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THURSDAY, September 4, 2025



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Hotel's crime warning gets tourist thinking ... Page 11

Since 1916



Off to the races

Runners celebrate the start of the 5-km Labour Day Classic race at the Prince George Oval Sunday, Aug. 31. The 50th annual Labour Day Classic in Prince George is now a full marathon, with runners choosing between the 42.2-km marathon, 21.1-km half, 10 km, five-km and a one-km kids' race. The new course starts and finishes at the Ice Oval, taking in Cranbrook Hill and, for marathoners, an out-and-back along Foothills Boulevard and North Nechako Road. See more photos on Page 24.

CITIZEN PHOTO BY CHUCK NISBETT

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Dan McLaren
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City surpasses provincially ordered new housing target

CITIZEN STAFF

Prince George has surpassed its first-year housing target under the provincial Housing Target Order, completing 284 net new units between Aug. 1, 2024, and July 31, 2025 — 104 per cent of its goal.

The order, issued by the province under the Housing Supply Act, requires the city to add 1,803 net new housing units over five years. The first-year target was set at 273 units.

Net new units are defined as new homes issued final occupancy within the reporting period, minus any lost through demolition.

According to a report presented to city council, 189 of the completed homes were rental units, while 105 were owner-occupied.

Purpose-built rentals made up the bulk of rental housing at 136 units, along with 52 secondary suites and one accessory dwelling unit.

Of the rental supply, 62 units — representing one-third of all purpose-built rentals — were below market, with three additional below-market units offering on-site supports. The remaining 127 units were market rentals.

The provincial order also tracks progress by year:



CITIZEN FILE PHOTO

City council was set to receive a report on new housing construction at its most recent meeting.

- Year 1 target: 273 units — 284 completed.
- Year 2 target: 302 units.
- Year 3 target: 346 units.
- Year 4 target: 404 units.
- Year 5 target: 478 units.
- Five-year total: 1,803 units

The city's report notes that rental housing is leading recent completions, though ownership units slightly outperformed their target proportion.

The distribution of housing leaned toward smaller configurations, with 96 one-bedroom units and 93 two-bedroom units.

By comparison, 76 three-bedroom units and 28 four-bedroom or larger units were completed, mostly within single-family homes.

Building permit data shows demand for purpose-built rentals remains

strong. Between August 2024 and July 2025, permits were issued for 322 new units, 60 per cent of which were apartments.

Another 13 development permits were approved, representing 560 units in the pipeline, while three rezoning applications accounted for up to 252 potential units. In total, 1,134 new units are projected for construction.

The city also outlined several initiatives to support its housing targets, including:

- An Official Community Plan update with a focus on density and housing diversity
- A 43-unit modular supportive housing project at 397 Third Ave., developed with BC Housing
- The first phase of a three-stage supportive housing project at

First Avenue and Ontario Street, with 50 units completed and 51 under construction

- Applications to the Canada Mortgage and Housing Corp. Housing Accelerator Fund, which were not successful
- Streamlined rezoning processes, upgraded permitting software and a new Housing Development Liaison role
- Assessments of neighbourhood livability and interim housing needs to align with provincial requirements

Despite missing out on federal funding, the city says it is showing positive alignment with provincial guidelines for tenure type, unit size, affordability and supportive housing.

The Housing Target Order runs until July 31, 2029. Year two sets a target of 302 net new units, increasing annually to a total of 1,803.

Council was receive the full Housing Target Progress Report — prepared by staff and submitted to the province — for information at its meeting Wednesday, Sept. 3, after this edition of *The Citizen* went to press.

After that, the report goes to the provincial housing ministry.

BC public servants hit the picket lines as strike begins

CITIZEN STAFF

Prince George members of the BC General Employees Union were among the first in the province to hit the picket line on Tuesday, Sept. 2 after their union went on strike.

Pickets went up outside the provincial building on Queensway between Fourth and Fifth avenues.

Other members walked off the job in Surrey.

The BCGEU has about 34,000 members in fields including social services, health care, education, government liquor stores, prisons, courts and public administration.

Paul Finch, president of the BC

General Employees' Union and public service bargaining committee chair, announced Friday that a 72-hour notice of a potential strike had been issued.

The union said the strike vote was called after a breakdown in negotiations between the union and the agency in July, and it was revealed after voting closed on Friday that 92.7 per cent of members were in support of job action "if necessary."

Finch told *The Canadian Press* that the union is seeking a four per cent general wage increase in the first year and 4.25 per cent in the second year, as well as an unspecified cost-of-living adjustment.

With files from The Canadian Press.



CITIZEN PHOTO BY MATTHEW HILLIER

Members of the British Columbia General Employees Union walk the picket line outside the provincial building at Queensway between Fourth and Fifth avenues on Tuesday, Sept. 2.

WEAVER AUCTIONS

City, businesses push back against wave of copper theft

MATTHEW HILLIER
Citizen Staff

Copper and metal theft have been an issue in Prince George in the past year, with wire theft from street lights resulting in \$25,000 in repair costs in February and a recent spree of thefts marking a 68 per cent increase in copper cable thefts experienced by Telus this month.

One of those concerned locally is MLA Rosayn Bird, who told *The Citizen* what some of the challenges are around this type of theft.

“My suspicion is that the individuals who are participating in this type of theft are not individuals that the Crown would be overly excited about pursuing anyway regarding charges,” said Bird. “Because they’re grossly disenfranchised in one way or another. Individuals who are suffering from mental health and addictions. This is their mechanism of supporting either themselves, their housing, their groceries or their habits.

“I think there are lots of challenges around this. My biggest concern is that I have elderly constituents who lose their ability to be able to call or get a hold of people and they don’t understand why and it wouldn’t even be their first thought. It wouldn’t be my first thought. Quite honestly, if I got up in the morning and my landline wasn’t working, it would never have occurred to me that somebody stole the copper. To be honest, it wouldn’t even go there. So I do think it’s an issue.”

She added that community involvement is important to fight back against thieves like these.

“How we balance it and how we fix it, that is more problematic,” said Bird. “I think it’s just like you guys already indicated in the article that you wrote, I think it’s a community commitment. So I think people need to be vigilant and observant. And when they see people doing things that don’t look right or appear inappropriate, they probably are. And that should be reported.”

While these thefts are concerning, many in the city are noting how difficult it is for these stolen materials to be sold back to metal recyclers in the Prince



NIC WOOD/PEXELS PHOTO

Local companies that buy scrap metal have rules in place to deter thieves, but the theft of copper wire continues to be a problem in Prince George.

George area.

The Metal Recycling Act, which was put into place in 2012 due to concerns over an increase in metal theft, prohibits the purchase of regulated metal unless the seller provides their driver’s licence, BC Identification Card or BC Service Card.

The act also prevents sellers of metals from receiving over \$50 in cash, with the rest required to be paid out using cheques or e-transfers. Some sellers in Prince George do not have cash on the premises at all and require a bank account for payouts.

Even more so, most metal recyclers in Prince George will refuse purchases unless the seller arrives in a vehicle, which will then have its licence plate entered into the system.

Metal recyclers are also told to keep a keen eye out for stolen items, keep lists of materials and items that were recently stolen, and inform the RCMP and refuse sales if they come into contact with those items.

These businesses also work closely with the RCMP and note down data on daily items that were purchased and information on the seller, which is then sent to the RCMP.

While it is very difficult to determine the origins of copper wiring and other copper materials when stripped, metal recyclers do have a few ways to determine origins.

Many criminals use fire to burn away insulation from stripped wires or cables, which means that most metal recyclers in town will refuse the sale of burned materials regardless of origin.

City manager of bylaw services Kent MacNeill spoke on how his office and

the RCMP can better coordinate to fight back against this issue.

“I think that we need to work even more closely with the RCMP,” said MacNeill. “And I think that’s something we want to start working together more on, under that rapid system in which the metal recyclers are to be reporting to the RCMP. I think we can both pay closer attention to those things and make sure that the businesses that are buying these types of metals are abiding by the rules.”

“We’ve met recently with Craig Douglass, who is in charge at the Community Policing Unit of the RCMP, and we’ve had an initial meeting about just working more collaboratively to make sure that enforcement is there. What we’re going to do is have future meetings here in the coming weeks and months and come up with a plan as to how to best tackle it, with inspections and those sorts of things, and make sure to ensure compliance.”

ABC Recycling in Prince George spoke with *The Citizen* and went into more detail when it comes to how the company prevents theft.

“When we receive reports, I make sure all my guys know everyone in the yard is to look for them,” said scale operator at ABC Recycling Alex Adam. “When that antique brass horn went missing, we got phone calls immediately that day. I still have the note on my wall, I’ve got a list of trucks to look out for, because we all talk to each other. We get reports of this vehicle with this licence plate and this description has been caught stealing. If you see them, you know, take the metal but don’t pay them.

“We have occasionally taken the metal and paid them, but they’re never

allowed back, or we’ll get the money back later as it’ll be an insurance claim at that point. Honestly, sometimes there’s just not much we can do. We try to watch for the high-ticket items, and if someone has never been here before and brings us like five tons of copper, we’re going to ask more questions.”

One problem that some metal recyclers in town face is people stealing from their yards themselves and then reselling to third parties.

Geoff Salton, the regional manager of Richmond Steel Recycling, told *The Citizen* about some incidents that he has had at his yard over the years.

“I have caught people in the back as well and called the police and had the police come out and attend,” said Salton. “We’ve had our warehouse broken into once last year. I’d say, oddly enough, this has been a quieter year for us. I don’t know if it’s just where we are geographically. We’re out in the BCR industrial area, so we’re kind of away from downtown.”

Salton also noted how, with such strict policies, he believes that many thieves need to deal with outside contacts.

“It would be difficult if everybody played by the rules,” said Salton. “And you don’t know if everybody else is playing by the rules. I’ve got my own ethics that I have to go to bed with every night. I just try to do the right thing and not perpetuate the problem. There are guys who will come through town to buy, say, stolen catalytic converters. Everybody seems to have a contact if you’re in that world of theft. I think they’re pretty enterprising at what they can do to try to sell their copper for money.”

Defensive tools keeping city bylaw officers safe: Report

CITIZEN STAFF

Prince George bylaw staff say they feel safer on the job two years after the city began issuing defensive tools — and council will receive a new report next week confirming the program has had little negative impact.

In July 2023, council approved the use of defensive batons, OC spray and handcuffs for bylaw enforcement officers, animal control officers and parking control officers. At the time, the only protective equipment provided was a vest.

A one-year followup report presented in September 2024 found that officers

felt more confident and better prepared to handle difficult situations.

Some employees reported they would not feel comfortable working without the equipment and wished it had been introduced sooner.

The report also noted that while bylaw officers are often in contentious situations — asking residents to comply with regulations, issuing fines or de-escalating conflicts — there had been no instances of the defensive tools being deployed in the first year. Public perception was assessed as largely unchanged.

During the second year, the city recorded its first incident of defensive

equipment being used. Handcuffs were deployed to detain a person who had assaulted a bylaw officer.

RCMP attended and took custody of the individual without further incident.

City administration says the program is proving to be a positive measure to enhance workplace safety.

Officers are required to undergo refresher training on a two-year cycle, covering protective force options and use-of-force theory.

Plans are also underway to formalize the equipment and training as standard requirements for all current and future bylaw officers.

This would include updates to the department's safe operating procedures, officer training manual and job descriptions to ensure consistent use of batons, OC spray, handcuffs and protective vests.

The latest report concludes that introducing defensive tools has raised professional standards within the department and improved employee safety, with no known negative impacts.

Council was set to receive the two-year report for information at its Wednesday, Sept. 3 meeting, after this week's edition of *The Citizen* went to press.

City councillors asked to fund Block Watch parties

CITIZEN STAFF

Prince George's Standing Committee on Public Safety is recommending city council allocate \$7,500 from its contingency fund to support a series of Block Watch parties scheduled for September.

The committee, chaired by Mayor Simon Yu, says the events are intended to re-engage current participants in the Community Policing Block Watch program and attract new households. There are about 35 neighbourhoods and more than 2,000 residences invited to attend one of the four gatherings.

Two parties are scheduled for Sept. 13 at College Heights Secondary School and John McGinnis Centre.

Two more will be held Sept. 20 at Shas Ti Kelly Road Secondary School and



CITIZEN FILE PHOTO

Prince George Fire Rescue teams work at the scene of a collision on 15th Avenue in mid-August. Representatives of the fire service will be part of a series of Block Watch gatherings in the city this month.

Duchess Park Secondary School.

Each event will feature opening remarks, a barbecue and interactive activities related to public safety and crime prevention.

A registration table will be set up to attract new Block Watch participants.

Community partners expected to attend include Prince George Fire Rescue Service, ICBC, the Bear Aware

Society, RCMP Operational Communications Centre, RCMP Victim Services and city parks staff.

The events are designed to give residents information on neighbourhood safety while also building community connections.

Washrooms, tents, tables and chairs have been arranged, and organizers have gathered donated supplies, equipment, food, prizes and volunteer assistance from the community.

However, staff say an additional \$7,500 would ensure a "high quality experience" across all four block parties.

The committee's recommendation went to council for consideration at its Wednesday, Sept. 3 meeting, after this edition of *The Citizen* was printed.

WEEKEND SPECIAL

\$200 Regular Games

FRIDAY & SATURDAY 6:00PM

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PG workers gather for annual Labour Day March



After making their way through downtown, they celebrated the day at Canada Games Plaza

ABOVE: Matt Baker and Tammy Meise lead the Labour Day March through downtown Prince George on Monday, Sept. 1. Hundreds of people gathered for the annual event, which ended with a barbecue.

RIGHT: Jeannie Brodie accepts a snow cone from Arlene Stevens, Teamsters 843 Occupational Health and Safety representative, during the North Central Labour Council Labour Day celebration at Canada Games Plaza on Monday, Sept. 1.



New citizen recognition awards continue to take shape

CITIZEN STAFF

An updated framework for new citizenship awards will be the focus of a meeting this week of the Select Committee on Citizen Recognition Program.

Prince George council is considering the creation of a new civic honour — the Medal of Excellence and Good Citizenship — to recognize residents who demonstrate leadership, courage, generosity and other qualities that positively impact the community.

A proposed framework for the program outlines a custom-designed medal, ideally made of wood, with a ribbon in the colours of the Prince George flag. In keeping with Canadian Honours protocol, the medal would be worn on

the right side. Recipients would also receive a matching lapel pin for more regular use.

The program includes a legacy component: a tree planted in each recipient's honour, with a certificate noting the honouree's name, date planted and location.

Parks has estimated the cost at \$1,000 per tree. Options include planting at a site chosen by the recipient, at a location determined by Parks, or at the David Douglas Botanical Society Garden with the society's approval.

Up to three recipients would be chosen annually.

Eligibility would be limited to Prince George residents, although individuals from outside the city who have made a significant impact locally could also be

considered.

The award could be given posthumously, but active elected officials and city staff would not be eligible.

Recipients would be recognized at a council meeting following a reception. Options under review include holding the event at a regular council meeting, at a specially scheduled meeting or during a Committee of the Whole meeting. Each scenario would carry costs related to the reception and potential staff time.

The Prince George Community Foundation (PGCF) is being considered as the service delivery partner. The foundation would manage nominations, adjudication and overall coordination, while the city would provide promotion and communications support.

A ranked list of nominees would be forwarded to council for approval, requiring a two-thirds majority vote in a closed meeting.

The framework also suggests exploring a revival of the PGCF's previously paused "Citizen of the Year" program, with the possibility of designating one of the annual medal recipients for that title.

A permanent civic honours archive would be created on the city's website, where recipients would be listed alongside past honourees and Freedom of the City recipients.

Each entry would include a photo, biography and details of the recipient's achievements.

The committee was scheduled to meet Friday, Sept. 5 at 10 a.m.

UNBC archeology students focus on Charlie Lake cave

ED HITCHINS
Local Journalism Initiative Reporter

The road to a career in archeology at the University of Northern British Columbia (UNBC) will continue to run through Charlie Lake until at least 2026.

The Tse’k’wa Heritage Society, located in the area, announced a third field school to take place in the area of its cave during the Archeology Night Out on Wednesday, Aug. 27 at Treaty 8 Tribal Association offices in Fort St. John.

A field school provides practical on-location instruction in archeological methods such as excavation, surveying and mapping.

Previously, the Tse’k’wa National Historic Site, a cave with roots tracing back to the Ice Age, has hosted field schools in 2022 and 2024.

The property about five hours north of Prince George is owned wholly by Doig River First Nation (DRFN), Prophet River First Nation (PRFN) and West

Moberly First Nations (WMFN), who purchased the site 13 years ago in 2012.

Tse’k’wa Heritage Society executive director Alyssa Currie told Energeticcity.ca the news to bring back the field school was “pretty exciting,” as the society currently has a multi-year partnership with both UNBC and Simon Fraser University (SFU), which sent experts to do excavations at the site beginning in the 1970s.

“This will be the final field school on our current archeology permit,” said Currie. “Our permit will end at the end of 2026 and so this really is our last opportunity on this particular archeology permit to host a field school.

“We were really excited to connect with UNBC and confirm that we will be able to host one more.”

Attendees at the event, both in person and remote, got a glimpse of the future of Tse’k’wa. With photogrammetry plans in place from the 2024’s field school, artefacts unearthed by the field school are

in the process of being put into an online catalogue, through collaboration with the Los Angeles-based The Arc/k Project.

Those at the presentation included representatives from the society’s board, including president Garry Oker and lands department officials from WMFN, the Tse’k’wa cave volunteers and UNBC students.

UNBC’s Farid Rahemtulla, who co-hosted the event with Currie, led onlookers through the history of the school’s field archeology program, including collaborations with Indigenous communities in central B.C., the lower interior and the province’s coast.

UNBC began collaborating with Tse’k’wa in 2021, when Currie said the First Nations communities in the area “felt that it was important for them to be involved in modern day excavations that would make use of the latest technology and operate on a drastically different model.”

This came through collaborations

with Rahemtulla and SFU’s Dr. Michael Richards in what was described as “passing the torch.”

“We reached out both to UNBC and SFU about passing the torch back to the community and how we could facilitate that,” said Currie. “We felt that the UNBC model, specifically Dr. Rahemtulla’s work directly with communities, was going to be the perfect fit for continuing the academic research here.”

Unique in its approach is the premise that community members can attend the field schools, receiving a full university credit upon successful completion of the course.

There was also a case showcasing a number of items, including spearheads, microblades and fragments from the previous field schools at Tse’k’wa.

The 2026 archeology field school at Tse’k’wa will take place from May 11 to June 22.

This article originally appeared on www.energeticcity.ca.

FORTIS BC

OPINION

Stop looking away — copper theft is costing us all

KENNEDY GORDON

Citizen Managing Editor

Copper theft in Prince George is not a petty nuisance. It's an expensive and dangerous crime that has cut off 911 access, disrupted businesses, isolated seniors and costs taxpayers.

This summer, Telus reported a 68 per cent increase in copper cable thefts across Canada. In one week, four thefts in Prince George and the surrounding area knocked out landlines and disrupted wireless services.

These are not victimless crimes. They compromise public safety and erode trust in basic services.

Back in February, thieves ripped copper wiring from city streetlights, sticking taxpayers with a \$25,000 repair bill.

Despite a decade of laws, the implementation of tracking programs, and supposed coordination between recyclers and police, the crime is surging. Copper wiring can be sold for quick cash and those responsible know they can get away with it.

The Metal Recycling Act, introduced in 2012, was supposed to make it nearly impossible to profit from stolen copper. Sellers must provide ID. Large payouts must be electronic. Vehicles and licence plates are logged.

In Prince George, recyclers go even further — refusing burned wire, keeping watch lists and working directly with police.

Yet despite all this, copper is still



PATRYCJA GROBELNY/PEXELS PHOTO

Stealing copper wire isn't a 'victimless crime,' as some people may think. The damage to critical infrastructure, including health care and security, can be severe.

disappearing. Why? Because determined thieves will always find a buyer, and because the crime is profitable and the consequences minimal.

In court, copper theft is treated like shoplifting.

That's absurd.

A crime that risks lives, cuts emergency services, and drains public coffers should carry penalties that reflect the scale of the damage. Instead, offenders are cycling in and out of the system while residents pick up the tab.

Local MLA Rosalyn Bird bluntly

explained why the system looks the other way: many offenders are marginalized. They are struggling with addiction, mental illness or poverty.

Bird suggested the Crown is reluctant to prosecute because these are not the "right" kind of defendants. That may be a harsh observation, but it rings true. When punishment for stripping critical infrastructure amounts to little more than a charge equivalent to stealing a bike or goods from a store, the message is clear — copper theft is not serious.

That is an abdication of responsibility.

The RCMP say thefts come in waves, that thieves eventually cool off or move on. That is not a strategy. That is complacency.

Even Telus executives warn the punishment does not fit the crime. Anne Martin, vice-president of network engineering and operations, pointed out that copper theft often disrupts hospital systems, alarms, and emergency communications.

BC Attorney General Niki Sharma must act. Stronger laws are needed to make copper theft a high-stakes offence, with penalties that match the public safety threat and the damage done.

Offenders should not be sent on their way without serious consequences, marginalized, addicted or not.

Crown counsel must be directed to pursue these cases aggressively, not pass them off as small-scale property crime. Our police need the resources and mandate to go after both thieves and the buyers fuelling the black market.

Community vigilance matters, as Bird points out. But residents cannot be expected to hold the line while the justice system shrugs. Right now, copper theft is a crime with steady profit and almost no risk. That equation has to be flipped.

Until the attorney general and the RCMP decide copper theft is a priority, Prince George will remain a target, and the rest of us will keep paying higher prices and higher taxes for a crime no one seems willing to stop.

editor@pgcitizen.ca

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CITIZEN
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OPINION

LETTERS to the EDITOR

Prince George's seniors deserve a better level of care

I'm writing because my grandmother's story shows how urgently seniors in Prince George need better care.

My grandmother was living in an assisted-living facility here when her mobility declined and she was admitted to UHNBC with a urinary tract infection (UTI) and COVID-19. She became too unwell to return to assisted living and was placed in the Short-Term Medical Unit (SHMU) of the hospital.

Instead of improving, she developed pneumonia and yet another UTI.

Watching her health decline has been heartbreaking for our family. My grandmother, mother of four, has gone from being independent to requiring full care, but the support simply hasn't been there.

This isn't about one family. It's about a system that is overstretched and under-resourced.

The shortage of senior care in Prince George has been known for years, yet little has been done to fix it. Families like mine are left to watch loved ones suffer in a system that should protect them.

Seniors deserve dignity, compassion and proper medical support. We need urgent investment in hospital staffing and long-term care resources here in Prince George before more lives are put at risk.

Thank you for giving voice to this issue.

Kelsey Maillet, RN, BSN

Prince George

The cost of an education is a barrier for many

The relentless climb of tuition and fees feels like a personal assault — a constant reminder that the path to a better future is increasingly barricaded by financial obstacles.

As an 18-year-old juggling two jobs, the weight of these increases isn't just numbers on a bill; it's a suffocating pressure that threatens to extinguish



CITIZEN FILE PHOTO

The cost of a post-secondary education in British Columbia can be cost-prohibitive for many people, a reader writes today.

the very dreams I'm working so hard to achieve.

Every extra dollar demanded by my college is a dollar less for food, for rent, for the basic necessities that keep me afloat.

It transforms the pursuit of education from a hopeful endeavour into a Sisyphean struggle, where each step forward is met with the agonizing knowledge that the boulder of debt grows heavier with every passing semester.

The impact extends beyond mere financial strain. It seeps into my mental and emotional well-being, creating a persistent undercurrent of anxiety and stress.

The constant calculation of hours worked versus credits earned leaves little room for the intellectual curiosity and exploration that should define the college experience.

Instead, I find myself trapped in a cycle of exhaustion, sacrificing sleep,

social connections and personal growth to keep pace with the rising costs. The promise of higher education as a gateway to opportunity feels increasingly hollow when the immediate reality is one of constant sacrifice and deferred dreams.

This isn't just about me — it's about an entire generation of young people who are being priced out of the very institutions that are supposed to empower them.

The relentless pursuit of profit by universities, often at the expense of accessibility and affordability, is creating a system where privilege trumps potential.

It's a disheartening reality that forces us to question the value of higher education when the cost is our present well-being and future financial stability.

We're left wondering if the sacrifices are worth it, if the promise of a brighter future will ever outweigh the crushing

burden of debt that we're forced to carry. We have the right to a safe and happy future.

Emily Jackson

Prince George

Team Canada players guilty of letting Canadians down

By now, most people have heard the verdict conveyed by Justice Maria Carroccia in the sexual assault case against five members of Canada's 2018 junior hockey team.

Legally, our system of justice has ruled those players not guilty. However, I believe they are morally guilty of behaviour not becoming of our representatives. They are guilty of misusing their honour of representing their — our — country.

They are guilty of abusing their power as role models and have let down:

- Our country of Canada, which has provided funding and whose citizens have supported the national teams
- Hockey Canada, which misguidedly tried to cover up this scandal and whose executive had to resign
- Hockey Canada, which is the foundation for hockey in Canada
- Our municipalities, which have built and subsidized the operating costs of the ice rinks
- Minor hockey associations, whose volunteers have worked tirelessly to fund, organize and train coaches, referees, officials and players so they might enjoy and excel in our national sport
- Young boys and girls who dream of emulating these Team Canada players on the ice
- Their parents, who have encouraged their development and dreams and sacrificed so much over the years
- Themselves, for squandering an opportunity to be trusted leaders

As harsh as it may sound, these five players should lose the privilege of a career in hockey.

Brian Northup

Quesnel

OPINION

“ RCMP focusing on enforcement of off-road vehicle use within city limits

I'm all for cracking down on offroad vehicle use on roads and parks. The problem is we've turned everything into a park. Ginters, Peden Hill, Cranbrook Hill, Foothills, the end of Domano all were riding areas or should I say "multi-use areas."

You'd see dirt bikes, quads, horses, bicycles, dog walkers, and 4x4s. Everyone for the most part, looked out for each other. We are now very selfish and want designated areas.

I've been at Ginters and a few dog walkers were getting mad at kids on sleds. No one has any respect or tolerance for others.

Lou Maurice

“ RCMP focusing on enforcement of off-road vehicle use within city limits

Youth that ride dirt bikes are generally heading towards areas where riding is tolerated, unfortunately it usually requires travelling through built-up areas on the way.

Better to educate on how being a good neighbour, keeping down stunt riding or excessive speed where it can disturb neighbours than have a blanket no-go policy. Some tolerance will work a lot better than an outright ban.

A periodic enforcement blitz to remind youth that there are rules and to tone down things helps without wasting public finances for what is ultimately noise complaints.

B1

“ Vanderhoof man designs all-terrain wildfire-fighting vehicle

Great Idea... The city of Prince George should be purchasing one of these units.

With all of the inaccessible bush in the city, it would be a smart addition to the fire dept. We live in a very vulnerable area.

This unit would make a huge difference.

bill lloyd-jones



“ Vanderhoof man designs all-terrain wildfire-fighting vehicle

Canada accounts for less than 1.5 per cent of emissions, with the "reducing" of those emissions through punitive taxation, amounting to about 0.085 per cent in emissions reduction.

When taking into account China's continued expansion of coal power and many other "developing" nation's energy growth, we are literally shooting our own selves in the foot.

Canadians could be paying some of the cheapest gas and beef prices in the world (not to mention the vast space and resources to build homes), and yet here we are in a government imposed cost-of-living crisis...

DD22

“ Copper thefts leave homes, businesses without Telus service

How about make it mandatory that any copper or scrap dealer must take photos of every person selling copper. as well as photo's of the license plate of the vehicle that the copper was brought into the recycle yard.

Make it mandatory that the scrap companies must keep a running inventory of copper bought and the weights when sold. If they are not willing to do this then seriously look into the recycle companies as accomplices to the theft under \$5,000.

It is time someone is going to jail for these crimes. Long past due to a whole lot stiffer sentences for these theft crimes. Let's make building more jails to house these criminals on a long-term basis.

Jack Frost

“ Copper thefts leave homes, businesses without Telus service

A problem that needs fixing is the scrap yards buying the copper from people they know don't own it.... you would think they would be suspicious of the same person rolling in a grocery cart full of wire...

As long as they buy it people will steal and sell it...

bcracer

“ Regional district bylaw officers to be outfitted with weapons, body cameras

People have a false sense of security and believe that others can't do things they hear about in the news or on social media.

I have no issues with bylaw officers being armed with batons and pepper spray and wearing body cams.

Rural property owners can be very private and have been known to assault officials and even cause severe bodily harm. I'd rather have officers ready to deal with something other than waiting for the police to show up which realistically could be up to an hour away.

This is the new reality that we live in it's time to catch up.

Dearth

“ Regional district bylaw officers to be outfitted with weapons, body cameras

The new reality works both ways.

Rural property owners need to be aware who comes down their driveways. For many the police are not minutes away. I know several that say they have had their places scoped by suspicious vehicles and then have items stolen overnight.

Scammers have targeted rural homeowners posing as legitimate reps for companies or government agencies. It's easy to dress up and produce fake credentials as someone who you're not.

That's a new reality as well.

Wayne Allen

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views on
our stories at
pgcitizen.ca



Tourist alarmed by hotel sign warning of crime in PG

Miami visitor alerts city hall about the warning posted at the Best Western Plus

TED CLARK
Citizen Staff

Michael Rosenberg, a guest at the Best Western Plus hotel from Miami, Fla., saw the sign and knew right away the city of Prince George had a perception problem on its hands.

Posted on the back door that leads to the parking lot of the hotel on the western outskirts of the city along Highway 16, the sign from hotel management read:

“Dear Guests. There are criminals at work in our city and neighbourhoods. No area is safe. No home or business is immune to the whims of a criminal. Poverty, addiction and mental illness are part of a huge underlying problem facing us all.

“While we do have some surveillance cameras in and around the hotel, we know all that cameras do not prevent crimes from taking place. If something happens and the cameras pick it up we can sometimes see a grainy image of the person committing the crime. However, they are most often wearing dark hoodies, facial coverings or masks.

“Our staff are trained to keep themselves safe at work. They are not trained as security guards or police, nor are they expected to intervene or try to stop a crime that is already happening. We do have access to cameras at the front desk but we simply can’t always have eyes everywhere. Please do your part to keep yourselves, your belongings and your vehicle safe.”

The sign went on to warn guests not to leave valuables in the car and store items of value in the hotel or in their rooms and not leave them on the seat or floor of vehicles.

Guests are also warned to keep their vehicles locked and not leave them running with the keys in the ignition.

Rosenberg, visiting Prince George on a holiday with his wife Nancy that had



HANDOUT PHOTO

Miami tourist Michael Rosenberg receives an official welcome from Mayor Simon Yu at city hall on Thursday, Aug. 28 after he alerted council about a sign posted at a Prince George hotel which warned visitors about their safety in the city.

taken them to Alaska, saw what was posted and knew right away who he should contact, having run for office as a Miami-Dade County commissioner candidate in 2020. He sent an email to Prince George mayor and council late Wednesday night, which immediately set off alarm bells.

The email was shared with city administration and Tourism Prince George and Mayor Simon Yu personally contacted Rosenberg. He invited him and his wife Nancy to meet him at the mayor’s office and they went to a noon-hour barbecue on Thursday in front of city hall.

“All of us councillors and administration were quite shocked, we collectively as people feel there’s no part of the city that warrants that kind of warning,” said Yu.

“This was an overreaction after only one incident in the parking lot where one window got smashed and for whatever reason they put out a statement to warn there’s not a place in Prince George that’s safe. What kind of message is that to welcome visitors?

“Mike was shocked, to him it’s a relatively small city of Prince George and if (the hotel) feels this way then we must have a big problem. I invited him to the office for a mayor’s welcome and we

both agreed it was a complete misrepresentation of the city.”

Coun. Brian Skakun told *The Citizen* about the sign and the uproar it was it was generating among city council and administration and suggested a reporter go to the hotel to see if the sign was still posted, which it was.

Best Western Plus general manager Gianina Gaspar, said the sign predates the day she was hired in July 2024 and had been posted by the maintenance manager.

They’ve had to call police to get illegal campers removed from the adjoining greenbelt but she says there’s been no criminal activity in the area in the past year.

“Our regular guests know, we don’t have those problems here, we don’t have break-ins,” said Gaspar.

“We had one in the past, when I was not here.”

Gaspar said the sign has quite likely been on the door of the hotel for five years, ever since it opened on Aug. 3, 2020.

She agreed to take it down immediately and reword it to take out the negative connotations about the city while still warning guests to be liable for their own belongings.

“I see the other side of the perspective,” said Gaspar. “I should have taken more care about the wording. I apologize for anybody who was offended, it was not my intention.

“We’re here to promote tourism in this company and in this town and I’m proud to live in Prince George.”

Carmen Herman, interim chief executive officer of Tourism Prince George, was relieved to learn the hotel sign will be revised, knowing the original version has likely been seen by thousands of visitors. She hopes the fallout won’t damage the city’s reputation as a friendly and safe place for residents and visitors.

“We always work with our hotel partners and the city to improve the visitor experience and unfortunately this was just a poorly-worded notice,” said Herman.

“It was very shocking to see, but when everyone travels there are those travel precautions and there’s signage that says do not leave valuables in cars and you see that in every city,” she said. “Everyone in the tourism world wants the safety of our visitors and we want that good light and that is the standard messaging.

“It is a very well-respected hotel amongst our visitors so we want it to stay that way. It’s run by an amazing team. Gianina has been doing an awesome job since she’s been there and I really don’t want it to be a reflection of the work they’ve been doing.”

Yu said fact the sign was posted for years before anyone pointed it out to council highlights the need for local residents to communicate with city officials when there’s an issue that needs to be addressed.

“Tourism is important to this area, we’re at the junction of Highway 97 and 16, we have an international airport and we have a lot of Americans going to Alaska and we need to promote the area in a positive way,” said Yu.

“We as citizens of Prince George, every single one of us, we should be ambassadors for the city and any situation that warrants our attention to encourage or discourage tourism, we should know about it.”

Local support group celebrating Grandparents Day

CHRISTINE DALGLEISH
Citizen Staff

No grandparent ever wants to find their family in a situation where they are the ones suddenly raising their grandchildren but it happens.

Grandparents take on the monumental task of raising their grandchildren when their children can no longer do the job. To lift up those dedicated souls, the Prince George Grandparents Raising Grandchildren peer support group was formed in June 2016 and is still going strong.

The group provides an opportunity to meet other grandparents raising grandchildren, to share information and find out what resources are available and how to access them.

Donna Eckert, the local group's volunteer facilitator, said there's usually about 10 people at a meeting.

Eckert is an avid quilter and thought creating a quilt to honour those who have stepped up in the midst of a family crisis would be a great visual reminder of grandparents who find themselves raising their grandchildren.

Well, the quilting movement took on a life of its own as Eckert continued to reach out for more panels and now there are six quilts filled with panels depicting those who are supported and those who support them.

Grandparents Day will be celebrated in Prince George on Sunday, Sept. 14 from 10:30 p.m. to 2:30 p.m. at Rainbow Park at the bridge while the rest of the province will celebrate on Sept. 7. Closest access is the path that starts on Rainbow Drive, beside the maintenance shed.

Everyone is welcome to attend, including new members, current members and former members of the group.

The quilts will be hung along the bridge during the event as a showcase of people have been impacted.

"There is a quilt for Grandparents Raising Grandchildren and another two for Northern BC that include people from as far away as Kamloops and then there are quilts created by The Foundry in town and one for Fairness for



CITIZEN PHOTO BY CHRISTINE DALGLEISH

Donna Eckert, volunteer facilitator of the Prince George Grandparents Raising Grandchildren peer support group, is taking a look at the panels on one of six quilts that honour those grandparents who chose to raise their grandchildren, along with the grandchildren and the agencies and organizations that support them.

Children Raised by Relatives and then one is for Parent Support Services," Eckert explained the quilts on display.

Parent Support Services of BC, a non-profit organization, offers support for the well-being of all families and children by empowering those in a parenting role through community connections, research, education, and advocacy, including Kinship Care Givers who are relatives raising relatives' children and Grandparents Raising Grandchildren.

"When all these quilts are completed they will be made available to The Foundry, Fairness for Children, Parent Support Services organizations so they can have the finished quilts that can be hung at their functions," Eckert said.

"The other three I will keep for Grandparents Raising Grandchildren because those are more personal. Every one of these quilts is different and some panels highlight the agencies including Axis Family Resources, FamilySmart and Northern Health."

Each quilt has a variety of panels including drawings done by children, some are done by the grandparents. There is artwork done by care workers, photos of children with their

grandparents, in memoriam panels for those who have been lost along the way, poems, hand-drawn hearts, so many hearts and even photos of the other quilts.

"There is a black cat on two of the squares here — one on a quilt for Grandparents Raising Grandchildren and one on the Parent Support Services quilt because my grandson had a black cat and I am a quilter so there are two squares there for me," Eckert laughed.

"I started with 36 squares and then put out the word and kept getting more."

There are more than 180 panels on the quilts now, she added.

"Looking back at the group it blows me away we'll be celebrating 10 years in 2026," Eckert said.

Eckert's volunteerism doesn't stop at Grandparents Raising Grandchildren. She sits on the BC Schizophrenia board, the Foundry's family advisory committee, Northern Health mental health and addictions advisory and volunteers with Fairness for Children Support Services.

"So I'm a little busy," Eckert laughed.

Eckert wants everyone to know that grandparents like her didn't expect to

be raising their grandchildren.

"I spent two years raising my grandson and now that he's an adult he continues to be part of our lives," Eckert said about her and her husband. "He helps me with things I have to do on the computer and mows our lawn and I support him with his mental health."

Often grandparents come forward to step in at a time of crises to keep the remnants of their families together, Eckert said.

Retirement plans are put on hold and sometimes grandparents are forced to return to work because their fixed incomes won't stretch far enough to feed and care for a grandchild, she added.

"No one truly know the sacrifices grandparents make, except those who are doing just that — raising their grandchildren," Eckert said.

"We're hoping the quilts and the celebration at Rainbow Park on Sunday, Sept 14 will raise awareness for these dedicated grandparents."

For more information about the Prince George Grandparents Raising Grandchildren peer support group visit www.facebook.com/BCGRGAwarenessQuilt.

Province now distributing naloxone kits on-campus

MATTHEW HILLIER
Citizen Staff

The provincial government recently announced it is stepping up its drug-prevention measures by sending naloxone kits to all public post-secondary institutions and First Nations-mandated institutions.

In total, the government has sent 1,600 kits in an effort to prevent on-campus overdoses as students return for the fall semester.

The kits will be available anonymously on campus in locations such as designated cabinets, student health buildings and residential buildings, and will be placed near emergency phones or automated external defibrillators, making it easier to access the life-saving medicine in the event of a crisis.

“Every life lost to the toxic-drug crisis is a profound tragedy for our communities, and I expect all public post-secondary institutions to take steps to

protect students,” said Post-Secondary Education and Future Skills Minister Jessie Sunner. “That’s why my ministry directed the creation of overdose prevention and response guidelines to enhance and align the strategies of our public post-secondary institutions. The Overdose Prevention and Response Steering Committee is continuing its work to update these guidelines and build on the progress made to improve campus safety.”

The kits were provided as part of the ongoing work of the post-secondary overdose steering committee, which was established to review existing policies, identify gaps and establish leading practices for overdose prevention on campuses across the province.

The committee was formed in May 2024 after the death of University of Victoria student Sidney McIntyre-Starko, who overdosed along with two other students after taking drugs laced with fentanyl — an incident that highlighted



CITIZEN FILE PHOTO

Naloxone kits will be available on the UNBC and College of New Caledonia campuses this year.

issues with campus overdose-prevention resources across the province.

College of New Caledonia president and CEO Cindy Heitman noted the importance of having the resources in a crisis.

“At CNC, safety is a shared responsibility and prevention is one of our strongest tools. By ensuring naloxone kits are readily available across all campuses, training our security teams and making it easy to call for help in an emergency, we’re taking practical steps to protect our community. In moments of crisis, having the right resources close at hand can save lives, and that’s a responsibility we take to heart.”

The University of Northern BC was also among the recipients, with a total of 38 naloxone kits (76 doses) and 19 cabinets.

“At UNBC, we are committed to the safety and well-being of our community through access to naloxone and overdose-prevention training,” said UNBC president Geoff Payne. “Thanks to the support of the provincial government, nasal naloxone kits are available across our campuses, creating a safer environment for everyone. Our Security and Residence Life staff are trained in naloxone administration, and the UNBC Medical Clinic offers training for anyone who wishes to learn.”

BC caps rent increases at 2.3%

COLIN SLARK
Citizen Staff

The BC Government is capping the allowable rent increase in 2026 to 2.3 per cent, Minister of Housing and Municipal Affairs Christine Boyle announced on Tuesday, Aug. 26.

That’s a decrease from the three per cent cap in place for 2025.

In a media release, the government said that as the maximum allowable rent increase cannot take place before Jan. 1, 2026, this gives landlords time to issue their tenants the required three months’ notice if they want to implement an increase.

The government also noted that 2026 will be the second year that the maximum rent increase will be tied to the consumer price index, an estimate of the inflation experienced by individuals and households.

The rent increase maximum does not apply to commercial tenancies,

non-profit tenancies where rent is tied to income, co-operative housing and some assisted living facilities.

Despite the cap, landlords can apply to the Residential Tenancy Branch for permission to exceed the increase limit. However, this incurs a \$300 application fees plus and additional \$10 for each rental unit up to a maximum of \$600.

If a landlord makes such an application, the tenant or tenants have the opportunity to present evidence and speak during a hearing before the branch.

“BC is an extraordinary place, but with economic uncertainty and rising costs, people are struggling to find a place to live that fits in their budget,” Boyle said in the release.

“We’re continuing to cap rent increases, linking them to inflation, to reduce housing costs for seniors, families and individuals, protecting them from unfair hikes. At the same time, this rent increase allows landlords to invest in their properties to keep rental homes on the market.”



**REGIONAL DISTRICT
of Fraser-Fort George**

**NOTICE OF
Information**

Zoning Bylaw No. 2892, 2014, Amendment Bylaw No. 3399, 2025

Subject property: 10525 Lakeside Place

Purpose: to rezone a portion of the property to allow a three-lot residential subdivision

Next steps: Regional District Board considers first reading of Bylaw No. 3399, 2025 on Thursday, September 18, 2025 at 1:30 pm in the Board Room at 155 George Street, Prince George

For more details visit rdffg.ca/landseapps



Community support for prescription takeback effort

MATTHEW HILLIER
Citizen Staff

Prescription Takeback Day, hosted in front of city hall on Thursday, Aug. 28, saw hundreds of crisis support workers, front-line healthcare professionals and members of the public connect to raise awareness about the toxic drug crisis — and to safely dispose of prescription medications.

The event was hosted in conjunction with Positive Living North, the City of Prince George, Moms Stop the Harm, Broken Hearts of Fentanyl, and Prince George–Valemount MLA Rosalyn Bird.

Tents and booths with information on drug prevention and safety filled the front lawn of city hall, with a memorial of purple crosses decorating the Cenotaph — memorializing those who lost their lives to overdose.

Booths included Northern Health, which helped provide the prescription takeback services; Carrier Sekani Family Services, which hosted a barbecue; and Positive Living North, which sold raffle tickets and offered information on addiction and healing in both traditional and modern ways.

Attendees also heard from those who had suffered from drug addiction themselves, who shared their lived experiences with participants.

Northern Health representatives told reporters on scene that more than 100 bottles of pills had been collected in the first hours of the event.

These ranged from veterinary pills for animals to cough syrup with codeine — and everything in between.

Mayor Simon Yu, who spoke at the event, noted the impact of the toxic drug crisis on everyone, regardless of their circumstances.

“This is a moment of reflection,” he said. “We, as a city, every year now for the last few years we, on this day, pause and reflect. We try to get together to reduce the stigma through inclusion education. This is a tremendous problem that we’re facing together as a community, as a people. Every walk of life is affected. It does not discriminate. It doesn’t really matter if you’re an



CITIZEN PHOTO BY MATTHEW HILLIER

Lheidli T'enneh First Nation Chief Dolleen Logan speaks to onlookers at the Prescription Buyback Day, on Thursday, Aug 28 in front of city hall.

immigrant or the colour of your skin, or your religion. All of us, our children — all of us — can fall victim to this dreaded fentanyl crisis we’re facing.”

Lheidli T'enneh Chief Dolleen Logan, who spoke of the loss of her niece to the toxic drug crisis, talked to *The Citizen* about the impact she’s seen in her community.

“It’s a slow process, but we’re working on it. We just had our annual general meeting this weekend and we honoured and celebrated everybody who’s in sobriety,” she said. “We had one individual who’s up to 120 days, and there’s one who stood up and said he is 50 years clean. It gives the ones who are addicted (the knowledge) that they’re not alone in doing this and they have members to turn to, to help get them through. It makes a difference when you know there’s somebody you can talk to that’s not family but still from the

community. We’re all in this together.”

Prince George–Valemount MLA Rosalyn Bird, one of the originators of the event, said she was shocked to learn that there were no prescription takeback events hosted anywhere in the province.

“Most people in our community are very frustrated with the challenges that we have around mental health and addictions,” said Bird. “People want solutions and they want to know what they can do to participate to try and reduce the crisis. This is one small grassroots initiative that allows people to do that.”

“This is not my initiative, just to be very clear — I stole it from the United States. The Department of Drug Enforcement down there has an annual campaign and it is national. Just to give you some example of how successful that campaign has been — in April of 2025,

they collected more than 620 pounds of medication. That’s in a single day. Since 2016, they have collected more than 20 million tons of medications. When you think about what that means, not just for community safety — what that means for our environment — it’s not being flushed down the toilet, it’s not ending up in landfills, it’s not poisoning wildlife. So all of those pieces are extremely important.”

She added that she wants to see this event evolve and grow in hopes of positively impacting the toxic drug crisis in the community.

“This gives people in the community an option to participate in a solution,” said Bird. “I’m actually hoping that this will be a province-wide initiative, and my long-term goal is to have this move across the country.”

CONTINUED ON NEXT PAGE

Old medication shouldn't still be in medicine cabinets

CONTINUED FROM PREVIOUS PAGE

"I actually put a motion on the floor prior to the end of last session, asking that International Overdose Awareness Day actually be partnered with Prescription Drug Take Back Day. That initiative and idea did actually come from the initiative down in the States. But when you're looking at statistics like that, I can't think of a single argument why we would not initiate something like that."

Bird was also touched by the lived experiences of those suffering from the toxic drug crisis and said it highlighted the importance of events like this.

"It's extremely important for people to hear those stories for lots of reasons," said Bird. "I don't think anybody gets up in the morning and makes a decision that they are going to have mental health or addiction or be unhoused and want those challenges. Nobody makes those choices consciously."

"As a community, we need to be aware that we have to be empathetic and compassionate to folks who have landed themselves in situations that are very challenging to get out of. Finding ways as a community to support and to do things that can help reduce those challenges — it's a win-win."

Moms Stop the Harm, Broken Hearts of Fentanyl — one of the organizations

that has been a strong advocate for reducing stigma and advocating for change in Prince George — has seen firsthand how this crisis has severely impacted the lives of families across the city.

Michelle Miller, a key member of Moms Stop the Harm, Broken Hearts of Fentanyl, spoke on the incredible turnout for the event.

"The support is incredible," she said. "I'm really proud of Prince George for stepping up and coming together today."

Miller has personally been deeply affected by the crisis, as she lost her son to drugs. She spoke to the media about the importance of removing prescription medication from medicine cabinets across the province.

"It's really important that people clean out their medicine cabinets," said Miller. "And to keep their medications locked up and in a safe area so your kids aren't getting into it. I know my son — two years after he passed — my kids came to me and said, 'Hey Mom, you know, Tanner used to take your prescription medications out of your ensuite and he was using them to get high or for anti-anxiety.' We're going to do this annually because it's important for people to clean these out. It happened to me — it can happen to you."



CITIZEN PHOTO BY MATTHEW HILLIER

Tents and booths are set up on the front lawn of city hall on Thursday, Aug 28, bringing together local agencies working to address addiction and other social issues.



Pathway to Peace



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Dairy Queen burglar pleads guilty, avoids more jail time

BOB MACKIN

Local Journalism Initiative Reporter

A 19-year-old woman caught by police making a Blizzard after she broke into a Kelowna Dairy Queen was sentenced Aug. 20 by a Provincial Court judge in Prince George to seven days time served and 12 months probation.

Autumn Tristen Gagnon, 19, pleaded guilty to charges from four incidents, including the June 2, 2024 break-and-enter at the fast food restaurant, which Judge David Simpkin called “a very strange set of circumstances.”

The court heard that an alarm company prompted Kelowna RCMP officers to attend the location where they found Gagnon inside the store. She had gained entry through a plywood-covered



Gagnon

broken window. Police observed Gagnon making a Blizzard flavoured ice cream dessert. They also noticed that Gagnon had thrown a rock through the cake stand, causing \$2,500 of damage.

“It seems pretty wanton, active aggression towards the property there of Dairy Queen,” Simpkin said to Gagnon. “The fact that you were making a Blizzard isn’t funny, but it leads me to believe that you were obviously suffering from addiction at that time. Weren’t quite in your right mind for when you were in the store.”

That was Gagnon’s strangest crime, but the one that Simpkin called the most serious took place at a Dollarama store in Kelowna on June 10, 2024.

Gagnon had been asked to leave, but she earned an assault charge when she reacted by pulling the manager’s hair and spitting on her.

“It’s very degrading to have someone spit upon you and it really is a horrible offence, but I understand now a bit more about circumstances that led to it,” Simpkin said.

Simpkin said Gagnon would have been eight months pregnant at the time and homeless. The victim urged the court to be compassionate with Gagnon.

Gagnon also admitted to shoplifting \$70.47 of goods from a 7-Eleven in

Kelowna on April 24, 2024 and shoplifting \$324.94 of goods from Winners HomeSense in Prince George on May 8 of this year.

Simpkin said Gagnon was already under a probation order issued April 7 that barred her from going to Winners HomeSense.

Last month, the Prince George RCMP asked the public to be on the lookout for Gagnon, who was the subject of an arrest warrant.

Simpkin agreed to the joint Crown/defence sentencing proposal because Gagnon had numerous mitigating factors.

She pleaded guilty, had no prior criminal record, is a youthful 19-year-old mother, struggles with mental health conditions and is Indigenous.

House arrest, curfew for health authority embezzler

BOB MACKIN

Local Journalism Initiative Reporter

A BC Supreme Court judge in Williams Lake sentenced a woman who was a First Nations Health Authority patient care driver in 2022 to a four-month conditional sentence for fraud under \$5,000.

Jeritta Monica Cahoose, 36, was originally charged with fraud over \$5,000, but pleaded guilty in June to the lesser and included offence of fraud under \$5,000.

On Aug. 15, Justice Marguerite Church opted for the lower-end of the joint Crown/defence proposal of four-to-six

months. Cahoose will live under house arrest for the first two months, with allowance to leave for personal errands for two hours every Monday and Friday afternoon. She is also permitted to accompany her teenage daughter to B.C. Children’s Hospital in Vancouver from Aug. 25 to 30 for a scheduled medical treatment.

Court heard that, between Nov. 18 and Dec. 6, 2022, Cahoose worked for the First Nations Health Authority to transport a vulnerable woman, now 84, from Williams Lake to Kamloops for medical appointments.

Cahoose used the woman’s bank card to withdraw \$3,770.70 from her account and used the money for purchases at a casino without her permission.

“It is highly aggravating that Miss Cahoose was in a position of trust,” Church said.

“Her offending had a direct and detrimental impact on an elderly victim who was on a fixed income.”

Church called it an “unfortunate but isolated incident,” acknowledging Cahoose’s guilty plea, lack of criminal record and Indigenous background as mitigating factors.

Church ordered Cahoose to not contact the victim, but to pay her \$3,770.70 in restitution via the court by Aug. 15, 2026.

“Miss Cahoose, I want to make it very clear to you that a conditional sentence order is a jail sentence that is served in the community,” Church said. “If you breach any of the terms of the conditional sentence order, there are potentially some significant consequences, including that the conditional sentence order may be terminated and you could end up serving the balance of the sentence in jail.”

Banging on a shared apartment wall lands local woman in court

BOB MACKIN

Local Journalism Initiative Reporter

A Prince George Provincial Court judge gave a 30-year-old woman a conditional discharge Aug. 22 and ordered her to spend 12 months on probation for obstructing police officers last fall.

Judge Judith Doulis heard that a neighbour complained to Prince George

RCMP about Angel Montana Laura Henry repeatedly banging on a shared wall on Oct. 8, 2024.

When officers arrived, they found Henry to be heavily intoxicated. She screamed and swore at one of the officers in front of the residence and refused to get inside a police vehicle. She continued to scream and then spat in the officer’s face.

Henry went limp, but a second officer assisted in placing her inside the vehicle. Henry reacted by kicking him in the chest.

Henry, a member of the Tahltan Nation, pleaded guilty and Doulis accepted a joint sentencing proposal from Crown and defence lawyers for the conditional discharge. Henry will not have a criminal record of the offence if

she satisfies conditions of the 12-month probation.

Doulis prohibited Henry from possessing alcohol or drugs, except for a prescription, and must participate in a counselling program as directed by a probation officer.

Doulis also required Henry to write a formal apology to the two RCMP officers within six months.

Homeowners find intoxicated stranger inside house

He thought he was at a friend's house to collect a package

BOB MACKIN

Local Journalism Initiative Reporter

A man who entered an unlocked front door at a house near Eaglenest Park and was found taking off his shoes will spend the next 12 months on probation.

Brennan Mitchell Bredo, 29, pleaded guilty to mischief before Provincial Court Judge David Simpkin on Aug. 25 in Prince George and received a suspended sentence.

The probation includes an order to stay away from the house and the father and son who found Bredo on Oct. 4, 2024 before 4 p.m.

Images from a doorbell camera video of Bredo were circulated at the RCMP detachment.



CITIZEN FILE PHOTO

Prince George court heard a guard at the University Hospital of Northern BC recognized a mischief suspect after seeing images from a security video.

He was arrested after security guard at University Hospital of Northern BC recognized Bredo in the hospital two days later.

Court heard that, during the

20-to-30-second incident, Bredo told the residents that he believed he was at a friend's house to collect a package.

Simpkin said that Bredo was "in the throes of his addiction at the time," but

he caused considerable shock to the residents and required denunciation and deterrence.

Defence lawyer Connor Carleton said the video shows Bredo intoxicated and he was clearly mistaken. "He wasn't malicious or aggressive or anything," Carleton said.

Bredo is a welder by trade but has been living in a recovery facility in Alberta after he suffered a fentanyl and benzodiazepine overdose in April that left him hospitalized and on a ventilator for almost a month.

Simpkin acknowledged Bredo's prior criminal sentence in 2019 of one-year probation and a one-year driving ban for impaired driving. If not for that, Simpkin said he would have considered a discharge.

"Mr. Bredo has taken some remarkable steps since that incident, and perhaps motivated by a near-death experience when he overdosed on opiates," Simpkin said.

Man lands in jail for assaulting and threatening his girlfriend

BOB MACKIN

Local Journalism Initiative Reporter

A 31-year-old man who pleaded guilty to charges of assaulting and threatening his girlfriend will spend 18 months on probation after a Prince George Provincial Court judge gave him a conditional discharge on Aug. 22.

The man had also been charged with sexual assault, unlawful confinement, assault by choking and assault with a weapon. The case is under a ban on publication of information that could identify the victim.

Court heard that, on Aug. 10, 2023, the girlfriend called Prince George RCMP to report that her boyfriend struck her once with a closed fist, slapped her and pulled on her hoodie, causing her to choke.

Crown counsel Lisa Sukkau sought a suspended sentence, but the man's

defence lawyer, Bobby Movassaghi, asked for a conditional discharge. If he fulfills the conditions of the probation, he will not have a criminal record.

Judge Peter McDermick concluded that "all domestic violence is very serious," but said there were several mitigating factors.

No injuries to the victim were reported and the Crown indicated the victim did not want to proceed to trial.

The man has been on bail for two years without incident, has no criminal record and pleaded guilty.

McDermick told the court the man had been treated for depression and has addiction issues.

"His mother submits, and I accept it's not being contested, that since then, he's joined Alcoholics Anonymous, he's doing counselling, and so he's addressed some of his challenges," he said.



Measles is circulating in BC and the North.

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

Protect yourself, your family, and your community.

Get vaccinated and know the symptoms!




Scan the QR code or visit [NorthernHealth.ca/measles](https://northernhealth.ca/measles)

Local job hunters connect with business and industry

TED CLARKE
Citizen Staff

Ryan Girard is looking for a career change.

At 42, after 10 years of driving a truck for a living, his body is telling him he needs to find a different occupation.

So when he heard there was a WorkBC/Le Cercle Des Canadiens Français de Prince George hiring fair happening at École Franco-Nord he made sure to be one of the first to pass through the doors bright and early Wednesday, Aug. 27.

"I'm currently trying to get myself enrolled in a business management course and also some office administration stuff to bolster those skills, so I'm kind of dipping my toes into a different market altogether," said Girard, while taking a break from the fair to check his email.

"(Truck driving) beats your body up a lot, lots of aches and pains, things like that. I've been fortunate enough to get



CITIZEN PHOTO BY TED CLARKE

James Mills explores the world of virtual reality wearing a headset that simulates an office workplace. The VR demonstration was sponsored by Josh Croxen of All-Around Gamerz, who connected with potential employees for his Victoria Street store during the job fair at École Franco-Nord on Wednesday, Aug. 27.

myself enrolled with the Academy of Online Learning Centres and through those guys I found out the business management stuff. The online administration stuff kind of falls back to my old careers from way back when, doing DJing over a couple different decades for Shanadine Music."

Girard's work as a disc jockey working

for his parents' company in Prince George developed his skills in public speaking and when he found out about the job fair Tuesday night he made sure to get there as soon as it opened, knowing it could be an opportunity to make the right connections.

"I kind of feel a little unprepared to go in there, but I'm taking my time speaking to some people from the Service Canada (Job) bank and also the WorkBC folks," he said.

"You get to speak to so many different people in different areas that you would never get the opportunity to, outside of a large group setting. When I was fresh out of high school you would never have these large hiring fairs to give those opportunities to the younger crowd. As a mature person, I'm in the same position where I'm able to reach out and network a little bit with some of these providers and see what's out there."

When Girard graduated from Prince George Secondary School in 2001 it was a much different labour market. Jobs in the city were plentiful for high school grads, but that's changed.

"Everybody wanted to be somewhere involved in the forestry sector, and the work was great, but even over the past five years, myself being involved, watching all the different mills shut down — Houston doesn't have a mill anymore and Bear Lake no longer has that big ol' mill — it's a changing world," he said.

The fair featured 25 exhibitors representing job placement agencies, service providers, First Nations/government

organizations and local businesses to meet face-to-face with jobseekers and the turnout was steady, with dozens of visitors checking out the booths during the four-hour event.

Blythe Roller, a facilitator for Workforce Development Consultants, a locally owned company, encourages job seekers to take advantage of professional agencies to narrow job searches and offer clients tools and tips they can use to impress potential employers.

"Job fairs are great for networking and if the job-seeker can come at it with the approach that it's for networking rather than just looking for work and handing out resumes that's very helpful," said Roller. "We're coming to a place where help from employment services is going to be a necessity."

While there are shortages of workers trained in technical job aspects, Roller says there's also high demand for workers with "softer" skills.

"People are looking for good communications skills, adaptability, collaborative skills, some of the more personable skills rather than just a certificate," said Roller. "We talk about anywhere jobs, being able to work at home, being able to work in a Toronto company in Prince George."

He said advances in artificial intelligence have made computer searches more productive, which lends itself to homes becoming workplaces and he's seeing more work possibilities for self-employed workers.

COLD SNAP

SEE 'YOUTH' ON NEXT PAGE

Youth unemployment is the highest it's been since 1998

CONTINUED FROM PREVIOUS PAGE

Youth (15-29-year-old) unemployment in Canada increased to 14.6 per cent in July 2025, the highest it's been since 1998.

"We have to be creative and the traditional job roles are changing, especially with youth, the youth unemployment rate is through the roof right now," said Roller.

"Employment agencies try our best with displaced forest worker programs and retraining and it has an impact, but a lot of times what we face is when people get laid off they often get severance packages and they live off of that for a time and by the time they're ready to find employment again they're in a crunch time. A lot of times the severance package can actually hinder a job search."

Another WorkBC hiring fair is in the works for October at the Prince George Native Friendship Centre and the Hall of

Ancestors Conference Centre.

Alexander Fegan, WorkBC's Prince George/Mackenzie/Valemount employer and community co-ordinator, says he'd like to make job fairs a quarterly event. He knows they produce positive results and the community needs promote making those connections.

"I would say that right now is possibly one of the hardest periods we're experiencing, disproportionately in the North, and we're being impacted much harder than other regions," said Fegan.

"So putting on these events more frequently for the next six months to a year is something we're going to be looking at in Prince George and in our smaller communities as well. We'll also have some smaller-scale ones that are more individualized, focusing on maybe industries, so two or three employers are highlighting one specific employer."

Fegan offered a piece of advice to people looking for work.

"Fake it until you make it," he said. "Come there with your confidence. You don't have to have the skills specifically for that job, but go in, be honest and transparent and be your true self, because that's what's going to get you recognized."

WorkBC is limited to helping permanent residents or Canadian citizens and the involvement of Le Cercle Des Canadiens Français de Prince George as partners in the fair opened it up to new Canadians.

About 2,000 people in the city identify as francophones and at least 20 of them are actively seeking full-time jobs.

"This is the first time collaborating with WorkBC and the second time overall organizing a job fair in Prince George" said Abou Cisse, coordinator of Le Cercle's francophone community project.

"We're here to facilitate the



**Fake it until
you make it.**

**Come there with
your confidence."**

integration of newcomers that come to Prince George and right now we're seeing a lot of demand for jobs. When they come to Canada, Prince George is their first destination and they don't necessarily have the training or the diplomas they need, so we go through all that with the partners we have in town and end up with a job fair like this, so that they're a little bit more qualified to be in the job market.

"We're very happy with the turnout and very happy with the employers who supported the event, giving the opportunity for the people looking for a job."

New local shuttle service lands at Prince George Airport

CITIZEN STAFF

The Prince George Airport Authority has announced Northern Spirit Transportation Ltd. as the new official airport shuttle service provider for Prince George Airport (YXS).

Northern Spirit is a Prince George-based company founded in 2003.

"This service arrangement enhances our ground transportation offering and supports YXS's role as a vital link for Northern BC," said Geoff Ritchie, president and CEO of the Prince George Airport Authority, in a press release. "Northern Spirit Transportation brings exceptional local expertise, a strong safety culture and a customer-first approach that will serve our passengers well."

The shuttle service will begin running scheduled routes between the airport and key locations in the Prince

George area on Monday, Sept. 1. Details on schedules, fares and routes are expected to be posted soon on the airport's website at www.pgairport.ca.

Paul Clermont, CEO and founder of Northern Spirit, said the partnership represents a natural extension of the company's mission to connect communities.

"Prince George Airport is an important connector for our region, and we are proud to play a role in that journey," said Clermont in the press release.

Northern Spirit provides customized transportation services to a wide range of industries, including mining, tourism and workforce logistics. The company has established long-term partnerships with the Tahltan Nation, Nak'azdli Whut'en Nation and the Cariboo Cougars minor hockey organization.

Details about Northern Spirit's can be found at www.gonst.ca.

BOOKS & CO

Chetwynd radio station back on the air after CRTC error

ED HITCHINS

Local Journalism Initiative Reporter

The nation's broadcasting licence bureau has given a Chetwynd-based transmitter a new lease on life after renewing its licence in August.

The Canadian Radio-television and Telecommunications Commission (CRTC) issued a full renewal to the Chetwynd Communications Society (CCS), which will remain valid until 2030, according to an announcement on Aug. 18.

The CCS operates both radio station Peace FM and television station Chet-TV, according to technical director Ray Semenoff.

The licence includes programming featuring the First Nations Cree language, with some interviews with Elders from local Indigenous communities such as Saulteau First Nations (SFN) and West Moberly First Nations (WMFN). Local programming will occur daily

from 6 a.m. to midnight.

Local programming on the radio has existed since the mid-1990s, while the TV station came on air in 2000. The station also has a rebroadcast transmitter in Dawson Creek.

"(Our) programming is focused primarily on local," said Semenoff. "Chetwynd, Dawson Creek, Tumbler Ridge — as far as Prince George.

"Local events and activities get filmed. We do regular stuff on television. We (shoot) the District of Chetwynd council's monthly meetings and a couple of other locally produced shows. Music festivals that may happen in the area — we will get a camera or two out there and do them."

However, according to what the CRTC described as an "administrative error," the CCS's licence actually expired in 2020.

In the interim, Semenoff said the CCS operated on a "temporary dispensation" with the licence pending.

"Right during the onset of COVID, the

CRTC lost the application to renew," said Semenoff.

"(There was) no record of it. Nobody can find anything.

"I sent it, and got a reply saying they confirmed they received it. The CRTC is not a fast agency to respond. After waiting months and months and months, we made a query asking, 'Hey, what's happening with our TV licence?' They responded, 'What TV licence?'"

It took 14 months to begin the process of licence renewal — or from "ground zero," according to Semenoff — with the renewal coming after hearings in March.

Additional programming will feature councils and town halls, community bulletins, music shows, documentaries and a TV bingo show.

Semenoff said adding the Indigenous language programming came with special provisions and an additional CRTC licence.

"When we went to apply, they said,

'Do you broadcast in another language?' I'd mentioned we broadcast some content in Cree. [We had] to get special CRTC approval for doing that."

The parameters included having on-hand linguistic staff to translate. While the station does not have paid language staff, it does have several volunteers from SFN and WMFN who translate Cree for on-screen subtitles.

"I explained to the CRTC panel we have a few interviews on the air, and some of the interviews were in Cree, and we have translated them to English," said Semenoff. "They were satisfied with that."

There are five paid staff and five volunteers at the CCS studios, located at 2 – 4612 North Access Rd. in Chetwynd.

The current licence will expire in August 2030. More details about CCS can be found on its website, peacefm.ca.

This article originally appeared at energeticcity.ca.



DEMENTIA WORKSHOPS FOR CAREGIVERS

September 23 to 25, 2025

Caring for someone living with dementia can feel overwhelming – but you don't have to face it alone.

- 
Family caregiver workshop
 Tuesday, September 23 | 9 a.m. to 5 p.m.
 Understand dementia, communication and behaviour. Plan ahead and focus on self-care.
- 
Transitions along the dementia journey
 Wednesday, September 24 | 1 to 4 p.m.
 Facilitated discussion on change and its impact on feelings of grief and loss. Hear and learn from other caregivers.
- 
Transition to long-term care and adjusting to the new environment
 Thursday, September 25 | 1 to 4 p.m.
 Explore long-term care options, planning for a move and responding to common issues.

Location
Canfor Leisure Pool
670 Quebec Street,
Prince George

Registration
Registration is required.
Call the First Link®
Dementia Helpline
1-800-936-6033



alzbc.org/princegeorge-workshops

Labour board thwarts union bid

BOB MACKIN

Local Journalism Initiative Reporter

The vice-chair of the Labour Relations Board dismissed a union's application to certify two apartment maintenance workers at Fort St. John properties employed by Woodsmere Holdings Corp.

Construction, Maintenance and Allied Workers Canada applied to represent a residential building maintenance worker and a residential building manager, the only employees working on the 86 Street properties in Fort St. John. Woodsmere's next closest worker is on Vancouver Island, some 1,000 kilometres away from Fort St. John.

In an Aug. 18 ruling, Rene-John Nicolas noted the union is craft-based, operating in construction and maintenance industries, not in residential property. Despite that, the union said it represents workers who do similar work at another employer.

The union claimed that, unless it

could apply under section 21 of the Labour Relations Code for a craft or technical unit, which allows single-employee bargaining units, then residential building maintenance workers would be denied access to collective bargaining.

Nicolas disagreed, stating that "access to collective bargaining through single-employee bargaining units is available under Section 18(1) of the code."

"Given this finding, a fundamental premise of the union's argument in favour of establishing compelling circumstances is simply not correct," Nicolas concluded. "Absent this premise, I am not persuaded by the union's argument that compelling circumstances exist in the present case warranting an exception to the board's policy against new craft or technical bargaining units under Section 21 of the code."

Nicolas noted that it is open to the union to apply under the correct section, but did not comment on whether the board would grant the application.

Regional district director explains the ABCs of the ALC

ABIGAIL POPPLE

Local Journalism Initiative Reporter

BC residents hoping to develop land in the Agricultural Land Reserve face a labyrinthine process of documentation and applications — even for something as simple as filling a hole, subdividing their property, or building a house.

The Agricultural Land Commission, a 19-person committee appointed by the minister of agriculture, vets every application to ensure any land in the reserve can remain productive for farming after being developed.

To learn more about the Agricultural Land Commission and how its decision-making process works in northern BC, *The Goat* spoke with Regional District of Fraser-Fort George Director Dannielle Alan.

The process begins with sending an application to your local regional district.

The regional district doesn't have final say on applications, Alan said — it chooses whether or not to pass the application along to the commission and can include a recommendation on whether to approve it. However, there are steps applicants can take to ensure their application has the best shot at being approved, according to Alan.

The first step is to familiarize yourself with the commission's guiding priorities, Alan said.

"Look at the Agricultural Land Commission and the Land Reserve's mandate, and make sure that your application falls within that mandate," she said.

The commission exists to preserve large tracts of land and keep them suitable for farming in the future, Alan said.

That means the commission might bristle at someone hoping to subdivide their land into two tracts, according to Alan — but the commission could approve the project given the right framing. Making sure that the rationale for a project is based in agricultural production or food security makes for a more compelling application, she said.

"If that person said, 'Okay, let's build a market case, we're going to divide this



CITIZEN FILE PHOTO

The Agricultural Land Commission considers applications from BC residents hoping to develop property in the Agricultural Land Reserve.

property in half and use the money to intensively invest in agriculture ...' and have a well-thought-out business plan to say, 'This is how it's going to benefit farming and food security in the Robson Valley if we split this parcel in half,' they might have a better shot," Alan said.

When the Agricultural Land Commission makes a decision on an application in the RDFFG, the decision is sent to the regional district board and included in the "for information" section of board agendas, Alan added. This means that people hoping to improve their applications can look at previous decisions — and see the rationale for approving or declining them — at rdffg.ca/BoardMeetings.

Additionally, the regional district's planners are available to help residents with their applications, Alan said.

"The rules and regulations within the ALR are quite significant. That's why our planners are really familiar with them, and they'll guide someone through (the process)," she said.

But despite the number of hoops Alan sees residents jump through, she worries the regulations aren't applied equally. She says she's concerned that it's easier for large corporations based in the Lower Mainland to have applications approved than it is for small-scale northern farmers.

"Their mandate is admirable. However, their lack of enforcement, their lack of resources that don't allow them to adequately defend against big developers, and the pressure put on the province for these mega projects makes it so that where they do have authority and control, they exercise it like crazy," she said.

While the commission strives to keep land usable for agriculture, this doesn't automatically mean its decisions

contribute to making that land productive, Alan said. This means that companies can buy land in the reserve and let it sit empty.

"When farmers in Dunster were trying to fight against the land grab by Fraser River Holdings and saying, 'Well, it's in the Agricultural Land Reserve. Why are you allowing these vast tracts of land to be held by a foreign hedge company?' the Agricultural Land Commission's response was, 'It doesn't matter, as long as they're not subdividing land or wrecking it so that it can't ever be used for farming,'" she said.

On top of enforcement issues, the

commission has the last word on an application — if an application is denied, there's no higher body to which one can appeal, Alan said.

With new advancements in greenhouse technology every day, Alan says there is potential for northern BC agriculture to boom. But she worries that without changes to the commission, it may be difficult for local farmers to thrive.

Alan says she and her fellow board members advocate for northern BC to have more access to agricultural land at every turn.

"We participate in every information-gathering session," she said. "I think that there's tremendous opportunity for agriculture and agricultural production up here ... building in these opportunities to let people do that is tremendously important for agriculture, food security and food sovereignty."

This article originally appeared in The Rocky Mountain Goat.



What's happening in PG

Homicide on the Homestead, Huble's popular murder mystery, goes Saturday, Sept. 20. Register by Sept. 3 to receive your invitation, character details, and costume ideas, because something sketchy is afoot at this 1990s-themed interactive mystery. Designed for adults, this afternoon event will feature intrigue, hors d'oeuvres and prizes. Space is limited and costumes are strongly recommended. Registration is open now and tickets are \$55 each. Get yours before they're gone at www.hublehomestead.ca

Seniors' Paint Club goes Wednesday, Sept. 10, 17, Oct. 1, 8, 15 and 22, presented by Prince George & District Community Arts Council, at Studio 2880 2880-15th Ave. in the Jack Bryan Room. Learn the skills of water colour painting with Lorri-Anne Mayley-Bell. This group is designed for those 55+ and is on the main floor. Each session is \$25 each. Register today, space is limited. For more information visit <https://www.studio2880.com/programs/art-classes>

Prince George Fall Fruit Festival hosted by the Prince George Food Hub goes Thursday, Sept. 4 to Sunday, Sept. 7 and is looking for volunteers to gather fruit from across the community to reduce food waste, connect people with locally-grown food and reduce bear attractants. Sign up to volunteer, help with transport or register your tree to be picked by calling 250-561-7327 or email eatgleaningabundance@gmail.com.

Seniors' Paint Club goes Thursday, Sept. 4, 11, 18, Oct. 2, 9, 16 and 23, presented by Prince George & District Community Arts Council, from noon to 2 p.m. at Studio 2880 2880-15th Ave. in the Jack Bryan Room. Learn the skills of acrylic painting with Marilyn Schmaus. This group is designed for those 55+ and is on the main floor. Each session is \$25 each. Register today, space is limited. For more information visit www.studio2880.com/programs/art-classes

Crossroads Summer Street Party goes Saturday, Sept. 6 from 5 p.m. to midnight at Crossroads Brewing &



CITIZEN FILE PHOTO BY CHUCK NISBETT

Piper Randy Carnegie leads about 40 walkers through Lheidli T'enneh Memorial Park as they set out on last year's Parkinson's SuperWalk. The event returns Sept. 6.

Distillery, 508 George St. This is a 19+ event featuring craft beverages, live music, yard games and house made food. Dead Sexy, Code Blue, Big Fancy and the Fly Smackers will perform. For tickets visit www.eventbrite.ca/e/crossroads-summer-street-fest.

35th annual Parkinson Super Walk 2025 goes Saturday, Sept. 6 from 11:30 a.m. to 2:30 p.m. at Lheidli T'enneh Memorial Park Picnic area. Funds raised support Parkinson Society BC's life-changing programs and services for people affected by Parkinson's disease. To register or donate visit www.support.parkinson.bc.ca.

Ranjit Bawa Folk Star Canada Tour goes Saturday, Sept. 6 at 7 p.m. at CN Centre. A prominent Punjabi singer, actor and songwriter, Ranjit is known for infusing traditional Punjabi music with a modern twist, making his songs appealing to a broad audience. Ranjit's live performances are known for their energy and stage presence. Tickets are available at www.cncentre.ca/events-tickets/ranjit-bawa-folk-star-canada-tour.

Seed Saving Workshop goes

Saturday, Sept. 6 from 3 to 4:30 p.m. at the main branch of the Prince George Library and on Saturday, Sept. 13 at the Nechako Branch in the Hart. Learn how to save seeds with the Master Gardeners from the David Douglas Botanical Garden Society. Ideal for those who borrowed from the 2025 Seed Library.

2025 Great Northwest Fibre Fest goes Sunday, Sept. 7 from 10 a.m. to 4 p.m. at the Ramada, 444 George St. A Celebration of Fibre will see more than two dozen vendors on site - beautiful hand-dyed yarn, accessories for finished projects, tools to make crafting more fun, project bags to store and tote those works in progress and an assortment of crafted items from other makers. Bring a project and visit with fellow crafters, have a snack break, get a coffee or cold drink, a light lunch or tasty treat. Entry is free. For more information visit <https://www.greatnwfbrefest.ca/>

Pops in the Park: Waltzes on the Lawn goes Sunday, Sept. 7 from noon to 4 p.m. at Lheidli T'enneh Memorial Park. Join the Prince George Symphony Orchestra (PGSO) and special guests for an afternoon of family fun with live

music and a craft fair. Lay out your blanket or bring a chair and let Strauss Jr.'s waltzes whirl through the fall air. Performances include The Prince George Conservatory of Music, PGSO, PG Old Time Fiddlers and Big ENUFF Big Band. This is a free event.

Prince George Red Dress Campaign goes Sunday, Sept. 7 at Red Dress monument at the corner of Highway 16 and Ferry Avenue and then on to Lheidli T'enneh Memorial Park from 1 to 4 p.m. Event starts at the monument located in front of the cemetery with people gathered and holding a red dress to honour the lives and legacies of those that didn't come home. At 2:30 p.m. led by Redrum MC club people will make their way to Lheidli T'enneh Memorial Park pavilion where there will be guest speakers, dancers, drummers and refreshments.

Special Olympics BC Prince George Registration Day goes Saturday, September 13 from 10 a.m. to 2 p.m. at Art Knapps Plantland, 4411 Kimball Road. This is for new and returning athletes and volunteers. There will also be a fundraising BBQ and bake sale. Special Olympics enhances the lives of individuals with an intellectual disability through year round sport programs. Prince George offers 14 different sport programs and are very excited to add Active Start for ages 3-7 and Fundamentals for ages 7-12.

Beads & Bannock: Orange Shirt Pins goes Thursday, Sept. 11 and Thursday, Sept. 25 from 6 to 9 p.m. at the Two Rivers Gallery. In recognition of National Day of Truth and Reconciliation and Orange Shirt day, join together to make beautifully beaded pins to honour residential school survivors and their families. Join Indigenous programmer Crystal Behn to create customized accessories. Enjoy freshly made treats while learning traditional Indigenous art. Everyone is welcome. Fee is \$63 for two sessions. To register call 250-614-7800 or visit www.tworiversgallery.ca/orange-shirt-pins.

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Early Years Fair goes Saturday, Sept. 13 from 10:45 a.m. to 1:30 p.m. at the Bob Harkins Branch of the Prince George Public Library. This free drop-in event is geared for families. Join in fun activities and learn about community agencies that support young children and families. This event starts right after story time.

Coldsnap Presents Locarno on Saturday, Sept. 13 at 7 p.m. at Knox Performance Centre, 1448 Fifth Ave. With influences from Son Jarocho, Afro-Cuban rhythms and more, Locarno's live performances, featuring a talented ensemble of musicians, are known for their infectious energy and fusion of musical styles. For tickets visit www.coldsnapfestival.ticket.ca/locarno

Movie Night in the Orchard – Practical Magic goes Saturday, Sept. 13 from 7 to 10 p.m. at Northern Lights Estate Winery, 745 Prince George Pulpmill Road. Gather under the stars for a night of love, laughter, and a touch of enchantment as Practical Magic graces the big screen. A perfect way to welcome the cozy charm of fall. Bring warm layers, blankets and/or lawn chairs for comfort and bug spray just in case. The concession offers fresh popcorn and candy, water, pop, beer and Northern Lights wines. Cash, debit or credit. Tips: Arrive early to secure parking and set up seating. Gates open one hour before the movie starts. Check ticket for the confirmed start time. This fully outdoor event is weather dependent.



CITIZEN FILE PHOTO BY CHUCK NISBETT

People dance during last year's Crossroads Street Fest, which returns Saturday, Sept. 6 from 5 p.m. to midnight at Crossroads Brewing & Distillery, 508 George St.

In case of cancellation, ticket refunds will be processed automatically but Eventbrite fees are non-refundable. Tickets are online in advance only at www.eventbrite.ca/e/movie-night-in-the-orchard-practical-magic-tickets.

Grand Unveiling Concert goes Sunday, Sept. 14 at 3 p.m. at the Prince George Conservatory of Music, 3555 Fifth Ave. A special concert will unveil the Conservatory's brand-new grand piano purchased thanks to last year's incredible community fundraising campaign. This piano is truly a gift from and for the community. Featuring Conservatory teachers and students, along with guest performers from the wider musical community to shine a spotlight

on our newest faculty member, pianist Chiao-Rou Liu, in her Conservatory debut. Celebrate the power of music, community, and generosity as we inaugurate this beautiful instrument that will inspire musicians for years to come. Admission is by donation with proceeds going to future tuning/maintenance of the piano.

45th annual Terry Fox Run goes Sunday, Sept. 14 at Lheidli T'enneh Memorial Park. For more information and updates on the run visit Facebook and Instagram at @TerryFoxRunPG. Participants and teams can register and donate at <https://run.terryfox.ca/princegeorge>

Free Food Preservation Workshops

go every Thursday presented by PG Aboriginal Business Development Centre, 1200 LaSalle Avenue. Want to learn how to make jam or pickle fresh veggies? No experience is needed. Just bring your curiosity. Participants will learn jam-making and vegetable pickling step by step. All supplies are provided and everything made will be shared among participants to take home. Building community skills, one jar at a time. RSVP by calling Cheryl Doering at 250-562-6325 to register.

Craft & Chat at the main branch of the Prince George Public Library goes every Saturday from 1 to 3 p.m. in the magazine corner, second floor, where fibre artists are invited to bring their latest projects to share, vent frustrations, brag about successes, get and give help and join in lively discussions. Snacks provided. This event is in partnership with Great Northwest Fibre Fest.

Willow River Farmers Market and Junk in the Trunk goes every Sunday from 10 a.m. to 3 p.m. at Willow River Hall, 55 Willow Avenue in Willow River, about 30 minutes east of Prince George, until Sept. 28. There are local crafts and homemade goods including jams and preserves, concession, music and family fun. Everyone is welcome to attend.

If you've got an event coming up email us at news@pgcitizen.ca to offer details including name of the event, the date, time and location, ticket price and where to get them and a little bit about what's happening, too. LOCF

CLUE: ON STAGE

SEP. 04, 2025 - SEP. 27, 2025

BY SANDY RUSTIN



Foot p pedal

Strength, speed, skill and
the test over the long
redesigned Labour
and the Northern Li
both took o

ABOVE: Runners leave the start of the 42.2KM Labour Day Classic race at the Prince George Oval Sunday, Aug. 31.

RIGHT: Runners leave the start line for the 10KM Labour Day Classic race on Sunday.

BELOW: Scott McWalter leads runners away from the start of the 21.1KM Labour Day Classic race at the Prince George Oval



ABOVE: Leo "The Young Lion" the final jump at SuperTrak BM



Power, power

and endurance were put to
weekend as the newly
r Day Classic races
ights BMX Nationals
over the city



ABOVE: Graeme Campbell leads through the first set of jumps at SuperTrak BMX in the 17-20 Expert class race of the Northern Lights Nationals Friday, Aug 29.

LEFT: Kolten Herzog leads Florence Dent through the rollers during the 5 & Under Novice class race at SuperTrak BMX Friday.

BELOW: Riders in the 9 Expert class pedal through the first rollers after leaving the start gate at SuperTrak BMX during the Northern Lights Nationals Friday.



Tanakas leads the pack over
X in the 8 Expert class.



Bigger venue for this year's Great NorthWest Fibre Fest



CITIZEN PHOTO BY CHRISTINE DALGLEISH

Bonne Leiphart, an organizer of the Great NorthWest Fibre Fest on Sunday, Sept. 7 at the Ramada Hotel downtown Prince George, talks about what it takes to make this intricately knit sweater.

CHRISTINE DALGLEISH

Citizen Staff

Over the years the Great NorthWest Fibre Fest has grown and this year the new, bigger venue tells the tale.

Now at the Ramada Hotel in downtown Prince George on Sunday, Sept. 7 from 10 a.m. to 4 p.m., yarn lovers, artists, dyers, makers, creators and vendors will come together for a day of fibre fun.

"We've never done a hotel venue before and they've just made everything so easy for us," Bonne Leiphart, one of the organizers of the event, said.

"The vendors we've got coming to the event are all so great. They all know each other and it's always a celebration when we all get together."

In previous years vendors were those offering the yarns and materials to create finished products but this year there are more vendors selling their own wares along with those selling the yarns and accessories to help makers create.

"This year we've got felted soap, beautiful aprons and different things like that," Leiphart said.

"People are thinking it's getting close to Christmas and they need gifts and often they won't have time to make everything they'd like to for their loved ones so they'll buy something here. We're always getting good-quality vendors. These people are so talented and they're Canadian, which is another biggie. It's always been important to me to support the local small businesses but now it's really critical."

There are 28 vendors from across the North West coming to the event, including many from the Central Interior, Leiphart added.

There are about 350 people expected to attend the event, just like last year.

"It's been growing over the years," Leiphart said, with the exception of 2021, which was in the midst of the pandemic restrictions.

This year there are added features that will be available simply because the venue's set up to invite people to gather in a unique way.

"The seating areas around the lobby

are set up for people to sit, snack and chat," Leiphart said.

"There are nice comfy chairs near windows with good lighting so it's not just one craft area but many. Any place that looks comfortable, take a couple of friends, go sit down and have a good time."

The 28 vendors who will be at the fibre festival will offer a great variety of fibre-focused items.

Hand-dyed one-of-a-kind yarns, unspun wool if you'd like to do more with it yourself, accessories like yarn bowls to help wrangle that wool while you knit and there's even do-it-yourself felting kits.

The Prince George Quilters' Guild will be on hand, Clayworks North will offer functional and whimsical pottery, while Cat Sivertsen will showcase her printed textiles.

There's a woodworker with useful items who will do custom orders to meet a fibre artist's needs.

"He's made several items for me where I have given him ideas and he's gone off and done beautiful things and brought them back to me," Leiphart said.

"Then we have people who have the tools that you need to get the job done. With these vendors you can often discuss what you'd like as they may not have it at the event but it might be a specialty item that you could arrange to get in the future. And Terri Smith from Something Magical brings in these felted creatures and they are just adorable and she has do-it-yourself kits and will do workshops, too. She's from Quesnel. Her booth is always so much fun to go to because she's got it done up so beautifully. There is just such a great variety of vendors that will be at the fibre fest."

The Great NorthWest Fibre Fest is free to attend.

The Ramada is providing out-of-towners with discounts for overnight stays to support their visit to the fibre festival.

For more information about the Great NorthWest Fibre Fest, including more details on the vendors, visit their Facebook page www.facebook.com/greatnwfibrefest.

Celebrate National Forest Week

**FREE Forestry Walking tour,
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**Departs from the Treasure Cove Casino
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All ages welcome - Family Friendly

This event lasts approximately 4 hours; the bus will drive you to the Willow River Interpretive Trail and a picnic site for lunch. Forest Professionals will guide you on a leisurely one hour walk along a 2 km trail, to share information on local forest management.
 This is a guided tour and you must RSVP Anna Monetta via email amonetta@shaw.ca before Sept. 23rd to reserve your seat on the bus.

**Sponsored by the Cariboo Section of the
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Campus comes back to life as UNBC students return

Residence has room for 500 people, and it's almost full

TED CLARKE

Citizen Staff

Joel Burnham doesn't know where he'll be putting his civil engineering training to work three years from now, after he graduates from UNBC — but his new job might find him working closely with someone he knows extremely well.

His dad, Jason, works as a plumber in the Greater Vancouver area, and he says there just might be a position in the company waiting for his son — designing plumbing and irrigation projects.

"He works with me in the summer so he's had some field experience and we interact with engineers all the time," said Jason. "Quite possibly he could get a job (in the company), he's a perfect fit."

They both drove up from their home in White Rock and were among the crowd of UNBC students and their families that converged on the student residence parking lot to unload possessions for the new school year that starts Wednesday, Sept. 3.

The Burnhams' SUV was packed to the ceiling with furniture and personal items, including Joel's hockey stick and skates, and two mountain bikes racked on the back — one for him and one for his dad. They planned to ride the trails at Pidherny before Jason heads back home on Friday.

"There's some good trails around here," said Joel. "I just ride the trails for fun."

As a second-year student, Joel knows the lay of the land around the Cranbrook Hill campus and what's expected of him as a university student living away from home. The fact he's gone through it all before made him feel that much better about his return to UNBC, where he likes his program.

"I like the small class sizes and you get to know the professor better — it's more individual (interactions)," Joel said.



CITIZEN PHOTO BY TED CLARKE

Joel Burnham, left, a second-year UNBC civil engineering student from White Rock, unloads his possessions with the help of his father Jason in the parking lot of the student residence on Thursday, Aug. 28. Classes start next Wednesday.

The first-year civil engineering program has about 60 students. If he'd stuck close to home at UBC, the number of first-years there is more than 500.

Having grown up in a place that gets snow one or two days a year, his first taste of a northern BC winter took him a little by surprise.

"Just going grocery shopping was one of the toughest things to do — just shovelling the car out, and starting it up to let it warm up," he said. "But there's no traffic — that's a big thing."

Jason said his son came back home to White Rock last spring better for the experience.

"He seemed a little bit more chill, more relaxed, he'd seen the outside world a little bit and he seemed more calm," said Jason. "He's very focused, very determined and I see the drive. When he wants to do something he gives it his all."

For four years, UNBC has assigned move-in times for students who live at the residence, and that's eliminated much of the chaos and hours-long lineups that used to happen this time of year. Residence capacity is just over 500, and most of the rooms are taken, with 480 students moving in Thursday and Friday.

This is the 35th year of UNBC's existence. The province passed the UNBC Act on June 22, 1990, after a petition to bring the university to Prince George

gathered 16,000 signatures — each with a \$5 donation to the Interior University Society.

As of Aug. 15, UNBC had 2,351 full-time equivalent (FTE) students, based on an overall enrolment of 2,915.

This month, there are 18.7 more FTE students — a five per cent increase over Aug. 15, 2024 — based on a head count of 70 more students.

CONTINUED ON NEXT PAGE

AVE MARIA

Domestic enrolment is up, international enrolment down



CITIZEN PHOTO BY TED CLARKE

Second-year psychology student Sydney Nelson, left, has her parents from Kitimat, Jeff and Gail, there to help unload her possessions at the UNBC student residence parking lot on Thursday, Aug. 28. Also on hand to help, second from right, is UNBC residence assistant Peyton Klassen.

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CONTINUED FROM PREVIOUS PAGE

“We’re really excited to have the students return to campus. It’s like a Saskatchewan farmer in the springtime, when all that energy, newness and excitement come back — and for us, this is our springtime,” said Bill Owen, UNBC’s vice-president academic and interim provost.

“Our full-time equivalents are up right now and we’re waiting for the Sept. 1 report to come up next week, and then we’ll have a good indication where we’ll be at going into the fall.”

Domestic enrolment has increased five per cent over last year, while the number of international students dropped by about 10 per cent. That falls in line with Canada’s two-year cap on international students, which reduced the number of permits 35 per cent in 2024 and 10 per cent this year.

“We do expect the federal government will continue with international caps,” said Owen. “They’ve seen the results they’ve wanted, but for post-secondaries it’s been very challenging for us to switch our recruitment and retention efforts in light of the federal policies.”

“For UNBC — because we weren’t as heavily invested in international students — we haven’t felt an impact to the same degree as other provincial institutions. But we’re still down in international enrolment. Our projection of flat enrolment growth is due to the great work our recruitment team and others have done in terms of domestic recruitment. Our domestic numbers have increased and we’re looking to see if that holds.”

Student tuition rose two per cent compared to last school year — the maximum allowed for colleges and universities — but Owen says that will not cover the increased operating costs at UNBC.

“It means we’re not keeping up with the cost of inflation,” said Owen. “The university has to find other ways to financially support what we do for our students and the learning environment. We’re looking at reallocating funds

in other departments and utilizing carry-forward funds from past years to support this year’s needs. They’re short-term strategies — while we look at developing new budget models for addressing inflation.”

There have been no faculty cuts at UNBC this year, according to Owen, but the university is looking at delaying some of the new hires. UNBC — Canada’s third-ranked small undergraduate university in the latest Maclean’s poll — is also reviewing its class sizes.

“We want appropriate classes that are still small and have a community feel to them — but they may be a bit larger than they are now,” said Owen. “Our faculty knows our students by name, and that’s so important to them.”

UNBC is still seeking a replacement for president Geoff Payne, who announced June 19 he was leaving his position to become the new president and CEO of Michael Smith Health Research BC.

Owen said he expects the UNBC board chair to announce an interim president in the next few weeks. This week, the board began asking for university members to serve on its hiring committee.



CITIZEN PHOTO BY TED CLARKE

Bill Owen, UNBC’s vice-president academic and interim provost, got together with UNBC mascot Alpha and Tinenna Cheng, UNBC’s residence life coordinator, on move in day at the student residence on Thursday, Aug. 28.

Nechako fisherman goes after a healthy salmon run

TED CLARKE

Citizen Staff

The fish weren't biting but Andrew Lambright wasn't at all concerned.

Knowing the sockeye salmon run up the Fraser River to their spawning grounds near Fort St. James are unexpectedly high this year, he wasn't giving up hope he would snag one on his line.

Wearing hip waders to get him away from the shore of the Nechako River just east of the Cameron Street Bridge at McMillan Creek Fishing Park, snagging a fish would be a bonus for the 31-year-old Lomak Transport truck driver as he cooled off in the river casting his line.

The cold water was helping him and his girlfriend, Rebecca Nanku, and her six-year-old daughter Aaleyah beat the heat on a hot Tuesday, Aug. 26 afternoon with the temperature approaching 30 C.

The Pacific Salmon Foundation reported that as of July 29, an estimated 734,400 sockeye had passed through the lower Fraser River on a 1,200-kilometre journey from the Pacific Ocean to their spawning grounds in the Stuart River system north of Fort St. James.

McMillan Creek Fishing Park opened in June 2011 on the north shore of the Nechako River where it meets McMillan Creek.

The parking lot is on the north side of Pulpmill Road not far from the bridge it connects to a trail that leads to a river-side beach where anglers can cast their rods and the fishing is free for kids up to the age of 16.

"As a trucker I drive across the bridge a lot and I always see people here fishing," said Lambright.

McMillan Creek is known spawning territory for rainbow trout, bull trout, Chinook salmon and Northern pikeminnow.

The fry enter the Nechako and swim



CITIZEN PHOTO BY TED CLARKE

Andrew Lambright tries his luck fishing on the Nechako River in the shadow of the Cameron Street Bridge at McMillan Creek Fishing Park on Tuesday, Aug. 26.

downstream to the Fraser, where they connect with the Pacific.

Tuesday, Aug. 26 was Lambright's first attempt at fishing in that spot for salmon. He's caught rainbow there before and once caught a bull trout at the island a few hundred metres further upstream.

He had his fly rod handy to try his luck with pink salmon, which tend to like to feed on the surface.

Lambright grew up in Terrace and from an early age he was fishing the Skeena River that meanders through the city.

He knows sockeye like to cruise near the bottom of the river with their mouths open and he had what he thought was the appropriate tackle.

"I'm just using a simple rig just to keep this off of the bottom, sockeye don't eat when they're running up the river, so it's just an earplug because it floats, right above the hook, and a weight to get it down," he said. "You're hoping for a fish for their mouth to go right at the line and as the hook gets pulled it gets caught right on their mouth. For river fishing, it's the only way to catch the sockeye."



Lambright

Tandem cyclists pass through on Mexico-Alaska trek

COLIN SLARK

Citizen Staff

As the crossroads for a pair of major highways running in all four cardinal directions, Prince George is no stranger to visitors coming through as part of long treks by foot, bicycle or vehicle.

However, there was a more uncommon sight on Monday, Aug. 25 and Tuesday, Aug. 26: a couple riding a tandem bicycle.

JB Owen and Peter Giesin of Red Deer, Alta. started at the southern end of Baja California in Mexico on June 15, two days after Owen's 55th birthday, with the goal of crossing through the U.S. and Canada and eventually arriving in Homer, Alaska.

On Aug. 25, the couple arrived in Prince George from the south on Highway 97 and stopped overnight to get their support RV and their bike serviced.

The Citizen met them in front of Mr. PG on Aug. 26, before they were to head west on Highway 16 towards Smithers, then head northwards to Yukon on Highway 37.

They said they're aiming to set a world record though not in terms of distance travelled.

While the 9,100-kilometre itinerary is impressive, the route was chosen in an attempt to become the first tandem cyclists to climb 93,000 metres of elevation as they traverse North America, which they say would be equivalent to climbing Mt. Everest 10 times.

Owen said Abbotsford marked about the halfway point of their journey while Giesin said that by the time they reached Prince George, they'd made the equivalent of five trips up Mt. Everest in terms of elevation.

The couple said they started long-distance cycling during the COVID-19 pandemic. Previous trips have included going from Calgary to Cabo San Lucas in Mexico and a coast-to-coast trek across Canada in 2022.

Along their 2025 trip so far, they said that the road conditions in Mexico were challenging due to narrow roads and lots of traffic, though the people were



CITIZEN PHOTO BY COLIN SLARK

Tandem cyclists JB Owen (left) and Peter Giesin stand in front of Mr. PG on Tuesday, Aug. 26 after arriving in Prince George as part of their trip from Mexico to Alaska.

friendly and kind.

They quipped that it was so cold during their 23 days in California that they actually lost their tans.

The best weather and conditions they've experienced so far has been in their home country.

"The minute we crossed the border, we could feel the vibe," Owen said. "We could feel the Canadian energy, the positivity, the friendliness, the waves from the truckers, the waves from people. Some people put their phone out the window and took a photo (of us)."

Along the way, they said, they've met plenty of people doing the same kind of thing including a family of five from Poland cycling from Vancouver to San

Francisco, a cyclist going from Quebec to Argentina and another cyclist going from Mexico to South America.

"It's such a great way to experience the world and see it and smell it and hear it," Giesin said. "And to see more people doing it, especially with their kids, is just mindblowing."

Every week or two, the couple said they need to get their tandem bicycle serviced because of the sheer number of kilometres they're racking up in a short time.

"We're finding a tandem is really made with regular bike parts, so it's not really meant for two people," Giesin said.

"There's so much weight and so much endurance," Owen said. "We've got to

maintain it every week, pretty much. We put a lot of speed on our bikes. Our top speed is 90 kilometres per hour going downhill."

They said riding tandem requires much more teamwork than using separate bikes. The front driver is referred to as the "captain" and the rear driver is the "stoker." Giesin has been occupying the former role and Owen the latter.

During the hours on the road, they talk to each other, listen to audiobooks and get a first-hand look at nature.

Owen said one of her biggest highlights thus far was leaning back as they travelled through redwood forests in California and seeing the giant trees tower above her. Giesin said he's looking forward to visiting the Christmas-themed borough of Fairbanks, Alaska called North Pole.

Through their journey, the pair said that they've had seven different people take one- or two-week shifts driving their support RV.

Emblazoned on the side of the RV is the name of Owen and Giesin's company, Ignite Publishing, and another venture called Ignite Humanity.

Through the publishing firm, Owen said they publish people writing about their "ignite moments" where something changed for them. By doing helping people share their stories, she said it connects them with others on a level beyond politics, money, policy or rhetoric.

With Ignite Humanity, she said they partner with a company that creates blocks out of recycled plastic to build schools where children in underprivileged areas can be taught to read and write.

She said they've built two schools so far in Lombok, Indonesia and the next one is earmarked for South Africa. Ignite does not operate the schools, she said, but just builds them.

Each school, she said, costs about \$55,000 to build and their goal on this bike trip is to raise the funds to build two more.

By visiting epictandem.com, those interested in following Owen and Giesin's journey can look at a map that shows where their bike is currently situated.

Throwback Thursday: Week of September 4



Sept. 5, 2014: The Sprucefield school field hosted an introductory night of Ultimate, at the time a new and fast-growing sport that combines the athletic endurance of soccer, the aerial passing of football and the breakout action of basketball, all with a flying disc like a Frisbee. New players were invited to try it out. CITIZEN PHOTO BY BRENT BRAATEN

Sept. 5, 1978: 'We don't want to be stupid,' reads one of the signs carried by pupils and parents from Peden Hill Elementary School as SD57's lockout of non-faculty staff, including custodians, clerks and cafeteria workers, continued. The Citizen reported that talks were set to resume in an effort to reopen schools for 22,000 students. CITIZEN FILE PHOTO BY DAVE MILNE



Sept. 3, 1964: More than 350 people were on hand for the grand opening of Sprucefield Shopping Centre, with Mayor Garvin Dezell declaring the plaza officially open before Caledonian Leaseholds president J.A. "Sandy" Reid said more than 100,000 square feet of space will be taken up when the mall is complete. There were 10 stores at opening, with plans for a Safeway at the south end to join a Stedman's and Pastore's Dining. CITIZEN FILE PHOTO



Sept. 5, 1996: The UNBC bookstore was busy as students returned to classes. The most popular courses that year were, in order, microeconomics, general chemistry, computer applications and ecology. Microeconomics, The Citizen explained, is the study of marketplace structure and how prices are determined. CITIZEN FILE PHOTO BY BRENT BRAATEN



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Northern Health's 3% Club is a journey towards wellness

Members can access personalized health plans, workshops, check-ins and activities

ERIC CLARK
Northern Health

You're invited to join the most inclusive club you've ever heard of — the 3% Club! How do you become a member? Start using the stairs.

The 3% Club is a program championed by Northern Health (NH) clinical exercise physiologist Darren Scherbain, with support from NH registered dietitian (RD) Christine Geier. Scherbain's office is located in the Terrace Health Unit, but by the sounds of it, his chair isn't often occupied — not because he is skirting his duties, but because when he's not meeting with new patients, he can often be found inspiring other patients to take action throughout the community.

Scherbain's approach to relieving his patients' symptoms — including pain, decreased mobility, and reduced physical activity often associated with metabolic syndrome — is rooted in healing the whole person, both mind and body, through targeted exercise, rehabilitation, and goal-setting.

"In my practice, I am using exercise as a primary intervention in over 36 chronic diseases," Scherbain explained. "The approach that I take is I don't look at what's going on with a comorbidity. I don't treat the disease. I want to treat the person. I get to know the person. Once you can garner somebody's trust then we can start the collaborative approach of what are we going to do for your clinical care."

The name "3% Club" was inspired by a 2018 study that suggested only three per cent of able-bodied people who took part in the study used the stairs versus taking the elevator.

Resting on the idea that even a small percentage of change can lead to significant improvements in one's life, Scherbain's vision was to create a community where individuals could find



NORTHERN HEALTH PHOTO

Registered dietitian Christine Geier presents the inaugural 3% Club card to member Kathy.

the support and resources they needed to make these small — but impactful — changes.

He continued, "I'm not reinventing the wheel. It's about, how [do] we give people these prompts and these cues to help them see that these little steps can have a massive impact on cardio and respiratory fitness? One of the markers that we're using here in the change program is VO2 peak (peak oxygen uptake). Research says even as little as nine minutes a day can see a seven per cent increase in how much oxygen the whole body is able to use and deliver so that we can go through our day-to-day activities."

Scherbain and his team believe that by fostering a sense of belonging and providing resources, they can help patients achieve their health goals and improve their overall quality of life. Club initiation starts with taking the stairs, but members also get access to a variety of other programs and activities designed to promote healthy living — including fitness classes, nutrition workshops and mental health support groups. These initiatives are aimed at empowering members to take control of their health and well-being.

What patients receive

Members of the 3% Club receive a

wide range of benefits.

They are offered access to personalized health plans, regular check-ins, and a variety of workshops and activities — not to mention the cool 3% Club membership card.

The club also provides a platform for members to connect with others facing similar challenges, fostering a sense of community and camaraderie. This comprehensive approach ensures that members' physical, mental and emotional needs are addressed.

Members have reported feeling more empowered, supported, and motivated to make positive changes in their lives.

Overall, the 3% Club isn't just a health initiative — it's a community where individuals can find hope, support and a path to a healthier, happier life.

Change BC

Alongside his duties within Northern Health, Scherbain is an active member of the Change BC initiative. Change BC uses motivational techniques to foster behavioural change. By celebrating small victories, the program aims to build participants' confidence and encourage them to continue making positive changes — including goal-setting, positive reinforcement, and regular progress tracking.

These techniques help participants

stay motivated and committed to their health goals, making it easier for them to maintain their progress over time.

In this program, participants are referred by their primary care provider and work with Scherbain and RD Christine Geier for a year — starting with weekly sessions for the first three months, and then progressing to monthly sessions for the next nine months.

Scherbain explained, "What we're looking at doing is taking evidence-based research and reversing metabolic syndrome."

Metabolic Syndrome Canada describes metabolic syndrome as a group of conditions that together raise your risk of coronary heart disease, diabetes, stroke and other serious health problems.

Contributing factors include:

- High blood pressure
- Abdominal obesity
- High blood sugar levels
- High blood triglycerides
- Low HDL cholesterol

Scherbain continues, "It's a year-long proactive approach to health care. The family doctor will do all blood work and labs for us, and then this person gets the opportunity to work with myself and Christine once a week for the first three months, and then once a month for the next nine."

Success stories

The success stories tied to the 3% Club are nothing short of inspiring. One member, Jane, had been battling chronic anxiety for years. Through the club's support and resources, she's learned effective coping mechanisms and gradually regained control over her life.

Her journey was a testament to the power of community and the importance of addressing mental health.

"What we're also starting to see is that this little step of climbing the stairs creates a domino effect for people being more physically active and setting goals," Scherbain stated.

SEE 'MEMBERS' ON NEXT PAGE

Respectful relationships in action: A training journey

TERESA BENNETT

Northern Health

Northern Health (NH) continues to take meaningful steps toward Truth and Reconciliation by fostering respectful, culturally safe care for First Nations, Métis and Inuit people.

One recent example of this commitment comes from the Specialized Services Northeast team, who partnered with the Indigenous Health Education Team to complete the Respectful Relationships: Cultural Safety course.

A shared training journey

This training journey began in early 2025, when 21 triad groups from Dawson Creek and Fort St. John committed to four months of learning, reflection and connection. Each group member took on a role — facilitator, progress keeper or submitter — to support one another through the course's four self-paced modules. The training also included in-person debrief sessions, which helped deepen understanding and build stronger relationships.

By the end of the program, 49 learners had completed the course across



NORTHERN HEALTH PHOTO

Northern Health's Specialized Services Northeast team has partnered with the Indigenous Health Education Team to complete the Respectful Relationships: Cultural Safety course.

18 triad groups. The experience was more than just educational — it was transformational.

One program participant noted, "Many times, we simply do not know and are therefore uncomfortable. There is no harm in saying we don't know and that we have lots to learn. That is called humility."

Participants shared that cultural

safety is not a checklist — it's a mindset. Through stories, videos and group discussions, they moved from discomfort to humility, learning that respectful care begins with listening, empathy and accountability.

Insights from participants

Jessi W., another program participant, reflected on her experience: "A great

reminder that cultural safety doesn't come from my definition. It comes from those I am serving."

This initiative directly supports NH's strategic plan, which prioritizes healthy people in healthy communities, quality improvement, and creating a positive and inclusive environment for staff and patients alike. The plan emphasizes cultural safety, collaboration with Indigenous peoples, and building a health system rooted in empathy, respect and belonging.

"What we are talking about is not distant history — it's very recent and ongoing," reflected another program participant.

More learning ahead

This departmental training is just the beginning. More opportunities are planned to support staff in building respectful relationships and delivering culturally safe care. All NH staff are encouraged to take the Respectful Relationships: Cultural Safety course, available on the Learning Hub.

Together, we are learning, growing and walking the path of reconciliation — one relationship at a time.

Members of the club share positive success stories

CONTINUED FROM PREVIOUS PAGE

"One woman, she just got out of the hospital for a procedure. Two weeks later, she was really sleep-deprived and didn't know if she wanted to stay in the program anymore. She took it upon herself and went ahead and climbed the stairs to see her internal medicine specialist on the fifth floor. She said it took her forever, but she said once she did that, it was that sense of feeling that her body is still healthy — that she can do these things."

The positive stories continue

Scherbain shared another patient's story: "Another member, Tammy, she told us she's lived in Terrace for 28 years and she's never been up Terrace

Mountain to a space called 'The Wolves.' Christine and I took her on a hike up the mountain. She was only able to make it halfway up that first try. We discussed that and said we'll work with her over the next month and both of us will take her up one day... we never got that chance.

"Tammy sent me a picture over the following weekend — she had hiked up to The Wolves on her own."

"We now do a weekly dance party as part of the change program," he said. "That's about seeing patients like Ed. He's in his 70s and he's good for 30 minutes. He'll come in, bust a move for 30 minutes and he's like, 'OK, my 30 minutes is up. I'm out.' And it's just like — awesome. That is fantastic."

Building community

Scherbain believes the program is "about building that bigger sense of community, because it's not a one-size-fits-all program."

One of the ways Scherbain and his co-workers find success and create that community is by hosting community events centred around their patients — for example, "the Brandy Challenge."

"One patient of ours, Brandy, one of her goals that she set was to be able to climb Terrace Mountain with her kids," he explained. "So, we have a challenge coming up with her in August. We're calling it 'The Brandy Challenge' where we're climbing up, and anybody who wants to join us can."

He emphasized, "We're just celebrating people's goals. It might seem like a small victory to some, but to us it's huge. They're huge, huge victories."

Amazing contributions

Scherbain's passion for helping others is evident in every aspect of his work and personal life. It's hard not to be inspired, as he took time to explain to me what it is he's doing and why.

His co-workers at the health unit — a diverse group of professionals including therapists, dietitians and fitness trainers — all share the same vision. Together, they've created a safe and nurturing environment where members feel heard, understood and supported.

Local Sports



Cougars bench packed with talent, says GM/coach

The pre-season got under way on the weekend with 82 players at camp

TED CLARKE
Citizen Staff

Mark Lamb has seen a lot of players come and go through the doors of the Prince George Cougars' dressing room in the time since the Cougars hired him to build the team into a contender.

As Cougars head coach and GM, Lamb has brought winning hockey to Prince George in each of the past three seasons, having shared the pain Cougars fans felt during those transitional years when the cupboard was bare. It was an insurmountable challenge to see more wins than losses.

The proof is in the standings all three years as those teams combined for a 127-61-1-5 regular-season record, finishing no worse than fourth in the West. After making it to the conference final in the spring of 2024, there was disappointment with last year's seven-game loss to Portland in the opening playoff round.

But there's still a lot of work wit in 2025-26. In fact, Lamb figures this year's edition, led by the likes of first-round NHL draft picks Terik Parascak and Josh Ravensbergen, could be the deepest team he's had in his seasons at the helm of the Cougars.

There's some obvious turnover from a team heavily loaded with 19-year-old and 20-year-olds who were in the WHL's elite as far as scoring power. Gone to pursue their pro prospects are forwards Koehn Ziemmer, Riley Heidt, Borya Valis and defenceman Viliam Kmec, while Matteo Danis was plucked from the roster by the Penticton Vees in the expansion draft and Ben Riche has elected to forego his last year of junior eligibility to play for Quinnipiac University.



CITIZEN PHOTO BY TED CLARKE

Mark, Lamb, the 61-year-old head coach and general manager of the Prince George Cougars, is heading into his eighth season at the helm of the WHL team.

Despite those losses, Cougar fans have a lot to look forward to this season when they show up for games at CN Centre.

"This training camp is going to be the most competitive, we have the most depth of any Cougar training camp we've had here," said Lamb.

"It's our drafting, and we don't go out and spend ridiculously (giving up draft picks at the trade deadline). We still have a lot left in our cupboards and that's why. The scouts have been drafting really good, so the depth in our draft that we have with these players and we think they can play in the WHL."

Parascak was the Cats' second leading scorer behind Heidt and finished with 28 goals and 82 points in 59 games. Picked 17th overall in the 2024 NHL draft, the 19-year-old will head to the Washington Capitals rookie camp Sept. 6 and it's expected he will return to be a leader among a Cougars forward group that includes incumbents Aiden Foster, Jett Lajoie, Kayden Lemire, Lee Shurgot, Patrick Sopiarz.

"Our high-end offence was some of the highest in the league, it was elite, and to keep that high-end offence is unheard of," said Lamb. "But we're still going to have offence, we've got some good players. Parascak's here and we expect good years out of Shurgot, Lajoie and Foster and we picked up Gizowski, who's a goalscorer as a 20-year-old, and Ashe and Souch are all top-nine forwards and they all have to find their spot on the team."

Foster just keeps getting better with age as a banging, crashing left winger with size and he did what he had to do last season to land on the radar of the Tampa Bay Lightning, who drafted him in the fourth round 127th overall in June.

Winger Kooper Gizowski, claimed off waivers from the Lethbridge Hurricanes, brings a ton of experience as a 20-year-old who put up 35 points last season.

Brock Souch signed with the Cougars in June and he's heading into his fourth junior season after playing in the AJHL

and BCHL and he's destined for St. Cloud State University in 2026.

Riley Ashe is following a similar trajectory to the Nebraska-Omaha and the Cougars took advantage of the new NCAA eligibility rule to sign him after he played in the BCHL last year for Salmon Arm.

Dmitri Yakutsenak, 18, the 49th pick in the import draft, is coming from Yaroslavl, Russia to try to earn a position in PG.

That depth extends to the defence. Bauer Dumanski is the only remaining Cougar tied to the 2020 Prospects Draft class and the blueline crew is built around him and his stay-at-home tendencies.

Carson Carels put up 35 points as a rookie and that earned him two Hockey Canada gigs after the playoffs ended. He helped Canada win gold at the U-18s world championship in Texas last spring and was with the Team Canada squad that came within a shootout goal of beating the U.S. in the Hlinka Gretzky Cup semifinal in mid-August.

Carels is the power-play quarterback and slick Russian Arseni Anisimov and heavy-hitting Corbin Vaughan proved their WHL capabilities last season.

Alexsey Chichkin, Dermot Johnston and Leith Hunter all cast long shadows on the ice and they all spent time with the team last year. Chichkin could be one of the Cougars overagers along with forward Deagen McMillan, who played for the Wenatchee Wild (BCHL) and also spent time in the 'Dub with the Victoria Royals.

Phoenix Cahill (Watertown, NAHL), a 17-year-old Minnesota native signed for '26-27 at Colorado College, is also in the mix on defence. Eli Johnson, one of the Canada's top U18 defencemen last year, led the Regina Pat Canadians to the national title

SEE 'COUGARS' ON PAGE 37

Spruce Kings still riding high after last spring's playoffs

TED CLARKE
Citizen Staff

The excitement that built to a playoff fever pitch last spring made it a memorable season for the Prince George Spruce Kings and their fans.

They turned it on at just the right time with a remarkable late-season surge and all the stars aligned to get them involved in the BCHL postseason party.

That seven-game series against the regular season conference champion Chilliwack Chiefs not only gave the Chiefs the scare of the playoffs but it cemented the core of the Spruce Kings into bond that could have significant carryover effect as they take aim at the new season that's now just weeks away.

"I'm very optimistic that we've got a good group, but you never know until you fire up the regular season and start firing real bullets," said Hawes, about to begin his 13th season as Spruce Kings general manager and 20th year as part of the team staff.

"We have a bunch of returning players from last year's team that I would call key pieces that played big roles on last year's team and we've managed to fill some of the vacancies through recruiting that I feel are good additions to the group."

The biggest skates to fill are in the goal crease now that Charles-Edward Gravel has moved on to the NCAA at Mercyhurst University. He emerged as the Spruce Kings' saviour when he arrived in February from the QMJHL and took the team on a 10-3-2 tear while maintaining a .930 save percentage and 1.98 goals-against average and he had similar numbers in the seven playoff games.

Colin Reay might well be the guy to replace Gravel. The 20-year-old from Sherwood Park arrived at mid-season in a trade from Vernon and impressed the Spruce Kings in the three games he played, winning two of them and posting a .931 save rate and 2.35 average before he was sidelined with a season-ending knee injury. He starts training camp this weekend as one of the four goalies.



CITIZEN PHOTO BY CHUCK NISBETT

Spruce Kings Team Red forward Leon Mikhachuk puts a final shot past Team Grey goalie Ben Polhill to make the final score 11-3 for Team Red during the main training camp Intersquad game Saturday, Aug. 30.

"We were very fortunate to find Gravel, who came in and was dynamite for us, but we were very happy with the few games that Colin played for us and he's coming in as a 20-year-old veteran goaltender," said Hawes. "Those few games he played for us, he was injured at the time, and now that he's healthy and had a very successful surgery to repair the issue we're expecting big things from him."

Ben Polhill and Prince George native Ryder Green are also in the mix in goal, with 16-year-old Ivan Anderssen, up from the Cariboo Cougars U17s, also trying out.

Just five forwards — Kazuhiro Sasaki, Ryan Wachtel, Carter Hesselgrave, Mason Loewen and Nick Metelkin— and two defencemen —Trent LeDrew and Isaac Holt — are back from last season, joining Polhill and Green as the Spruce Kings' incumbents.

That core gained valuable experience from their brief playoff run and Hawes is counting on that element of cohesiveness helping the new team gel into a success in the standings.

"We went into that series with Chilliwack and essentially everybody expected us to get swept," said Hawes. "The fact we pushed that to seven games and pushed the Chiefs to elimination and they ended up going on to

make the league final. Other than the league final, that was the toughest series they had and we can take a lot of solace in that, that we were able to do that.

"It really brought the guys together it's going to benefit the returning players that participated in that series, they learned a lot in that series and what it takes to be successful."

Sasaki finished second in team scoring with 19 goals and 38 points in 47 games and played for his native Japan in the IIHF world junior Division 1B championship in Estonia and he enters his 20-year-old season as one of the go-to guys in the Spruce Kings' forward pack.

"Kaz is one of the most dynamic players in the league this year with the skill he possesses," said Hawes. "Also up front returning is Carter Hesselgrave. Like a Swiss army knife, he does a little bit of everything for the team. He's a leader and a great guy to have back."

Loewen, a native of Charlie Lake near Fort St. John., came out of the Cariboo Cougars program and has been a valuable find for the Kings, along with American imports Ryan Wachtel, a Princeton University recruit, and Pennsylvania native Nick Metelkin.

Japanese native Tai Ushio joins the forward lines as a 20-year-old University of Alaska-Anchorage recruit for 2026-27.

He played in Anchorage last year for the Wolverines in the NAHL and produced a better-than point-per-game pace.

Marcus Lougheed, 20, was recruited to Prince George for his final junior career season after four years with his hometown Collingwood Blues in the Ontario Junior Hockey League.

"He was one of their captains and a point-a-game player and he's going to be a huge piece for us up front," said Hawes.

Another key recruit, Ben Vreugdehil, a 19-year-old forward who stands six-foot-five and weighs 218 pounds, put up some big numbers (22 goals, 50n points in 55 games) playing on the OJHL for the Wellington Dukes. New Jersey native Dominic Szczygiel, had 72 points in 68 games with the New Jersey Rockets U18s.

Brad Tesink is back for his first full season as the Kings' head coach, having taken over from Alex Evin in November 2024, and Brad Tobin is returning as the associate coach.

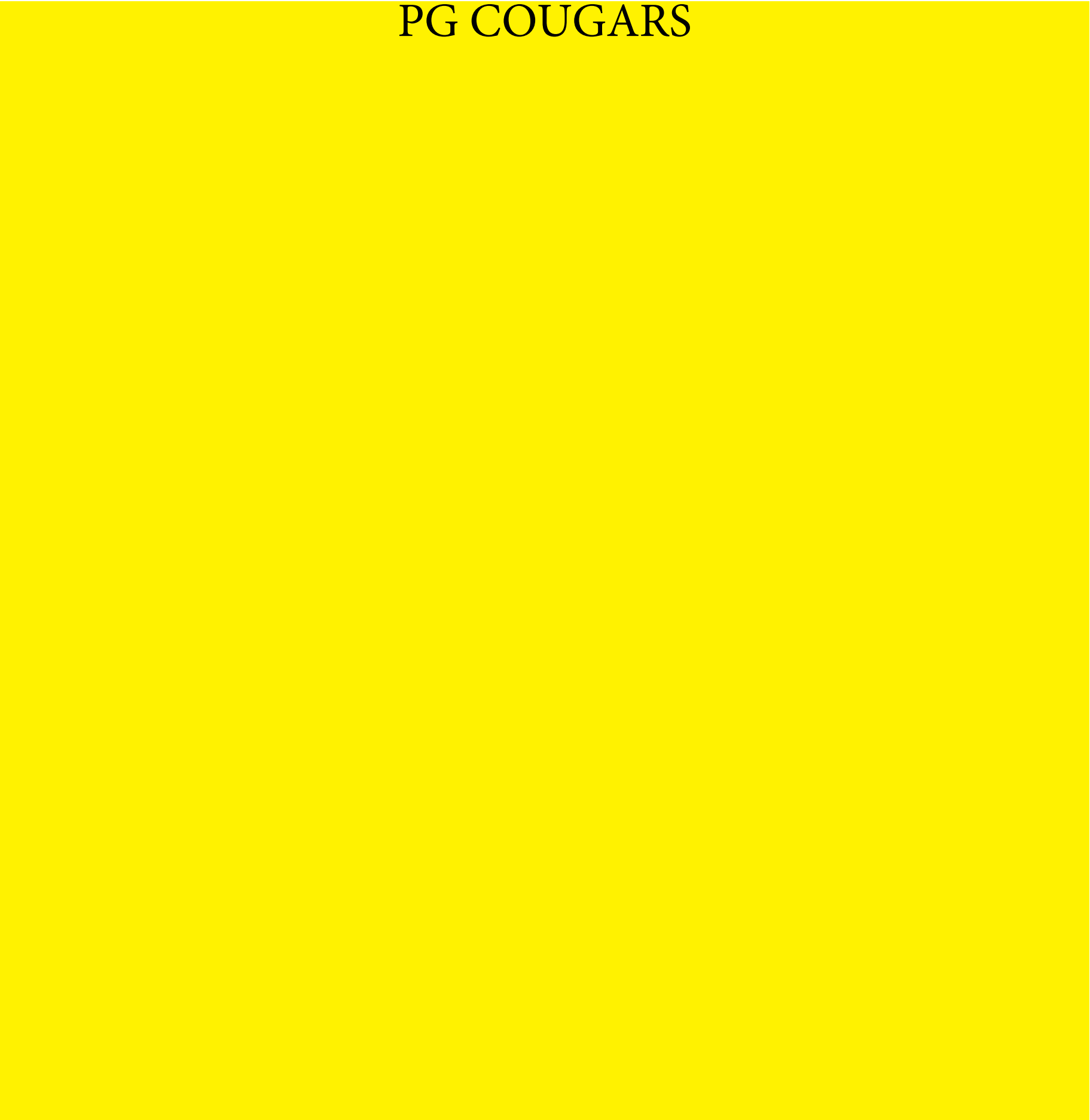
Former NHL defenceman Brandon Manning has taken on a bigger role as director of player development/assistant coach and he'll be with the team for practices, home games and some road games. Former Spruce King forward Sam Muchalla has taken over from Manning as skills development coach. Kris Joyce is back as goalie development coach.

The BCHL has changed its roster rules this year to allow as many as nine 20-year-olds on each team (at least one of the nine has to be a goalie). Each team is required to have at least 10 Canadian players and there is no geographic restriction on the nationality of the rest of each roster.

The Spruce Kings start their BCHL preseason schedule on Saturday, Sept. 6 at Kopar when they meet the Spruce Grove Saints in the first of a weekend doubleheader that resumes on Sunday at 2 p.m.

The regular season starts on the road in Chilliwack on Friday, Sept. 19. The Spruce Kings' home opener is set for Friday, Sept. 26 when they host the Surrey Eagles.

PG COUGARS





PRINCE GEORGE COUGARS PHOTO

Among the rookies in the Cougars's training camp was two-way forward Dade Wotherspoon, the Cougars' first-round pick in 2024, who played in '24-25 with the U18 Warman (Sask.) Wildcats.

Cougars adding new talent to experienced roster

CONTINUED FROM PAGE 34

Ravensbergen heads into his third WHL season knowing his NHL future is now more defined as a first-rounder chosen 30th overall in this year's draft.

"He's the backbone of our team and we know him well," said Lamb. "He's a very popular guy in the dressing room, a fan favourite, and we expect him to be the best goalie in the league right from the start."

The goalie backup battle includes 18-year-old Brady Holtvogt (Humboldt Broncos, SJHL) and 18-year-old Kharkiv, Ukraine native Alexander Levshin, acquired in the 2025 CHL import draft.

Among the intriguing rookies in camp this weekend is two-way forward Dade Wotherspoon, the Cougars' first-round pick in 2024, who played in '24-25 with the U18 Warman (Sask.) Wildcats.

Another one to watch is 17-year-old American forward Jack Finnegan, who played U16 hockey last year for the Sioux Falls Power. The North Carolina native has a scholarship at Miami (Ohio) University lined up for next season.

Townes Kozicky is back for his third WHL camp and was one of the last cuts the Cougars made last summer.

Forward Cohen Baker, chosen 17th overall in this year's Prospects Draft, will miss his first Cougars camp after he hurt his knee in a summer camp. Lamb said the injury is not serious and Baker is expected to resume skating in a few

weeks.

PG boys Kadric Mujcin (fifth round, 2025 Prospects Draft) and Jaxon Larmand (free agent signing from Cariboo Cougars) are getting their first looks as WHL Cougars forwards.

With 82 players invited to camp, the Cougars had five teams scrimmaging Friday, Saturday and Sunday.

"I think we have 20 forwards that can play in the league and 10 (defence-men) and that's without any surprises that we're going to see in camp," said Lamb.

Lamb says he's blessed to have continuity in his coaching/training staff, a group includes associate coach Jim Playfair, a former NHL head coach with the Calgary Flames; assistant coach Carter Rigby; goaltending coach Taylor Dakers; athletic therapist Dave Adolph; and equipment manager Dane Englehardt.

"It doesn't take the load off me but it's the trust factor and the chemistry of working together, I can do the GM job and you never have to worry, it's just been the best situation that we could have, and you kind of need it," said Lamb. "Coaching's a tough business and you're learning and you're teaching and every year you just feel like a kid again.

"I'm so excited about the depth, this is an exciting time for the Prince George Cougars."

The camp wrapped up Sunday with the Rob Charney Cup intrasquad game at CN Centre.

PG COUGARS

Right on target

Vancouver's Nan Yang shoots stage 3 at the International Practical Shooting Confederation's BC Provincial Handgun Championships held at the Prince George Rod and Gun Club Blackwater Range Saturday, Aug. 30. The club hosted the championships, a Level III handgun competition, from Aug. 29 to 31 with a minimum of 18 stages, and also featured a banquet.

CITIZEN PHOTO BY CHUCK NISBETT



Men's Timberwolves suffer first setback of the season

UNBC ATHLETICS

Saturday night in Langley the UNBC Timberwolves (3-1-0) suffered their first loss in 2025 as they dropped a hard-fought 1-0 decision to the Trinity Western Spartans (1-3-0).

The lone goal of the match came from a Charles Nana penalty kick in the 43rd minute. In the UNBC goal, Logan Pierce finished the night with three saves while his counterpart Yeshua Silwambe stopped two UNBC shots to secure the clean sheet.

UNBC came out looking composed and confident, carrying the momentum from Saturday night's 3-2 thriller. Steve Simonson's side dictated the early tempo with patient, purposeful possession, while staying disciplined at the back — limiting Trinity Western to a single shot on target through the first 42 minutes.

The Timberwolves managed the territorial battle well, rarely allowing the Spartans into their defensive third.

Wyatt Lyon tested the keeper twice



MICHAEL EZINGA UNBC PHOTO

The UNBC Timberwolves take on the Trinity Western Spartans on Saturday, Aug. 30.

early, and in the 38th minute, Jamie Wil-dash-Chan nearly broke the deadlock, rattling the right post after receiving a pinpoint Josh Jordan cross. But the breakthrough came the other way.

In the 43rd minute, Logan Pierce and Charles Nana collided while chasing a

loose ball in the box, and the referee pointed to the spot. Nana stepped up and buried the penalty, giving Trinity Western the 1-0 lead heading into the break.

The second half turned into a cagey, defensive grind, with Trinity Western

content to sit on their one-goal cushion. The intensity amped up as the minutes ticked away, with Isaac Tate and the Spartans' Gabriel Moore frequently tangling in midfield.

In the 66th minute, their ongoing battle boiled over, and both were shown yellow after a heated exchange deep in UNBC territory.

The tension spiked again in the 87th minute when Charlie Beauvais was originally shown yellow, but then had it switched to red for a heavy challenge just outside the Timberwolves' penalty area.

Down to ten men, UNBC struggled to manufacture a meaningful look at goal, and when the final whistle blew, Trinity Western had their first win of the campaign — handing the Timberwolves their first loss in the process.

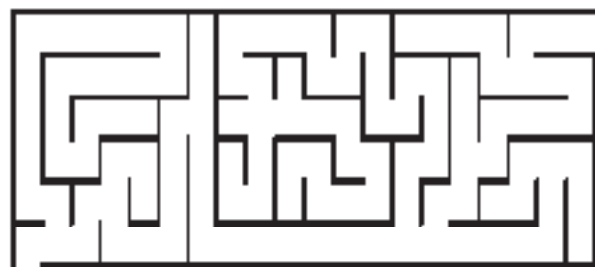
Despite the setback, Steve Simonson's side can take confidence from a solid road split and will aim to carry that momentum into next weekend's Island trip for a two-match set against the Victoria Vikes.

Just Like Cats & Dogs

by Dave T. Phipps

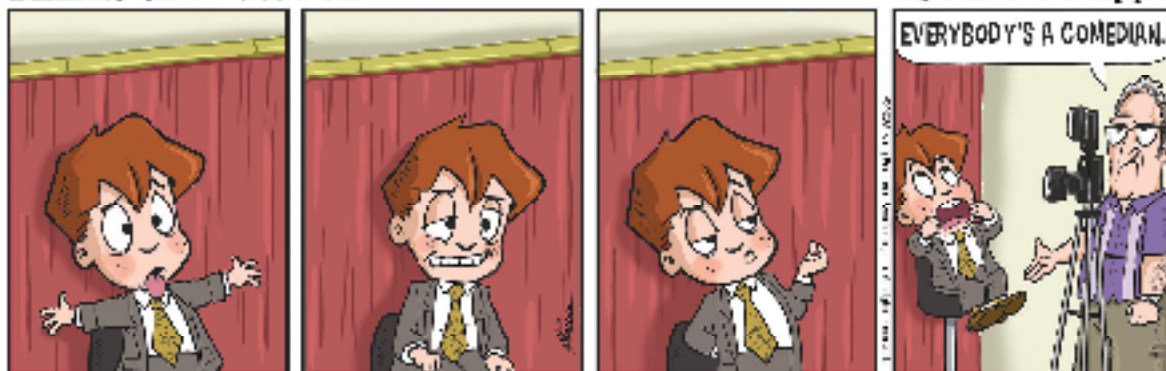


Kids' Maze



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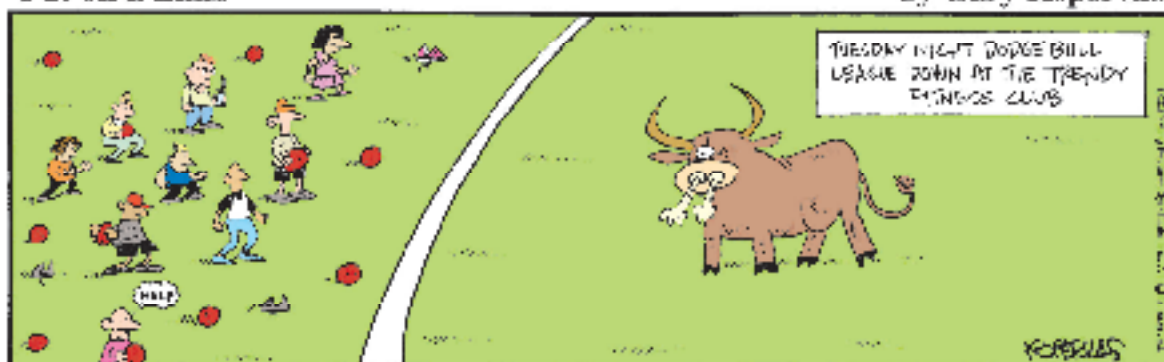
Amber Waves



by Dave T. Phipps

Out on a Limb

by Gary Kopervas



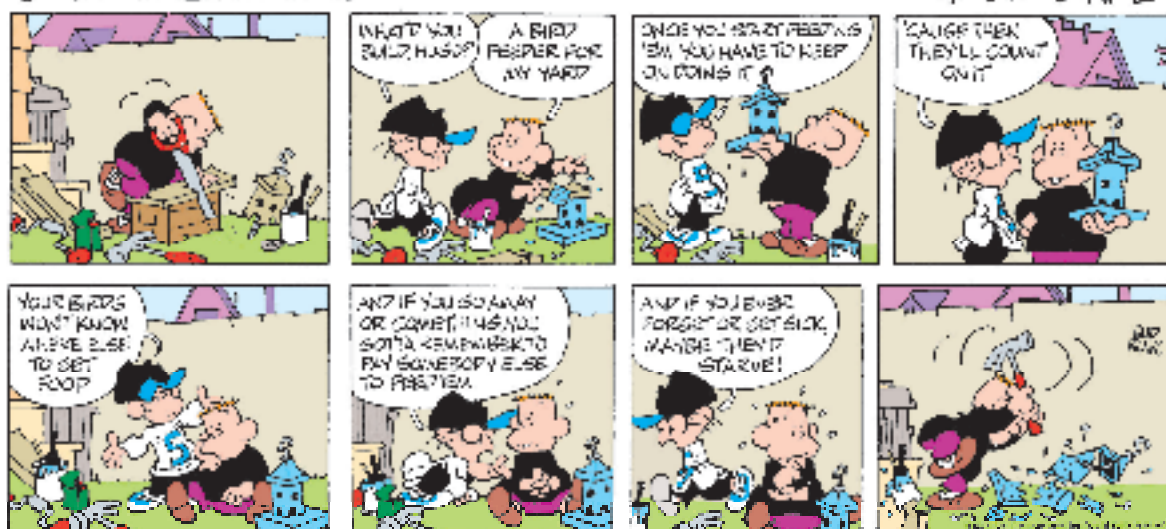
The Spats

by Jeff Pickering



TIGER

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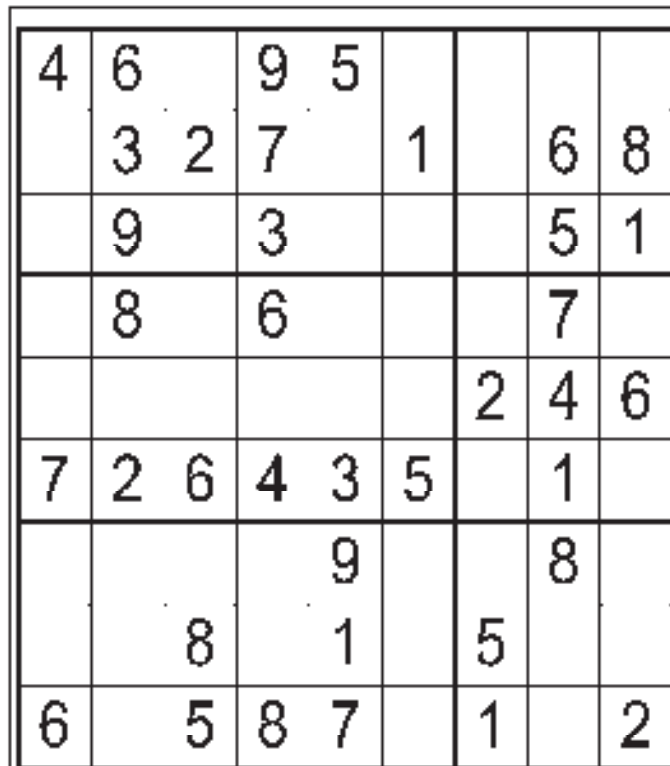
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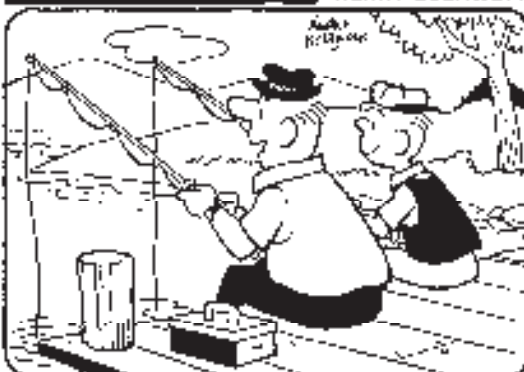
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BY
HENRY BOLTINGOFF



Find at least six differences in details between pictures.



It is important to observe as you go. It is not enough to look at the picture and then try to find the differences. You must observe as you go.

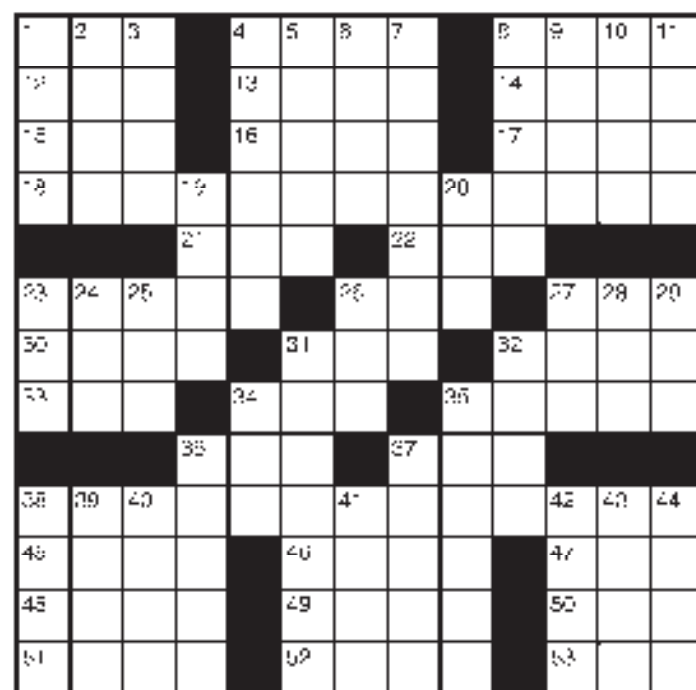
MAGIC MAZE • — VIEW

S M J T N A S A L L P H E B N
Y V F Q O I P I G D A H Y L I
W I R P M K O I I D N B A N A
Y W I I R I A R P O I P E I
U S Q O Y O N M K I R I E T N
P D B Z I E T X W E A L O A U
U S Q O G E S W A I M N D V O
L I R A L L O D N O I L L I M
H P D C R F A R Y C W E R S
V I S Q L L E N I P N I P I
K I H D F E C D Z Y B W F V U

Find the escape words in the diagram. They run in all directions. Forward, backward, up, down and diagonally. Listed clockwise from top-left: GRASSY PLAIN

Aerial	In pain	Page	Private
Bird's eye	Milkshake	Paranoid	Side
Field of	Minister	Peas in	World
in full	Out of	Points of	

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ACROSS

- 1 Pitcher's pride
4 Country great
McEnroe
8 Chew (on)
12 Singer Flaminio
13 Holiday lead-ins
14 Paragonale
15 Belief
16 Tide variety
17 Camer's partner
18 Dick Tracy's sweetie
21 Method
22 Gase tooth
23 Daisy post
26 "Incidentally," in a book
27 Less
30 Crooked

DOWN

- 1 Landed
2 Valentine flower
3 Fall blossoms
4 Tourist's car
5 Without exception
8 Sailor
7 Features
8 "Poor Gyrat Suite"

- composer
8 Bright star
10 Say it's so
11 Compass point
19 Booty
20 Explanation
23 Calif. clock setting
24 Water (Fr.)
25 Blaster's nose

- 31 Hoop, mean
32 Pizzazz
33 Boy king
34 Coach Parmeghian
35 Used a stopwatch
36 "Exodus" hero
37 007 creator Fleming
38 Classic Hank
Williams song

- 45 Dutch cheese
46 Ovid's 53
47 "Apoor upon thee!"
48 Jaramacher Strauss
49 Hallow rival
50 Mimic
51 Feature ally, to exam
52 Big rig
53 Scarlet

- 26 Bikini top
27 Time jewel
28 Enzyme suffix
29 British "Inc."
31 Baltimore
baseballers
32 Fan publication
34 Rainbow
35 Seaweed pasta

- 36 Face up
37 Figure of speech
38 Prison room
39 Praiseful pieces
40 Volcanic flow
41 Low-calorie
42 Miles away
43 Fledgling for harvest
44 Ticked (off)

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Life Events



Logan Robert Reginald Garber

May 21, 2006 - July 20, 2025

It is with profound sadness that we announce the sudden passing of Logan Robert Reginald Garber on July 20, 2025, at the age of 19.

Logan was born on May 21, 2006, in Prince George, B.C.

He is survived by his loving parents, Monte and Jello, and his sisters, Larissa and Megan. Logan will also be deeply missed by his grandmother (Mama) Marilyn Garber, and grandparents Walter and Christine Bishop, as well as numerous aunts, uncles, and cousins.

Logan was truly one of a kind—a young man with a kind soul and a big heart. He will be remembered always with love and gratitude.

A celebration of life will be held on September 14, 2025, at the Columbus Community Center, 7201 St. Lawrence Ave, from 1-4 p.m.

All who knew and loved Logan are welcome to attend.

Logan's absence leaves an immeasurable void, but his spirit will live on in the hearts of his family forever.



Shirley Sylvia Karin Korpela

May 31, 1949 - August 20, 2025

It is with great sadness, that we announce the recent passing of our mother, Shirley Sylvia Karin Korpela, on August 20, 2025.

Shirley passed peacefully surrounded by family at UHNBC Hospital in Prince George BC.

Shirley was born May 31, 1949, in Port Arthur, Ontario, now known as Thunder Bay. While in Ontario, Shirley met Gordon Wall and together they had 5 children. After several years in Ontario, they moved to British Columbia and Shirley settled in the town of Prince George.

It is widely known by friends and family that Shirley was known for her kindness, good heart, and an exceptional potato salad. Shirley enjoyed visits from friends and family and was always willing to help those in need.

Shirley is survived by her sister, Eva Korpi, her three sons: Darrell Wall (Terry), Alan Wall, Kevin Wall (Marilyn), her two daughters: Lori Tremblay (Roger), Sharon Wall, and several grandchildren and great grandchildren.

Shirley will be missed by all those whose lives she touched. A celebration of life will be held by family and friends.



Raymond Bencher

April 6, 1939 - August 16, 2025

It is with deep sadness and loss we his family announce the passing of Raymond Bencher.

Roy is survived by his wife of 62 years, Emily, his son Don, granddaughters, Saylor Payne, Storm Payne, Bailey Bencher, brother Frank Bencher Jr.

Roy was predeceased by his daughter Nona in 2008, by his parents Frank Sr., and Vernie, siblings Al, Ron and Gloria.

No service by request.



View local Obituaries

*Scan here
to view
online*





Amanda Wium

Amanda was born on October 21, 1926, in Herbert, Saskatchewan. She was predeceased by her parents, five siblings, and two husbands.

She is lovingly remembered by her daughter, Sarah Gilchuk (Allen) of Kamloops, BC; her son, John Bell (Lynn) of Red Deer, Alberta; her grandchildren, Didi, Shawn, Curtis, and Carey; and her great-grandchildren, Megan, Michelle, Bradley, Ryan, Bryan, and Savannah.

Amanda married John Henry Bell on March 17, 1947. She worked for many years as a presser at Sterling Cleaners in Red Deer, Alberta. In her younger years, she loved sewing, making wine, and gardening.

On December 23, 1971, Amanda married Elmer Wium in Prince George, BC. After Elmer's retirement, they moved to the Salmon Arm area. They shared a wonderful 35-year marriage together.

To leave an online message of condolence, please visit www.bowersfuneralservice.com

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Sekani Forest Products

Public Notice: Forest Operations Map Review and Invitation for Comment.

Public Notice: Forest Operations Map Review and Invitation for Comment.

In accordance with the Forest Range and Practices Act, Sekani Forest Products and Spectrum Resource Group invites the public to review its Forest Operations Maps (FOM ID: 2496) in the Mackenzie Natural Resource District. The FOM describes areas proposed for Cutting Permit and Road Permit development within the next three years starting on September 14th, 2025, and ending on September 13th, 2028. We welcome your comments and feedback during the review period starting August 14th, 2025. Please, submit your comments by September 13th, 2025.

The map is accessible for review and comment submission online at:
<https://forms.wrs.gov.bc.ca/public/projects/publicNotices>

Alternatively, in-person review and comments can be scheduled and completed at the following location during regular office hours (Monday - Friday, 8:00 AM - 4:00 PM):
1960 Robertson Road, Prince George, BC, V2N1X6



Sekani Forest Products Ltd.



Forest Stewardship Plan Amendment

**AMENDMENT REQUIRING APPROVAL
2017 FOREST STEWARDSHIP PLAN (FSP 2)
Prince George & Stuart Nechako Natural Resource
Districts**

Canadian Forest Products Ltd. (Canfor), Tankul Timber Ltd., Tahiti Truck & Timber Ltd., Hampton Lumber (Fort St. James Forest Products General Partner Ltd.), and Dunkley Lumber Ltd., Sasachan Development Corporation, and Carrier Lumber Ltd. have prepared an Amendment Requiring Approval (ARA) to their Joint Forest Stewardship Plan (FSP) for operations in the Prince George and Stuart Nechako Natural Resource Districts. The Amendment is available for public review starting on August 21, 2025.

Amendment ARA-017 is required to add Forest Licenses A98534 and A99206 into the Forest Stewardship Plan.

In accordance with the Forest Planning and Practices Regulation, Amendment ARA-017 is available for public review and comment from August 21st to September 22nd, 2025 at the following locations during regular office hours (8:00 am to 4:00 pm):

Tahiti/Tennish Timber Ltd. (A98534):

Deborah Thompson, 61 Sekani Drive, General Delivery,
McLeod Lake, BC, V0J2G0
(dthompson@sekani.ca)

Kani Forest Tenure Limited Partnership (A99206):
C/O Darryl Volk, KDL Resource Management, PO
Box 19, 561 Stuart Drive, Fort St. James, BC, V0J1P0
(dvolk@menkiresources.com)

Representatives will be available to discuss the proposed amendment and to receive comment(s).

If an interested party is unable to review the Amendment (ARA-017) during regular business hours, please contact us by phone or in writing to arrange a suitable time.

BC Timber Sales Prince George

INVITATION TO COMMENT – FOREST OPERATIONS MAP

The public is invited to review and comment on BC Timber Sales Prince George (BCTS TPG) Forest Operations Map, showing proposed road construction and cut block development under Forest Stewardship Plan #24 within Forest Development Units in the Mackenzie Forest District. This map will be valid for the operating period from November 5, 2025 to November 5, 2028. During the operating period, the Timber Sales Manager may invite applications for Timber Sale Licenses for the harvesting of cut blocks shown on the map and apply for road permits to construct roads shown on the map.

The map is available for public review and comment online, at:
fom.nrs.gov.bc.ca/public/projects

The map is also available for in-person review and comment by appointment at the BCTS TPG office, Monday to Friday from 8 a.m. to 4:30 p.m., at:

BC Timber Sales Prince George
2000 Capla Blvd 5
Prince George, B.C., V2N 4W5
Telephone: 250 614-7400

Comments will be accepted from October 5 to November 4, 2025. Comments may be submitted online at fom.nrs.gov.bc.ca/public/projects, emailed to tpg.ref@gov.bc.ca, delivered in-person to the address above during business hours, or mailed to the address above to the attention of Jonathan Taylor.

If you have questions or require assistance, please contact: Jonathan Taylor, Planning Officer, by phone: 250 640-4366, or email: tpg.ref@gov.bc.ca



IN THE MATTER OF THE BANKRUPTCY OF CRAIG DURAND SUMMER

NOTICE is hereby given that Craig Durand Summer filed an Assignment in Bankruptcy on August 21, 2025, and that John S. Beverley & Associates Inc. was appointed as Trustee. The first meeting of creditors will be held on the 18th day of September, 2025 at the hour of 11:30 o'clock in the morning, at the office of the Trustee, 1240 5th Avenue, in the city of Prince George, in the Province of British Columbia.

Dated at Prince George, BC
this 22nd day of
August, 2025.

 **JOHN S. BEVERLEY
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Licensed Insolvency Trustee

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Pets in history: Heroic dogs and cats

DEAR PAW'S CORNER:
Thank you for discussing war dogs and their service with our armed forces. Can you highlight some non-military canine heroes, too? – Jim F., San Diego

DEAR JIM: Absolutely!
Dogs have been performing heroic feats for as long as they've been our companions. But only a few have made it into the history books. Here are a few that some readers may not have heard of:

Balto and Togo: In January 1925, a diphtheria outbreak threatened the population of Nome, Alaska. To deliver lifesaving serum, teams of sled dogs relayed 500 miles across ice and snow in treacherous weather. Togo led his dog team across the longest, most dangerous part of the relay. Balto, a young and inexperienced husky, sprinted through fierce winds to reach the town in record time. Today, their journey is commemorated each year with the Iditarod sled race.

Riley: A Golden Retriever search-and-rescue (SAR) dog who became the face of SAR dogs in the wake of 9/11. At one point, Riley was sent alone in a basket over a 60-foot chasm to search the wreckage on the other side. He was

one of many dogs who searched the World Trade Center rubble to recover those lost. Riley died in 2010, suffering various health problems, possibly from his time at Ground Zero.

Buddy: In 1928, this German Shepherd became the first Seeing Eye dog in the United States. Born in Switzerland, she (yes, Buddy was a she) was trained by Dorothy Harrison Eustis, who ran a kennel that trained military and police dogs. Eustis matched Buddy to Frank Morris, a sight-impaired man from the U.S. Morris championed the use of Seeing Eye dogs, demonstrating Buddy's skill at leading him across busy Manhattan streets.



1. Name the artist who released "What Becomes of the Broken Hearted."
2. Which song has the phrase "I know" 26 times in the lyrics?
3. Levi Stubbs was lead singer for which Motown group?
4. Name the artist who penned and released "Thunder Island."

Answers;

1. Jimmy Ruffin, in 1966. The song was written to give to the Spinners, but Ruffin's version did well reaching No. 6 on the R&B chart.
2. "Ain't No Sunshine," by Bill Withers in 1971 on his debut album. The repeating "I know" was a placeholder for lyrics Withers intended to write, but he was talked out of it.
3. The Four Tops. Stubbs sang lead on "Baby I Need Your Loving" and "It's the Same Old Song" and dozens of others. The group was inducted into the Rock & Roll Hall of Fame in 1990.
4. Jay Ferguson, in 1977.



Moments in time

On Sept. 15, 1916, British troops employed tanks for the first time in history, during an offensive against the Germans during the Battle of the Somme. While some were too slow to hold their positions during the German counterattack and were subject to mechanical failure, General Douglas Haig realized their

potential and ordered the war department to produce hundreds more.

* On Sept. 16, 1845, Phineas Wilcox was stabbed to death by fellow Mormons in Nauvoo, Illinois, on suspicion of being a Christian spy. The crime reflected the frequently violent conflict between the Church of Jesus Christ of Latter-day Saints and surrounding communities.

* On Sept. 17, 1967, British rock band The Who ended their nationally televised performance of their hit “My Generation”

on “The Smothers Brothers Comedy Hour” with a literal bang from a blast of fireworks that Keith Moon had packed into his bass drum. Guitarist Pete Townshend’s hair was badly singed, Moon’s arm was hit with shrapnel and the show was momentarily knocked off the air, but everyone survived intact.

* On Sept. 18, 1974, actress Doris Day won a \$22.8 million malpractice suit against her former attorney. Day had allowed her third husband, Martin Melcher, to handle her finances, but

following his death discovered that her \$20 million in life savings had disappeared, and sued her lawyer for mismanagement.

- * On Sept. 19, 1959, during a trip to California, Soviet premier Nikita Khrushchev's famous temper displayed itself in his exasperated reaction to learning that he could not visit Disneyland, as he'd previously requested, due to government authorities fearing that the crowds would pose a safety hazard for him.

HOROSCOPES



ARIES (March 21 to April 19) An offer to help with a stalled project should reassure you that you have a workable plan in spite of the problems in getting it up and running. The weekend brings more positive news.

TAURUS (April 20 to May 20) A past problem about a workplace situation reemerges early in the week. Talking things out helps ease tensions by midweek, but some hurt feelings could linger for a few more days.

GEMINI (May 21 to June 20)
Optimistic aspects dominate your efforts. However, expect to confront criticism, some of which might be valid, so keep an open mind. But overall, it's your views that will count.

CANCER (June 21 to July 22) Social interaction with new people, especially on the job, could be a bit strained in the early part of the week. But the awkwardness passes as you get to know each other better.

LEO (July 29 to August 22) Expect news about a follow-up to a workplace change that could make a difference in your career path. Meanwhile, new friends widen the circle for all you social Lions who love to party.

VIRGO (August 23 to September 22)
Enjoy your well-earned plaudits for a job well-done. But be aware that some people might not share your colleagues' admiration, and you might have to work harder to win them over.

LIBRA (September 23 to October 22) It's a good week to recheck your probably already overlong to-do list and decide what to keep and what to discard. Lose the clutter and focus your energy on what's really important.

SDORPKO (October 23 to November 21) This is a good time to take a new perspective on what you've been offered. Expanding your view could help to uncover any pluses or minuses that weren't apparent at first.

SAGITTARIUS (November 22 to December 21) Applying the usual methods to this week's unique challenges might not work too well. Instead, use your creativity to find a way to resolve any impasse that develops.

CAPRICORN (December 22 to January 19) So what if fate throws some obstacles in your path this week? Just keep in mind that the sun-fueled and resolute Gox can get past any barrier by focusing on the goals up ahead.

AQUARIUS (January 20 to February 18) This week calls for better communication with people in both your private life and the workplace. Start by asking questions, then pay close attention to the answers.

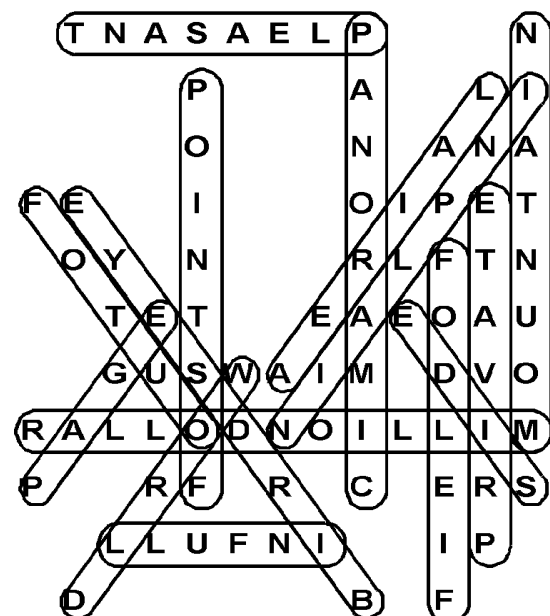
PISCES (February 19 to March 20)
Potentially beneficial workplace changes could be closer than you realize. Make sure you know what's going on so that you're not left high and dry when the good things happen.

Solution time: 21 mins.

A	R	M		R	E	B	A		G	N	A	W
L	O	U		E	V	E	S		R	O	V	E
I	S	M		N	E	A	P		I	V	E	S
T	E	S	S	T	R	U	E	H	E	A	R	T
			W	A	Y		C	O	G			
P	E	T	A	L		B	T	W		G	A	L
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C	O	L	D	C	O	L	D	H	E	A	R	T
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L	S	A	T		S	E	M	I		R	E	D

Answer

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

— **VIEW**

Homes & Living

Preparing Your Yard for Fall



As the warmth of summer fades and the crisp air of fall begins to settle in, it's the perfect time to prepare your yard for the upcoming season. Autumn is more than just a transition; it's an opportunity to strengthen your lawn, garden, and outdoor spaces so they remain healthy through the winter and flourish again in spring. A little preparation now will save you time and effort later, ensuring your yard is both attractive and well-maintained.

Clean Up and Remove Debris

One of the first steps in preparing your yard for fall is to clear away debris. Rake fallen leaves regularly to prevent them from smothering your lawn, as thick layers can block sunlight and trap moisture, leading to mold or

disease. Don't overlook branches, dead plants, and garden litter. By removing these items, you create a healthier environment for grass and plants to thrive. You can compost leaves and clippings, turning what might seem like waste into valuable nutrients for future gardening.

Care for Your Lawn

Fall is an ideal season to give your lawn extra attention. Start by aerating your soil to reduce compaction and allow water, oxygen, and nutrients to penetrate deep into the roots. Overseeding is another beneficial task, as it fills in bare patches and creates a lush lawn for the following year. Applying a fall-specific fertilizer ensures your grass builds strong root systems

before winter dormancy sets in. Keep mowing until the first hard frost, but gradually lower the mower blade so the grass is shorter going into winter.

Tend to Your Garden Beds

Your flower and vegetable beds also need preparation. Remove annuals that have finished their life cycle, and cut back perennials to encourage healthy regrowth next season. Fall is the right time to plant spring bulbs such as tulips, daffodils, and crocuses, which will reward you with vibrant color when winter finally ends. Mulching garden beds is another smart step, as it insulates plant roots from freezing temperatures, retains soil moisture, and reduces weed growth.

Prune and Protect Trees and Shrubs
Inspect trees and shrubs for dead or damaged branches, and prune them carefully before heavy snow or wind causes them to break. Shrubs and young trees can benefit from extra protection, such as wrapping them with burlap or using tree guards to shield against harsh cold and wildlife. Taking these steps ensures your landscaping remains strong and healthy even in the most challenging conditions.

Prepare Outdoor Features

Don't forget about outdoor structures and equipment. Clean and store garden tools to prevent rust, and drain garden hoses to avoid freezing and cracking. Outdoor furniture should be covered or stored indoors to extend its life.

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If you have a deck or patio, sweep it clear of leaves and debris, and consider applying a protective sealant before winter moisture sets in.

Plan Ahead

Finally, fall is a great time to think ahead. Evaluate which plants thrived during the summer and make notes for next year’s garden. Consider adding shrubs or trees that offer autumn color,

giving your yard a vibrant look every fall.

By investing a little effort now, you’ll protect your yard through the colder months and set the stage for a beautiful, thriving outdoor space in the spring. Preparing your yard for fall ensures that your property stays healthy, organized, and ready for every season.



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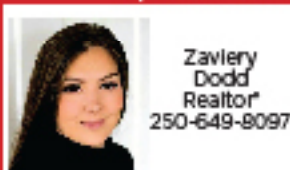
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