out

The most effective way to reduce food waste at home – and save money – is to make a meal plan. Buy just what you need and use everything you buy. The less you buy, the less you waste.

### Keep it Fresh

Do you know the best way to store produce and stock a fridge? Love Food Hate Waste shares proven methods, and also a freezer guide and details on shelf life.

### Use it Up

Use up all the food you buy – from reviving food past its peak, to decoding best before dates and using up leftovers. Love Food Hate Waste has recipes to salvage foods destined for the garbage bin, and tips on drying or canning fruits and vegetables.

For more food waste reducing tips, visit [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca), or follow them on Facebook, Instagram and Twitter.

## Recycling Kitchen Scraps

Potato peelings, coffee grounds, egg shells, banana peels and apple cores are all kitchen scraps produced on a daily basis. Instead of throwing them in the garbage, they can be easily recycled:

- Offer fruit and vegetable scraps to farmers to feed chickens, pigs or goats.
- Try vermicomposting, an effective food scrap composting process that uses Red Wiggler worms. It can be done indoors on a small scale, and it does not take up much space.
- Backyard composters can handle uncooked food scraps, coffee grounds and egg shells. Compost adds nutrients to the soil, and improves its texture and balance – making your food and ornamental plants grow better.

For more composting details, visit [reaps.org](http://reaps.org) or find REAPS' virtual workshops on Facebook.



### Purchase your own Composter

When residents start composting, up to 50% of organic waste is diverted from the landfill so the Regional District has a program to help you get started turning food and yard waste into nutrient-rich soil for your garden. Purchase an Earth Machine®, a durable 80 gallon backyard compost bin, and a helpful Wingdigger stirring tool at reduced rates, subsidized by the Regional District.

To order composters and stirring tools, email [environment@rdffg.bc.ca](mailto:environment@rdffg.bc.ca)



**Earth Machine® composters \$50**

**Wingdigger stirring tools \$24**

Taxes included. Items available while supplies last.



Valemount Elementary School held a science fair for Grade 4 through 7 students, with some Grade 3 students participating as well, on Thursday, February 27th. The fair allowed students to practice time management skills, work with a partner, and develop their creativity, said coordinator Shirley Giroux.



Would it really be a science fair without the quintessential baking soda volcano? Ainsley tips a container of red-dyed vinegar into the volcano's mouth and stands back to watch it erupt. /ABIGAIL POPPLE



Hop aside Energizer bunny – Jaxsyn, Taras and Thoren proved you can generate several volts of electricity with potatoes, copper and citric acid. /ABIGAIL POPPLE



Seth and Parker may have cracked up their audience, but their bouncy eggs became resistant to cracking after a layer of shell was removed by different kinds of vinegar. They found that a combination of rice vinegar and white vinegar works best to effectively bounce-ify eggs. /ABIGAIL POPPLE

# PUZZLES



## CROSSWORD

Answers on P13

**Across**

- 1. Funny
- 4. Drain strength
- 7. Atmospheric pollutant
- 11. Princess tormentor
- 12. Night hooter
- 13. Plane-jumping G.I.
- 14. Frequent a restaurant
- 15. Legislative bills
- 17. Play making
- 19. Wimple wearer
- 20. Solo
- 22. Word before and after "after"
- 25. Cruel
- 28. False story
- 29. Brewer's need
- 30. Gofer's work
- 32. Exerciser's target
- 33. Act of insurance fraud, perhaps
- 34. Command to an attack dog
- 35. Eye drops
- 39. Preeminent
- 43. Mouse chaser
- 44. Division
- 45. Mock, in a way

**Down**

- 1. Newspaper term, 2 words
- 2. Baby
- 3. Material to be input
- 4. Eastern African resident
- 5. Miracle response
- 6. Wedding directors
- 7. Like cotton candy
- 8. Deface
- 9. Ground-breaking discovery
- 10. Car fuel
- 16. Go a-courting?
- 18. "m," to Einstein
- 21. Cold-weather gear
- 22. Racket
- 23. "Troilus \_\_ Cresida" Shakespeare
- 24. Green light
- 25. Surprise!
- 26. Reggae's Marley

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

- 27. Good times
- 28. Channel
- 31. No-good
- 33. Objective
- 34. Adjusts, as a clock
- 36. Caustic substance
- 37. Compete at Indy
- 38. Hot pot
- 39. Jacket lining, sometimes
- 40. Lonely number
- 41. Eradicate
- 42. Place for pampering

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

## SUDOKU

**HOW TO PLAY**

Answers on P13

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

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

## The Toughie

Answers on P13

**Across**

- 1. Ukraine city
- 5. Depression
- 11. A.M.A. members
- 14. Brainchild
- 15. Eggstone
- 16. Actor Gibson
- 17. Keith, Danny, Laurie et al.
- 20. Overpower
- 21. Good-looker
- 22. Norse goddess of love
- 25. Doesn't question
- 27. Astronaut's milieu
- 31. Sort carefully
- 32. Good works ad
- 33. Mouths off
- 34. Dealer, Worthington
- 36. Red bird on a cap
- 42. Guys
- 43. Dairy case item
- 44. 1945 battle site, for short
- 45. Chopped liver
- 48. Book starters
- 51. Painting style
- 53. Snicker
- 54. Spherical
- 55. Billboard item
- 59. Maryland team member
- 64. Berlioz's "Les nuits d'\_\_"
- 65. Org. based in Daytona Beach
- 66. Peepers
- 67. Inactive mil. status
- 68. Bugs
- 69. Tres y tres

**Down**

- 1. Sleep (slang)
- 2. Actress Lupino
- 3. Ballad's ending
- 4. Textile fiber colorer
- 5. Hairdo
- 6. Went by bike
- 7. Flowerless plant
- 8. Haberdashery item
- 9. Spider is one, abbr.
- 10. Boxer's stat
- 11. Eldest of the Brothers Karamazov
- 12. Alleviation of pain
- 13. Most wily
- 18. Fight again
- 19. Cereal
- 22. Fancy dressers
- 23. Pipe problem
- 24. List-ending abbr.
- 26. Order by a head of state
- 28. Agnes, Francis, etc.
- 29. Network for Ken Burns documentaries
- 30. Fancy necktie
- 35. Madonna or Angelina
- 37. Ham and egg dish
- 38. Detergent brand
- 39. Approaching
- 40. A little while, to Burns
- 41. Mislaid
- 45. Investigator

1	2	3	4	5	6	7	8	9	10	11	12	13	
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- 46. Treat with carbon dioxide
- 47. Gelcap alternative
- 49. Duty
- 50. Eagle nests
- 52. Verifying who the customer is
- 56. Middle earth creatures
- 57. Lawn chair
- 58. Bull in a ring
- 60. Ginnie \_\_
- 61. Listen in Spanish
- 62. Bouquet
- 63. Tricky curve

Maybe talk was cheap in the past, but its price has since undergone the same inflation as everything else. But at least the current costliness of words will have us exchanging them with a bit more caution. Between the Venus retrograde and Mercury's headlong dive into Aries, certain truths will be obvious, as well as the various ways they might be communicated. "Raise your words, not your voice. It is rain that grows flowers, not thunder." -- Rumi

ARIES (March 21-April 19). This week brings you to new territory, and you're valiant for stepping in. It's a mixed bag of feelings and impulses, which is to be expected when you're on the verge of a breakthrough. Sometimes you'll want to communicate, sometimes you'll want to hide, and most times these impulses will show up simultaneously to temper one another.

TAURUS (April 20-May 20). Many people assume they need to feel confident before they begin, but in reality, starting is what generates confidence. This is true even when it doesn't go the way you want. To take action is to embody the role regardless of the outcome. The act of trying tells yourself that something in you knows you are capable.

GEMINI (May 21-June 21). You're able to be so generous because your heart is big. Still, whether it works out is a matter of fit, not amount. Do you have what the other person needs, and can you give it without overextending? You'll know how much is too much when you feel a twinge of regret with the handoff, but nothing is irreversible.

CANCER (June 22-July 22). Even when you're not an expert on the specific problem at hand, you know enough because your willingness to learn is everything. Intellectual flexibility counts much more than knowing all the facts, or one way of doing things. Success hinges on the ability to adapt and rethink the approach when new information comes in.

LEO (July 23-Aug. 22). Love takes up space. It shifts priorities, rearranges identity. It's a powerful force that plays out in various ways this week. You'll notice how it moves your life, and yet you'll also recognize there are limits to what love alone can do. Love needs the support of practical things like logistics, habits and other fortifications.

VIRGO (Aug. 23-Sept. 22). People will lean on you this week. You don't have to have an answer to make it fair. You won't need to give them advice or tell them how to be the bigger person or show them how to find grace. All you have to do is see them. Tell them you see them, they're not making it up, and they are not wrong.

LIBRA (Sept. 23-Oct. 23). There's wisdom in history, in the stories of those who've walked similar paths, whether through their writings, their choices or even just the signs they've left behind. You're not alone in what you're going through. Know that whatever challenge or crossroads you're facing, the experiences of others can offer you guidance.

SCORPIO (Oct. 24-Nov. 21). Old structures need to come down so new ones can go up in that space. The things that require sacrifice, discipline or clarity will come due, and you'll pay up. That doesn't mean it will be overly costly or difficult. It just means that everything has a price, and you don't mind paying what it's worth because you value it.

SAGITTARIUS (Nov. 22-Dec. 21). Sometimes people try to frighten the newcomers because it makes them feel big to think they are in the know. First graders do it to kindergartners, high schoolers do it middle schoolers, and big leagues do it to the little leagues. Do not be fooled. You're going to the next level because it's time, so don't listen to the intimidation stories.

CAPRICORN (Dec. 22-Jan. 19). You have the lightning, the thunder and anything else you need to focus your energy. Let nothing shake your resolve. If justice is being served, then it's the justice of you finally stepping into your own power, no longer waiting for approval from friends, mentors or anyone else. You need no permission; your existence is permission.

AQUARIUS (Jan. 20-Feb. 18). You can be surrounded by good people, even incredible ones, and you may still miss a particular person because connection isn't just about proximity or kindness -- it's about that rare, electric click. Finding that with someone, even if it's tricky or complicated, is very special. You've had it, and you'll have it again.

PISCES (Feb. 19-March 20). You'll get the sweet, positive and supportive response you deserve! It's like someone finally gets what your project is about and decides to meet you where you are. You (SET ITAL) are (END ITAL) part of something special, something bigger than just you. These people, this project, this moment -- it all has a magnetic core, pulling help from everywhere.

THIS WEEK'S BIRTHDAYS: As you show up for life with your brave and open heart, love and joy find their way back to you. Maybe not always in the shape you expect, but in ways that surprise and delight you. You'll keep relationships vibrant, embracing their constant state of flux. New people bring a fun rhythm to your routines. Tweaks to systems of your daily life will bring optimal productivity and satisfaction. You'll be a big part of righting an injustice. You'll make savvy financial moves, and you'll bank on a trend.

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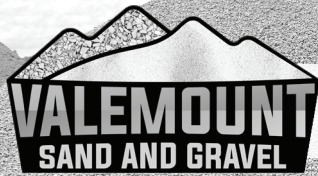
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1	O	D	3	S	A	6	P	7	S	M	10	G		
11	P	E	A	12	O	W	L	13	P	A	R	A		
14	E	A	T	15	M	E	A	16	S	U	R	E	S	
17	D	R	A	18	A	19	N	U	N	20	D	21	A	Y
22	A	L	O	N	E	23	L	I	N	E	24	Y		
25	A	B	26	U	S	27	I	V	E	28	L	I	N	E
29	H	O	P	S	30	E	R	31	R	A	N	D	S	
32	A	B	S	33	A	R	S	O	N					
34	S	I	C	35	T	E	36	A	37	R	38	S		
39	F	O	R	40	E	M	O	41	S	T	42	C	A	T
43	U	N	I	T	44	A	P	E	45	I	C	E		
46	R	E	D	S	47	T	A	N	48	D	E	W		

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### SUDOKU ANSWERS

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

### TOUGHIE ANSWERS

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17	P	A	R	T	18	R	I	D	G	E	F	A	M	I	L	Y	
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21	R	E	Y	A	22	A	D	H	E	R	E	S					
23	O	U	T	E	R	24	S	P	A	C	E	25	S	I	F	T	
26	P	S	A	27	G	A	B	S	28	C	A	L					
29	S	T	L	O	U	I	S	C	30	A	R	D	I	31	N	A	L
32	M	E	N	33	O	L	E	O	34	I	W	O					
35	P	A	36	T	E	37	I	T	L	E	P	A	G	E	S		
38	R	E	A	L	I	S	M	39	T	E	H	E	E				
40	O	R	B	E	D	41	P	O	S	T	E	R					
42	B	A	L	T	I	M	O	R	E	O	R	I	O	L	E		
43	E	T	E	44	N	A	S	C	A	R	45	E	Y	E	S		
46	R	E	T	47	G	E	T	S	T	O	48	S	E	I	S		

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## Valemount

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

**FRI Mar 7th-9th U13 hockey tournament.** Come cheers on our local teams! Local team game times are as follows:

Friday 3:30 Valemount vs. McBride  
Friday 7:30 McBride vs. Quesnel orange  
Saturday 8am Valemount vs. Quesnel orange  
Saturday 10am McBride vs Mackenzie  
Saturday 2pm Valemount vs Mackenzie  
Saturday 5pm Valemount vs. Quesnel black  
Sunday 7am McBride vs. Quesnel black  
Sunday 9am FINALS 3rd vs 4th  
Sunday 11am FINALS 1st vs 2nd

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

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

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

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

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

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

**WED Mar 19** Join us for a **Spring Time Gathering**, and come celebrate the arrival of Spring with us! Enjoy delicious food, great company, and warm community atmosphere. Let's start the season in a good way. Wednesday, March 19th from 10 AM to 1 PM at the RVCS office in Valemount, 1444 5th Ave. No registration is required, this event is brought to you by the Indigenous Literacy Program.

## Ongoing Valemount

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

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

**Drop-in pickleball - Sun, Tues, Thurs**  
Drop-in pickleball at the Community Hall at noon Sundays, and 8:30am Tuesdays and Thursday.

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

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

**Personal Tech Help - by appointment**  
Hosted by the Learning Centre Need help with your ipad, tablet, phone or computer? Schedule your one-on-one appointment 250-566-4601 or email [learn@valemountlearningcentre.org](mailto:learn@valemountlearningcentre.org)

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

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

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

**Astronomy Course - Wednesdays**  
Drop in and learn about astronomy through the Valemount Library's ongoing astronomy series! 7-8:30 every Wednesday.

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

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

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

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

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

**Family Place Drop In Program - Fridays**  
If you have questions, are looking for parenting resources, or just need to chat, you can join us in person 9 AM-noon every Friday in Valemount at 1444 5th Ave. Our weekly targeted programming is a great way for kids ages 0-6 (with their caregivers) to play, connect, explore, and learn!

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

## McBride

**THURS Mar 6th Learning with Syeyutsus**  
12:00 – 1:00 pm. An Indigenous learning series featuring Canadian authors and thought leaders.

To register for these free, virtual speaker events visit: [trc57speakerseries.ca](http://trc57speakerseries.ca). If you would like to view the series at the library (with an optional extension to discuss the presentation after) contact library staff.

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

**SAT Mar 8th An Evening in Hollywood Presented by the McBride Figure Skating Club.** Doors open at 4:30 pm, show starts @ 5:30 pm. Special guest skater Paislee Trask. Admission by donation. Concession & 50/50 draw.

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

FRI Mar 14th Grand Opening Games Cafe 6pm at the McBride library. Join board game gurus at the library to learn a new game or play a favourite. Indulge in delicious treats while enjoying recently purchased board and card games suitable for casual players looking for a fun night out to hardcore strategists who love a challenge. Reservations recommended if you fancy a particular selection.

**THURS-SAT March 20-22, 27-29 at 3pm Games Cafe Launch.** The McBride library meeting room will be open to anyone wishing to socialize and explore our new collection of board and card games (or meet up to play the games currently in our collection). Staff are happy to introduce a new game each day.

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

**SAT Mar 22nd Men's Shed Open House** @ 2-4pm 902 2nd Ave McBride. Come check out what the group is all about. and enjoy Coffee, tea, hot chocolate, cookies, snacks and BBQ hotdogs.

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

## Ongoing McBride

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

**March 10 – Office Closed**  
**March 17 – St. Patrick's leprechaun craft**  
**March 24 – Bouncy Castle Fun**  
**March 31 – Popsicle stick bird feeder**

**MONs Starting MAR 10:** Join our workshop, How To Talk So Kids Will Listen and Listen So Kids Will Talk, a seven week program from 7 PM to 8 PM at the McBride Secondary School, 1300 2nd Ave. Learning these skills sets everyone up for success, fostering a harmonious and supportive environment for both you and your children. All supplies and workbooks will be provided. Enhance your communication skills and create

a positive impact on your child's development. Registration is required, please contact the office to reserve your spot.

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

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

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

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

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

**Book Clubs for Adults - Thursdays**  
The McBride Library holds two monthly book discussion clubs for adults Thursday afternoons 1:30 PM. Call 250 569 2411 for info.

**Books and Banter - Thursdays**  
NEW Books and Banter – Thursdays 12:30 – Adults, join us for lighthearted stories, read aloud, that you'll be sure to enjoy! Refreshments served. Beginning March 20th.

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

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

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

## Dunster

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

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

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

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

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



Here a Canada lynx puts a stalk on a snowshoe hare, its primary food. Unfortunately for the lynx the hare escaped to live another day. When hares are plentiful the lynx may eat one everyday or so. /LEON LORENZ

UPCOMING EVENTS & NEWS!



REGULAR EVENTS:

- Friday Night Dinner served 5:30-8pm
- Friday Night Music most Fridays 7pm-close! See line-up below
- Sunday Pancake Breakfast 8-10:30am
- Bingo - Second Thursday of every month. Doors open at 6 pm

COMING EVENTS:

- FRI MAR 7TH - Karaoke 7pm
- FRI MAR 14TH - Jam Night 7pm
- FRI MAR 21ST - Open Mic 7pm
- FRI MAR 28TH - Jam Night 7pm

General Meetings: 3rd Tuesday of the month 7pm

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. Underage patrons welcome until 10pm.

REMINDER TO CHANGE YOUR CLOCKS! >>>

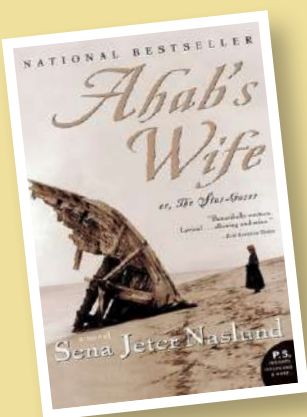
LEAP FORWARD 1 HOUR SUN MARCH 8TH



SPRING SALE

Save 50% on all in-store book purchases until March 31st!

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

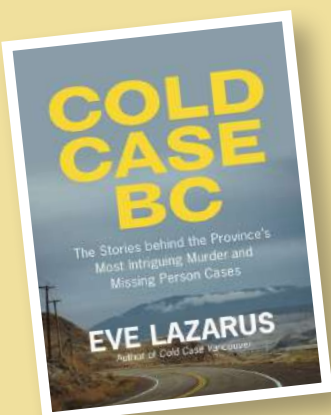


AHAB'S WIFE

From the opening line—"Captain Ahab was neither my first husband nor my last"—you will know that you are in the hands of a master storyteller and in the company of a fascinating woman hero. Inspired by a brief passage in Moby-Dick, Sena Jeter Naslund has created an enthralling and compellingly readable saga, spanning a rich, eventful, and dramatic life. At once a family drama, a romantic adventure, and a portrait of a real and loving marriage, Ahab's Wife gives a new perspective on the American experience.

BY SENA JETER NASLUND

FICTION

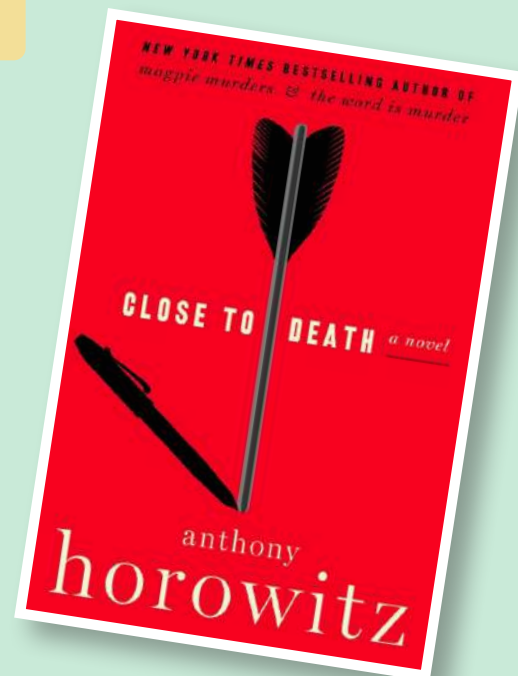


COLD CASE BC

In Cold Case BC, crime historian and reporter Eve Lazarus casts her gaze more widely on long forgotten and unsolved murder cases throughout British Columbia. Meticulously researched, Cold Case BC is a fascinating true crime book that reveals startling details about the province's criminal past.

BY EVE LAZARUS

NON-FICTION



CLOSE TO DEATH

Riverside Close is a picture-perfect community. It is the perfect idyll until the Kentworthy family arrives, with their four giant, gas-guzzling cars, a gaggle of shrieking children and plans for a garish swimming pool in the backyard. Obvious outsiders, the Kentworthys do not belong in Riverside Close, and they quickly offend every last one of their neighbours. When Giles Kentworthy is found dead on his own doorstep, a crossbow bolt sticking out of his chest, Detective Hawthorne is the only investigator that can be called on to solve the case. Because how do you solve a murder when everyone is a suspect?

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

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

**Shelly Battensby**  
REALTOR



**DIFFERENT BETTER**

**\$79,000**  
**NEW LISTING!**

**1044 6th Avenue**  
**VALEMOUNT**  
Just a short distance from schools, shopping and recreation, this town lot is a great place to set down your roots. With 75' of lot frontage, alley access, and south-facing views, this property presents all kinds of opportunities.

**\$365,000**

**11328 Hwy 16 E**  
**CROYDEN**  
Step outside into your own forest oasis where you can build your dream home nestled in the trees or overlooking the river valley views. Either way, this 32-acre property presents good opportunities for a rich, rural lifestyle. Tindill Creek runs year-round and is a potential water source while the forest is lush and backs onto Crown Land.

**1280 Main Street**  
**VALEMOUNT**

**\$135,000**

Located at one of the entry points to the secondary business core, this highly visible lot would provide you both exposure and a sizable space to develop your entrepreneur dreams on. At just under a half acre, the property has broad zoning options and a lot of potential.

**1285 5th Avenue**  
**VALEMOUNT**

**\$185,000**

Situated at the entrance to downtown, this corner lot offers high visibility and mixed-use opportunities, With street front parking, laneway access, and services at the lot line, this property is well suited to retail or office use, with the option of having residential use above.

2024  
**100%**  
CLUB AWARD

**RE/MAX**  
**CORE REALTY**  
CELL: 250-566-1086  
OFFICE: 250-645-5055

**SOLD**  
**FOR SALE**

# Valemount Eatery Hours Guide

**BoShay's Bistro**  
M-Thu 8am-3pm, Fri 10am-3pm  
+ M,W,Th 5-9pm 250-566-0154

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

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

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

**Glacier Fire Pizzeria**  
Mon-Sat 4pm-8:30pm  
250-566-9090

**Abernathy's**  
Open 6am-1pm 7 days a week  
250-566-9199

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

**IGA Deli**  
Mon-Sat 8am-8pm  
Sun 9am-5pm

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

**YOUR BUSINESS HERE!**  
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**Feature Eatery**

**Your Business Here!**  
Just \$10/week for 10 weeks!

Ongoing weekly listing plus one-time featured restaurant  
Contact ads@goatnewsmedia.com

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