

APRIL 2023

# Stewart News

District of Stewart Newsletter



## Newsletter Highlights

Free Mental Health Workshop for Youth

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High Ground Hike

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Earth Month



## High-speed internet access coming to Stewart!

The province is investing as much as \$3 million, along with a \$870,000 investment from Meziadin Junction Limited Partnership, toward a project to bring reliable, high-speed internet access to more than 500 households in Stewart and Gitanyow. The Algyax Anuuhlx (Talking Drums) project will be built and operated by Meziadin Junction Limited Partnership, a company owned by Gitanyow First Nation, in partnership with Sienna Networks.

“Once complete, the infrastructure will provide people and businesses in Gitanyow and Stewart with better access to learning, jobs, services like telehealth and a wealth of local and global economic opportunities,” said Lisa Beare, Minister of Citizens’ Services.

The project will build new network infrastructure serving residents in the communities. Once complete, the infrastructure will enable access to high-speed broadband internet speeds of more than 50 megabits per second (Mbps) for downloads, and 10 Mbps for uploads.

“Stewart welcomes the opportunity to have high-speed internet brought to every home in our community,” said Angela Danuser, mayor, District of Stewart. “Regardless of where we live, connectivity is essential, and thanks to the investment by Meziadin Junction Limited Partnership and the investment by the Province, this secure high-speed internet will improve the daily lives of residents and business in both Stewart and Gitanyow. Living in a remote northern community presents many challenges. Having reliable high-speed internet will help to build our community and provide that much needed link to the rest of the world.”

## DISTRICT OFFICE CLOSURE

**APRIL 7 & 10**

(Good Friday & Easter Monday)

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## COUNCIL MEETING DATES

**APRIL 11 & 24 - 7 PM**

Meetings will be held in Council Chambers at 705 Brightwell Street

# LIVING LIFE TO THE FULL COURSE FOR YOUTH



## Join a Living Life to the Full course



**WHERE:** Online Via Zoom  
**WHEN:** April 6th to May 25th - every Thursday from 5:00pm to 6:30pm  
**WHO is eligible:** youth ages 13-18 living in BC  
**HOW do I sign up?** Scan QR Code or visit our website

[livinglifetothefull.ca](http://livinglifetothefull.ca) | [lltf.bc@cmha.bc.ca](mailto:lltf.bc@cmha.bc.ca)



## Join a Living Life to the Full course



**WHERE:** Online Via Zoom  
**WHEN:** April 4th to May 23rd - every Tuesday from 5:00pm to 6:30pm  
**WHO:** Young Adults - ages 18 to 25 in BC  
**HOW do I sign up?** Scan QR Code or visit our website

[livinglifetothefull.ca](http://livinglifetothefull.ca) | [lltf.bc@cmha.bc.ca](mailto:lltf.bc@cmha.bc.ca)



Living Life to the Full is a mental health promotion program and it is for everyone! Whether you are just curious or are dealing with stress, you can benefit from the tools the program offers. Group-based and led by a youth-certified facilitator, it equips youth with the skills they need to face challenges in life and become more resilient. The course includes fun activities and group challenges to help youth practice and develop their skills.

Register for free today using the QR codes above or visit [livinglifetothefull.ca](http://livinglifetothefull.ca)

## COMMUNITY SERVICES - HOURS OF OPERATION

\*\* Hours are subject to change \*\*

**Border Town Residents Society (Thrift Store)**  
 720 King St (Old Pool Building)

Thursday 5 PM - 7 PM  
 Saturday 1 PM - 3 PM

Pat: 250-636-2767 / [patriciagrue@hotmail.com](mailto:patriciagrue@hotmail.com)

**Bottle Depot**

Thursday 5 PM - 7 PM (Old Pool Building)

Pat: 250-636-2767 / [patriciagrue@hotmail.com](mailto:patriciagrue@hotmail.com)

**Food Bank Contact**

To receive a monthly or emergency food box, please contact Pat at 250-636-2767

**Stewart Community Connections**  
 (613 6th Ave)

Community Meals Program- twice monthly meals/soups (or as needed)

Please call 250-636-2090 for more information

**Golden Triangle Gym (613 6th Ave)**  
 Open 365 days 24/7

**STEWART MUSEUM / STEWART HISTORICAL SOCIETY (703 Brightwell St)**  
 Mon, Wed & Fri - 11 AM - 3 PM

**Stewart Public Library (222 5th Ave)**  
 Monday to Friday: 1 PM - 5 PM

**Transfer Station (1140 Sluice Box Rd)**  
 Tuesday & Thursday - 12 PM - 6 PM  
 Saturday - 12 PM - 4 PM  
 See [www.rdks.bc.ca](http://www.rdks.bc.ca) for holiday hours



## THE BEARS ARE COMING!

Before they arrive, let's learn a little about *Ursus arctos horribilis*, the grizzly bear:

Grizzly bears are omnivorous mammals with vegetation making up about 70% of their diet. When bears emerge from their dens in April, they seek out lush greens such as grasses, sedges, horsetails, cow parsnip and other protein-rich fresh growth. They are one of the few animals that will feed on the tubers of skunk cabbage. Once berries ripen, bears will switch to these high calorie foods. Coastal bears will take advantage of spawning salmon runs and subalpine berries. Interior bears will seek out the bulbs of lilies and dig up ground squirrels. Other foods include insects (especially the larvae), carrion and sometimes young deer, elk or moose.



Bears will travel up and down in elevation as different foods become available. They will seek and dig out den sites that receive good snow cover for insulation. Bears have a sense of smell far greater than that of dogs and can locate food over one kilometre away. Their eyesight and hearing is as good, or better, than humans and they are adept at spotting fish underwater. The myth that bears have poor eyesight has likely arisen from their habit of standing as if to get a better look. What is more likely is that the bear is standing to pick up a scent. They are also excellent swimmers.

Mating occurs from late May to early July and both males and females may have multiple mates. Grizzly bears have delayed embryo implantation; a process where the embryo only implants in the fall. This only occurs if the female has sufficient fat reserves in order to nurse her young. Females can give birth to one to four offspring, weighing about 500 g, typically in late January to February. The sow will nurse them and the cubs will typically emerge in late April. Females will care for their young for at least two years and the female will typically chase them off in June of their third year.

Grizzly bears can live to over 30 years in age and have few predators, but 15 to 20 is more typical. Mortality rate for cubs tends to hover around 50%. Young cubs are killed by other black bears, grizzly bears, wolves, coyotes and cougars. Adult grizzly bears have few predators except for grizzly bears and wolves.

To learn more about grizzly bears in BC, visit <https://wildsafebc.com/species/grizzly-bear/>

## HIGH GROUND HIKE

*Tsunami Preparedness Week*

Just like fire drills, it is important for coastal B.C. communities like Stewart to practice how to stay safe in the event of a tsunami. Sunday, Apr. 9 kicks off Tsunami Preparedness Week in B.C. and Stewart is hosting a High Ground Hike on to educate people about Stewart's tsunami areas, how you will receive information about a potential tsunami, and where to find higher ground.

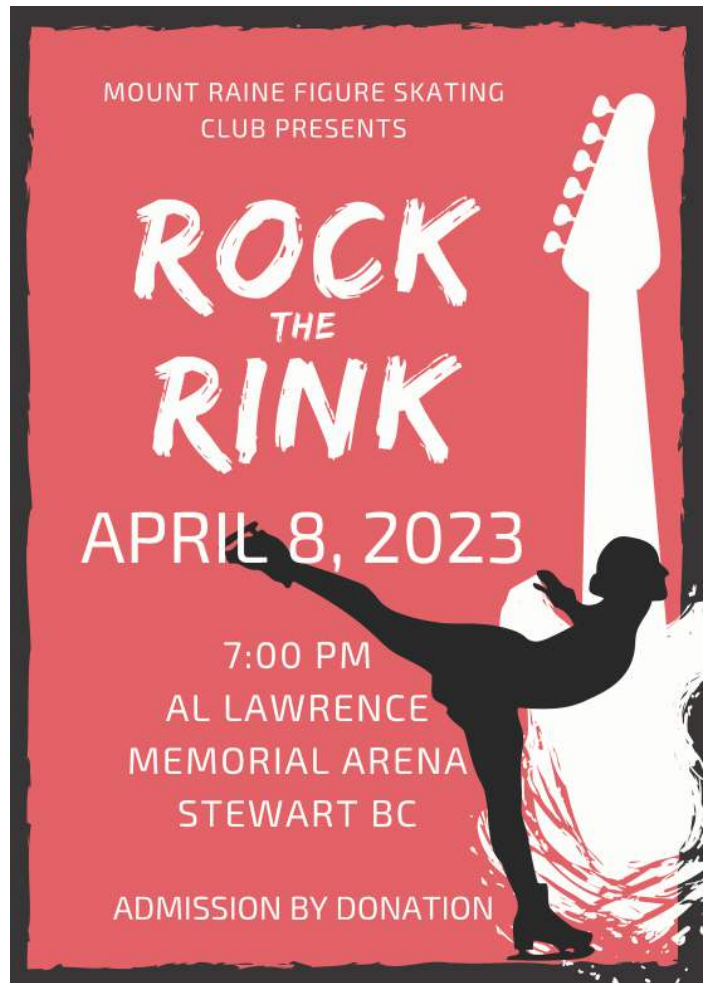
B.C. is a seismically active province and most coastal communities like Stewart are at risk for tsunamis caused by undersea earthquakes or even a volcanic eruption, like the one observed near the Tonga Islands on Jan. 14, 2022.

Stay tuned for more information.



APRIL 2023

## COMMUNITY EVENTS IN STEWART



### STEWART EARTH DAY

April is Earth Month, a time to raise environmental awareness. It serves as a conscious reminder of how fragile our planet is and how important it is to protect it. It is also something the entire family can celebrate together in a variety of ways at home and in the community.

Mark your calendar! The Stewart Museum is hosting Stewart Earth Day event on April 27, 2023. Refreshments will be provided. Stay tuned for more information.

### APRIL EVENTS

- 5 Easter Basket Silent Auction @ 4pm  
Hosted by Stewart Public Library | Tickets on sale now
- 5 Book Club Night for Adults @ 6pm  
Hosted by Stewart Public Library
- 6 Easter Crafts (Pool Building)  
Hosted by Stewart Public Library | Kids 12 & Under 3:30-4:30pm | Teens 13+ 5-7pm
- 8 "Rock the Pink" Figure Skating Event @ 7pm (Arena)  
Hosted by Mount Raine Figure Skating Club
- 8 Annual Easter Egg Hunt (Time and Location: TBD)  
Hosted by Bear Valley School and Stewart Community Connections Society

9-14 High Ground Hike  
Hosted by District of Stewart

15 Bingo Night (Arena)  
Hosted by Stewart Public Library

15 Stewart Public Library Raffle  
"Smithers Weekend Away & Terrace Night Out"  
Hosted by Stewart Public Library | Purchase tickets at the Library | Winner announced after Bingo at 10pm

27 Stewart Earth Day (Memorial Park)  
Hosted by Stewart Museum

