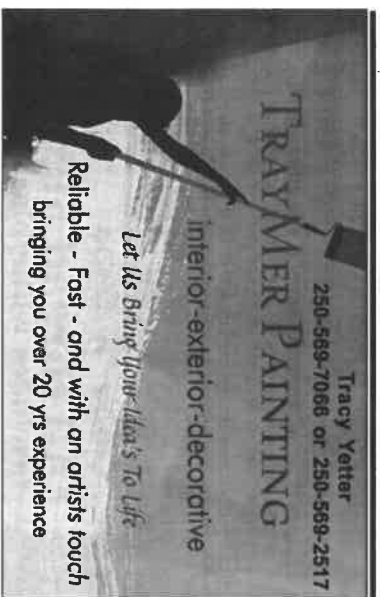


**Employment Assistance Service
Robson Valley Support Society**

**NEED A JOB?
NEED A WORKER?**

Contact Bob Thompson 569-2266

Funded by the
Province of British Columbia



**McBride
Community Forest
Corporation**

Reminder: Grant application deadline

The MFCFC Grant Sub-Committee wants to remind the public that it is accepting grant applications. The deadline for the winter intake of grant applications is January 31, 2013. For more information or a copy of our grant application form please contact:

Sarah Taylor
McBride Community Forest Corporation
Phone (250) 569-2229

Or, visit our website at www.mcbridecommunityforest.com

FOR SALE

**2006 Pontiac Torrent
fully loaded, 2 sets of tires
and rims, \$9500.
Phone 250-569-4489**



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Zoom Whitening, Tooth Gems
& other Preventive Treatments

Registered Dental Hygienist Servicing Valemount,
McBride, Blue River & Jasper.

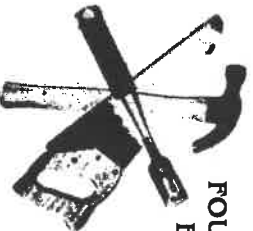
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HEAVY HAULING
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Best Rates In Town



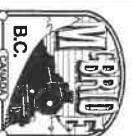
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Paper



Serving BC's Friendliest Town and Area!!!

For the week of *Wednesday, January 16th, 2013*

MGBRIDE BIG COUNTRY

McBride Big Country Snowmobile Association is hosting Snowwandmud.com's Mountain Mania on January 18th (Meet and Greet/Thunderstruck Movie Premiere) and 19th (Banquet by the ladies of the Royal Purple and Dance featuring Sound Explosion) at the Robson Valley Rec Centre. All are welcome to attend. Tickets to this event are \$35.00 and are available at Spindrift Power Sports or through www.snowwandmud.com Locals wishing to attend just the dance (\$5.00) can obtain tickets at Spindrift. Ticket numbers are limited and will not be sold at the door.

PRAYER FOR CHRISTIAN UNITY 2013

Everyone is invited to a service of Christian Unity, this year to be held at St. Patrick's Catholic Church on Wednesday, January 16th at 3pm. This Ecumenical Prayer Service is prepared by the Canadian Council of Churches. The offering that will be taken up will be shared between the Canadian Council of Churches to offset costs of materials, and the local Food Bank. All faith backgrounds are welcome.

THANK YOU

A big THANK YOU to everyone who participated in the Chamber Shop Local rewards program. Merchants will no longer be handing out cards as of the 15th, however there is still plenty of time to get your cards in to the draw box at Scotiabank or at the train station. If you have a number of cards that are not completely filled out, bring them to the station and we will consolidate them for you! The prize draw is during our AGM on Wednesday, January 23rd. In order for us to collect your cards, please have them dropped off by end of business Tuesday, January 22nd. Thank you again for shopping locally! A reminder that our AGM is Wednesday, January 23rd in the E-Free Church Hall - Meet and Greet at 6:00pm, meeting at 7:00pm - everyone welcome.

Thank you - Robson Valley Community Forest! The following community sports teams would like to thank the McBride Community Forest for their continuous support by sponsoring an annual liability insurance. By doing this it allows many community sports groups to offer a lower registration cost or to not charge at all. Thanks again, Robson Valley Youth Softball, Robson Valley T-Ball, Robson Valley Youth Soccer, Robson Valley Senior Soccer, Robson Valley Slo-Pitch League, Robson Valley Community Basketball, Robson Valley Community Volleyball, Community Badminton and McBride Pickle Ball.

COMING EVENTS

McBride Youth Committee presents SnoFest Sunday, February 3rd from 1-4pm. An event for the whole family! Located by the Village Park, come take part in an afternoon of free family fun including snow golf, snow bowling, snow sculptures competition, snow angel competition, snow shoeing, cross country skiing, street hockey, hot chocolate and more. If you would like more information or would like to host an event please call Jen or Beth at Robson Valley Support Society at 250-569-2266

ROBSON VALLEY MUSIC SOCIETY proudly presents, Juno award winning, Canadian Folk Music Award nominee LINDA MCRAE for our first Dunster Schoolhouse Concert in the series. Come out to Dunster School, Saturday, January 19th. Doors are at 7:00pm. Show starts at 7:30. Tickets are available at the door \$15/Adult www.lindamcrae.com

"Storytime with Mother Goose" Wednesdays at 10am, at the McBride Library. Aimed at families with children around the age of two. Join Robson Valley Support Society and McBride Library staff for songs, stories, rhymes, and fingerplay fun!

McBride Parent-Child Playgroup @ the McBride Library. Fridays at 10am. Open to all caregivers and their kids. Drop by for play time and to meet with other families in the area!

Creative Convergence Lab @ the McBride Library with RVSS. January 18 at 5pm. Calling all artists! Writers, painters, photographers, ceramic artists, jewelers, fibre artists, musicians, dancers... Work with someone new! Imagine the possibilities! Contact Bridget at 569-2266 with questions.

Free Legal Advice @ the McBride Library. January 22 at 7:30pm. Private 15 minute sessions available to talk with lawyer Jesse Stamm via the internet.

Family Fun @ the McBride Library. January 26 at 2:30pm. Help us celebrate Family Literacy Day with games, stories, and snacks. All welcome!

Via-Rail Schedule viarail.ca Phone 1-888-842-7245
Going West - Sunday, Wednesday & Friday...2:44pm
Going East - Monday, Thursday, Saturday...1:48pm
Discounts for 1 or 3 days advance booking.

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3760
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'l Dist'	1-800-667-1959
Health Unit	569-2251	Home Support	569-2266
K to 7 School	569-2721	Food Bank	569-3186
High School	569-2295	Fire Hall	569-3117
School District 57	(250) 569-3434	The Little McBride Paper	569-3110
1-800-256-7857	(250) 569-3434	Dental Office	The Little McBride Paper
Report Forest Fires - 1-800-663-5555			

Inquiry: B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers ... Dial this Number 1st and ask operator to connect you to provincial department.
Take a Break in McBride...B.C.'s Friendliest Town!!!

INCOME TAX

Personal, Senior & Self-employed Returns

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LINDA FRY

532 Main Street, McBride BC

Fast & Efficient with dependable year round support
SAME GREAT LOCATION
SAME GREAT SERVICE

WHISTLE STOP GALLERY

NOTICE OF AGM

The Whistle Stop Gallery Society AGM will be held at 7:00pm in the Legion Hall, Thursday, January 17th.



OPEN DAILY AT THE TRAIN STATION

SNOWPLOWING

**CALL GERALD
250.669.2269
OR
250.669.7147**



**DNG Developments
For Sale**

- 2007 Ford Ranger, excab, 4x4, manual, low kilometers, with canopy, \$10,000.00 #7407
- 17 inch rims and new BF Goodrich tires to fit 2005 and newer Ford trucks, 245/75R17 \$1000.00 per set.
- Call 250-569-0343 for more information...D111107

RED BULL

250 ml ~ 2 for ~ \$4.00
or 4 for ~ \$7.99

AQUAFINA PLUS

591 ml ~ 2 for ~ \$2.22

TROPICANA 355 ml,

DOLE or

OCEAN SPRAY 450 ml

2 for ~ \$3.00



**Husky
569-2441**

McBride AG Foods

569-0140

**OPEN DAILY
at 6-15am**

**FRESH FISH FRIDAY!!!
This Week**

• Arctic Char • Cod

Friday & Saturday

"Dutchman Special"

14 oz. Rib Grilling Steak
\$7.99 each

**ALWAYS
CANADIAN**

EARLY RISERS? We are OPEN at 6:15am Daily
OPEN Mon.-Thurs. 6:15-6, Fri. 6:15-7, Sat. 6:15-6, Sun. 6:15-5

**McBRIDE & DISTRICT
PUBLIC LIBRARY**

Hiring

Grounds Maintenance Person
For snow shoveling & summer yard upkeep
\$10.25/hr, up to 5 hrs/month (winter)
& 8 hrs/month (summer)

Please contact Naomi at 569-2411 or
library@mcbridebc.org for info
or with interest & references by January 25th.

**Advantage Insurance
Services Ltd.**
Rosemary L. Hruby, CAIB
250-569-2264

REMEMBER

We're OPEN

Saturdays 10:00am to 3:00pm



Vanderhoof & Districts
Co-operative
Association

DRIVER SALES REPRESENTATIVE

For Commercial and Farm Personal Contact
where high level of customer service is Job One.

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Vanderhoof Head Office
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Fax 250-567-4490
Cell 250-565-8436



250-569-0101
600 - 1st Ave.
11am - 11pm
Monday - Saturday!

Welcome Riders to MOUNTAIN MANIA!!!

Drink & Food Specials!
Kitchen Workers & Front End Staff required.
Apply Within.

Wahoo Enterprises

820-1st Ave. 250-569-0320

Contrary to the rumours floating around town,
we are NOT closing down.

Yes, we are trying to sell our paintball gear and rentals
to make room for new inventory, but that is it.

Our regular business hours are:

Tuesday to Saturday 9:00 a.m. to 5:30 p.m.
Closed Sundays and Mondays

Did you know we carry printer ink for most printers and
have comparable prices to the city?

WHY DO COWS HAVE BELLS?
'Cause their horns don't work!
Give us a Dingle!

Robson Valley Septic

(250) 569-7812
Proudly serving the Robson Valley
Since October 2012!
Your business is our business!



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233 Main Street
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569-2712

January 18 - January 24

**CASSE
LOT
SALE**

**Check out the
GREAT SAVINGS**

FIREWOOD FOR SALE

1-1/2 Cord Trailer Loads \$180 + tax
16" Pine or Spruce Rounds

Cedar Kindling

**Variety of Cedar Flower Planters
Cedar Paneling 3-1/2" & 5-1/2" V-Joint
Rustic Cedar Picture & Puzzle Frames
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241 Dominion Street McBride, BC V0J 2E0

Phone: 250-569-2411

Tuesdays, 10-5pm & 7-9pm
Wednesdays, 10-5pm Thursdays, 10-5pm
Fridays, 2-9pm Saturdays, 2-5pm

library@mcbridebc.org www.mcbridebc.library.ca
Free Internet Access
Join our Facebook group

McBride Elks/Royal Purple

Royal Purple will be catering to the Snowgoers on the 19th & would appreciate any help that you may have to offer. Help us to help our Children. Please call Dawna @569-3210. Elks & Royal Purple will be having a Community Card Night on January 25th from 7 - 9, so come out for some Crib, 31, Texas Hold-um or whatever you would like to play. 19 and over please. THE ELKS are still playing catch-up with the Royal Purple and are going to loose the bet if they do not get some new members so if you like to help the Children give them a consideration for a bit of your spare time please. Call Al @250 569 4101.

Booking the Elks Hall is now done @ AG Foods. Thank you. Thank you to everyone in the Community who donated IGA coupons to the Royal Purple - we now have several new pots and pans for our kitchen. -Submitted by Dawna Hickery

COMMUNITY ANNOUNCEMENTS

The Ministry of Forests, Lands and Natural Resource Operations is conducting a review of timber supply for Robson Valley Timber Supply Area. The Data Package, the first public document, is now available for public review and comment. It contains information about resource inventories, current land use and forest management practices that will be used in the timber supply analysis. The analysis, along with relevant input received from the public, stakeholders and First Nations, will support the Chief Forester's decision on a new allowable annual cut for the Timber Supply Area. A copy of the Data Package is available at the Ministry of Forests, Lands and Natural Resource Operations website:
http://www.for.gov.bc.ca/hst/sas/17/sr3/17sr12dp.pdf
You are invited to review the document and provide comments by March 15, 2013.

By mail: Ministry of Forests, Lands and Natural Resource Operations
McBride Field Office, 300 Robson Centre, Box 40, McBride, BC
V0J 2E0, Attention: Norma Stromberg-Jones.

By email: Norma.StrombergJones@gov.bc.ca

URGENT ATTENTION: Folks who still have analogue Hydro meters and want to keep them. If you received a letter from BC Hydro last Friday dated January 4th and have not received an email from me, there is an excellent and URGENT response letter on citizensforstecchnology.org. IF YOU DO NOT RESPOND IN WRITING ASAP you are deemed by BC Hydro as having given them implied consent to install a smart meter with their letter acting as a new contract for a WIRELESS microwave meter. ALSO, if you have not locked your meter I am taking orders for meter locks again: \$25 for each, up front not including a padlock. Call me if you need more info - Leigh Jackson 569-8807.

Youth Quest - a youth club for kids in grades 5 to 8. A place for wondering about ourselves, life and faith thru crafts, music, story and conversation. We meet Tuesday from 3 to 4:30pm at the McBride Anglican United Church Hall on Dominion Street (downstairs from The Thrift Store), Questions? Call Kim McNaughton, Youth Minister. 250-968-4467. Everyone is welcome.

AA - Faced with a Drinking Problem? Perhaps Alcohol Anonymous Can Help - Weekly Meetings open for the Public. Every Monday at 7:00pm. at the Health Unit. Call 250-569-2586 for more information.

BUY, SELL, RENT & MISC.

For Sale-Speakers Big & Loud. 15" Subs. \$350/pair Ph: Cliff @ 569-7364**For Sale-Like new, Firm, KING KOIL Perfect Contour Royal mattress. Queen size (no boxspring), \$250 obo. Phone 569-3110**For Sale-7 foot PTO Snowblower \$900 obo. Komatsu Dozer D6 Lots of work - a big steal at \$6000 obo. 22 Ton PTO Log Splitter New \$1200 obo. 500 Gallon Fuel Tank \$400 obo. 1961 International Harvester Dumptruck completely rebuilt - Showroom Cond. \$5000. SeaCan 9 foot tall by 45 ft. in McBride \$4000 obo. All Tax. Ph: Albert 250-569-0191**House For Rent on McBride Crescent. Newly renovated. 2 bedroom, big yard. \$600/month. Phone 569-0333**For Sale-18" Desk Lamp \$40. Older Chord Organ \$60 (portable). Fur Coat - size 14. Ph: Lexie 250-569-2234**For rent:3 bedroom mobile home, new high-efficiency propane furnace, w/d/ f/s, fenced yard. in Riverbend Mobile Home Park. \$575/month. Occupancy available January 1. Phone Marilyn 569-8845**For Sale-2000 Hyundai Accent, 231,000 km. new brakes, clutch, battery, exhaust, standard, 2 dr, \$2300. 569-2677**For Sale-14" Studded tires \$100. 5.5' x 7.5' sectional sofa with hide-a-bed. \$100 o.b.o. Ph: 569-7764**For Sale-1984 Yamaha JT250, original from tank to tool kit. Extra bearings, brakes, seals and new decal kit. Comes with original manual, racing manual & studded tires. \$2200 or trade for snowmobile. Ph: 553-6890**For Sale-2010 Baja DR70. Like new, good starter kids bike. \$300 w/manual Ph: 553-6890**For Sale- Birch Firewood, you load, variety of sizes, \$60 trailer load. \$40 pick-up load. Crescent Spur Ph: 553-6890**For Sale-four winter tires 235/75/15 on 6 bolt chevy/toyota steel rims. 80+% tread left \$280.00. 569-0078**For Sale-4 mounted, used, winter tires and set of chains. 225/70 R15 700Q. Used on a Mazda pick-up. \$150.00 Ph:569-7276**For Sale-35" almost new Trail Cutter tires on 15", 5 bolt rims \$700 obo. 35" almost new Cooper Discoverer tires on 18" super duty rims \$800. Mid 80's Honda Civic hatchback, runs, \$300. Canopy, fits 90's Chevy long/regular box truck \$100 obo. Box liner, fits 90's Chevy long/regular box truck \$50. Phone 569-2340 or text 569-4188**For Sale-1978 Toyota Landcruiser, same owner last 32 years, rusty, lots spent on it in the last few years, good project vehicle. \$2500. 250-569-0078**For Rent-Main floor of house on McBride Crescent. 1 bedroom, 1 bath, laundry, large kitchen/living area. Non Smoking. \$550/mo. plus utilities. Ph:250-566-1427**To place an ad call 569-3110, Fax 569-0220 or drop info at 455 King St.

Greyhound Bus Schedule The Farm Store 569-0425
Depart to East-11:15pm Daily • Valenmount, Jasper, Edmonton
Depart to West-6:10am Daily • Prince George

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sglines@telus.net, P.O. Box 441, McBride, B.C. V0J 2E0 or drop off at 455 King St. If we don't know about it, we can't write about it!! -Scott & Susan Glines - Oscar & Broom All articles and ads are not the expressed opinion of this paper.

Take a Break in McBride...B.G.'s Finestest Town!!

Antiques & Everything Useful
-rare and very interesting. *Furniture *China *Figurines *etc.
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Massage by Julie (by appointment only please)
Open Monday - Friday & every 3rd Saturday.
Open Saturday, January 26th
www.countrychicbeautysalon.com
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Your Beverage & Milk Containers
McBride Bottle Depot: 569-7760
11th West St. OPEN: Thur, Fri, Sat, 10 am - 5 pm - 552 Main St

Aaina Chapman
Registered Massage Therapist
250 566-1040
Returning back to work Dec. 10

Obbs 'n Ends M-Th 8-3:30 Fri. 8-6pm
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*excludes white/black threads.

Also...stock up while they last...
50% Off Quilting
rulers / supplies



Mavis Engelhardt
250-569-2341

January hours:

Tues. 1 - 4; Wed. 2 - 7; Thursday 10 - 7
By appointment only Mavis (250) 569-2341

REALLY NICE STONEMWORK!!!
Glen's Rock & Masonry
"Rocking the Robson Valley!"

Make the Beavery 2
your
New Years Resolution
Open M-F:6-5pm. Sat:9-5pm. Sun.: Closed 250-569-0133

FIRE WOOD
Get your Firewood now so it will
be well seasoned for next year.
Call Kevin: 250-569-7434 or
Melvin: 250-569-7047

Frank and Sons
Automotive Ltd.
Call us for all your automotive
repair, windshield and tire needs!
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SNOW REMOVAL
D & T INDUSTRIES - Darwin and Tovi
We can't stop it from coming but we can help
keep it out of your way!

299C CATERPILLAR COMPACT TRACK LOADER
SNOW BLOWER, 84" HIGH FLOW - IDEAL FOR
DRIFTED AREAS. CAN ACCESS ANY SITE.
SNOW BUCKET - 101", ICE RIPPER BUCKET.
AND 7X14FT DUMP BOX TRAILER.
COMPLETELY MOBILE AND WILLING
TO TRAVEL IN ANY DIRECTION NEEDED.
24 HOUR ON CALL SERVICE
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Cougar Den Cabins
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Daily, Weekly & Monthly Rates
1800 samson rd. mcbride (bottom of lucelle mountain)

THE HAIR SHOPPE
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Glass Cutting, Picture Printing,
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call Bill Arnold 569-3381
Robson Valley Pet Hotel
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Serving locally for 28 years
Ann Schwartz 569-3319 animal health technician

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REGISTERED ACUPUNCTURIST
CALL 250-566-1782
FOR AN APPOINTMENT.
SCARE CROW FARM B&B ☎ 569 0351
Snowmobilers welcome. Safe parking
Hot tub - Drying room - Heated shop

15km West on Highway 16
email: scarecrow@mcbridebc.com

Ten Great Reasons to be a McBride & District Chamber of Commerce Member:

Building your Business: you are successful because of the people you know. Belonging to your Chamber is not about selling things, it's about building connections, rapport and networks.

Policy/Positions: typically involved in quiet diplomacy and lobbying, your Chamber together with the BC Chamber, a unified effort is in place to make available more services from Municipal, Provincial and Federal levels of governance.

Member Discounts: we have a number of discount programs exclusive to Chamber members including significant savings on Visa/MC merchant rates and fuel discount programs. Chamber members get preferential rates, consideration and treatment.

Chamber Insurance: this national group insurance program allows small business, even one-person operations, to enjoy group benefits for dental, medical, drug, disability, and retirement plans.

Benefits, Benefits, Benefits: please go to www.bcchamber.org for current benefit info.

The Voice of Business: we are regularly asked to provide input on behalf of the business community. Whether it's commenting on government policy or advising on community issues, your Chamber provides the business perspective.

Networking: we have a variety of events for you to attend from our monthly meetings on the third Wednesday, to special presentations and opportunities to meet with our MLA, MP and other government representatives.

Information: we help keep you up to date on news and events in the business community that can affect your business.

Newsletter: you will receive a copy of Chamber newsletters with information on local business news, local Chamber news, legislative news, Provincially and Nationally.

Business Resources: contact our Visitor Centre for a wide variety of information for people starting, expanding or improving a business.

**January
2013**

Memberships must be renewed prior to the start of the AGM.

If you have not renewed prior to January 23rd, come early and complete your renewal.

Membership fees:

**LARGE BUSINESS
\$215.00**
A business with 10 or more full time equivalent staff members, including the owner/manager.

**MEDIUM BUSINESS
\$115.00**
A business with 4 to 9 full time equivalent staff members, including the owner/manager.

SMALL BUSINESS & NON PROFIT \$65.00
A business with up to 3 full time equivalent staff members, including the proprietor.

INDIVIDUAL \$25.00

NOTICE OF ANNUAL GENERAL MEETING
 January 23, 2013
 Social at 6:00 pm, AGM at 7:00 pm
 McBride E Free Church

2012 Executive & Directors:
 Allan Frederick, Chair | Clara Appleby, Vice Chair | Bill Arnold, Past Chair | Linda Fry, Treasurer
 Directors: Dannielle Alan, Mary Hooker, Linda Monroe, Vincent DeNeit, Brenda Molendyk, Chris Parker

McBride & District Chamber of Commerce Newsletter

What your Chamber is doing:

McBride & District Chamber of Commerce continues to collaborate with the Village of McBride, Regional District and other interested parties in keeping the proposed 138kv Hydro line from Valemount in front of BC Hydro.

After many months of emails, the Chamber was able to secure a visit from Bob Zimmer, Federal MP for the region. Bob mingled with the locals at the Meet & Greet, hearing issues of importance for the Robson Valley.

Adventure weekend tagged up with the 80th Anniversary and Pioneer Days and saw several new events with large crowds. The summer really started with the annual Canada Day BBQ and celebrations. September saw the Chamber recognize our many First Responder Volunteers with a luncheon. As well the McBride Chamber

sponsored the annual Loggers Bonspiel in March and in November the Festival of Lights kicked off the "shop local" campaign that will run until January 15/13.

The Chamber applied for and acquired the operational agreement for the McBride Visitor Center. The Chamber also has members on the Tourism Advisory Committee, which is an active group that is advantageous for the tourism industry in the Robson Valley. The Chamber is spearheading the creation of a new Visitors Center (tourism) website. All businesses and groups are encouraged to list themselves on this new site. For more information please email – clara.appleby@mcbridechamber.ca

In January the Chamber will be rolling out a new website which will allow members to discuss issues via the privacy of a member's only site. If you want to hear or be heard, become a member and receive your log-in information.

2013 Chamber Calendar of Events

JANUARY	FEBRUARY	MARCH	APRIL
23 rd AGM Shop local draw	20 th MEETING	20 th MEETING	5-6-7 LOGGER'S BONSPIEL 17 th MEETING
MAY 15 th MEETING	JUNE 19 th MEETING	JULY 1 st CANADA DAY NO MEETING	AUGUST NO MEETING
SEPTEMBER 8 th EMERGENCY RESPONDER APPRECIATION 18 th MEETING	OCTOBER 16 th MEETING 23 rd MEET & GREET	NOVEMBER 20 th MEETING 29 th FESTIVAL OF LIGHTS Shop Local	DECEMBER 18 th MEETING

2012 Executive & Directors:
 Allan Frederick, Chair | Clara Appleby, Vice Chair | Bill Arnold, Past Chair | Linda Fry, Treasurer
 Directors: Dannielle Alan, Mary Hooker, Vincent DeNeit, Brenda Molendyk, Chris Parker

JAKE MORLEY



at the Roundhouse Theatre!

"He is certainly something else! Very Charismatic, warm and a fantastic singer and guitar player."
Janice Long, BBC Radio 2

"A sound that can't be ignored. Morley can do no wrong, and a wealth of fans can't get enough." 8/10
Virgin.com

"Great real life lyrics and superb virtuoso playing. That's extraordinary!"
Tom Robinson, 6 Music

"Jake Morley is not just your average bloke with guitar, he stuns crowds with his unique style and is always a show stealer."
BBC Introducing

"It's phenomenal to watch him but it's still more daunting to consider that he also sings up a storm and writes cracking songs. Morley is a true original."
Acoustic Magazine

"Many Fish To Fry" both captivates and entices; his lyrics and singular musical style make Jake an exceptional talent. Sit back and revel in this album."
Folk Words

"From the moment Jake Morley sets foot on stage and places his guitar across his lap it's impossible not to be mesmerized. A gripping sound."
All About London

Friday, January 25th
7:30 P.M.

\$20.00 advance, \$30.00 at the door

Tickets at **The Farm Store** 569-0425

PRESENTING

Depression Recovery Program



THE PROGRAM THAT WORKS!

With Nine Sessions Including:

- Introductory Session
- Identifying Depression and Its Causes
- Lifestyle Treatment for Depression
- Nutrition and the Brain
- How Thinking Can Defeat Depression
- Positive Lifestyle Choices
- Stress without Distress
- Living Above Loss
- How to Improve Brain Function

WHAT YOU'RE GETTING

- How to know if depression or another cause is creating a lack of energy, and the best way to achieve restorative rest and rejuvenation.
- How to enhance the circulation and activity of the control center of emotions in the brain.
- Discover how emotional intelligence is more important in life than IQ.

WHEN & WHERE

Free Orientation

7:00 PM Tuesday, January 29, 2013

8 Week Program (weekly sessions)

Every Tuesday from February 5 – March 26 at 7:00 PM

All sessions at the McBride Seventh-day Adventist Church on Lamming Pit Rd.
Registration – Contact Phyllis Krueger at 250-968-4493 (sponsorships available)

DR. NEDLEY'S HEALTH SOLUTIONS

Anthony's Diner

433 Main St.

350-569-0411

Daily Breakfast Specials

Homemade Soups
with a Scone

Friday Evening Special
Chicken and Ribs, Dinner

Saturday Evening Special
Chicken Wings

@ 20 cents a piece

... Sledders ...

Bag Lunch Available

OPEN Sunday to Thursday 7am-2pm
Friday & Saturday 7am to 8:30pm

FOREVER PRINTING & SIGNS

•Signs •Magnetics •Banners

•Sandwich Boards •Vehicle Decals •Window Decals

•Binding •Posters •Business Cards •Address Labels

•Laser Printing •Color Photo Copies •Invitations

•Brochures •Trophies •Engraving •T-shirts & more

16 years experience

for more information please contact

Scott or Susan at 569-3110, fax: 569-0220

email: sglines3@telus.net

Yellowhead Ski Club News - The Belle Mountain ski trails are packed and track set. They are in great condition! If you haven't already sent us your ski club membership forms, we can email copies to you - yellowheadskiclub@hotmail.com. Membership dues are essential to keeping our ski club alive. Dues go towards the costs of maintaining trails, grooming and track setting and to Pine Lake cabin upkeep. To book the Pine Lake cabin call 250-569-3146. If you have membership questions call 250-569-7685. More ski news in the weeks to come. Enjoy the snow!

MINOR HOCKEY NEWS

Raffle Tickets on Sale Now - Snowmobile Weekend Get Away - Includes 2 Nights Accommodation for 2 at any following places: Beaver Creek, At Home B&B, Terracana, Cougar Dens, or North Country / 1 day Snowmobile Rental at Spindrift / \$150 Husky Gas Certificate / \$150 Food Certificate for the Gigglin' Grizzle Pub / 45 minute Massage by Julie/ Trail Passes for 2 for 2 days. All Proceeds go towards McBride Minor Hockey. Available around the Town.

McBride Curling Club News and Things:

Calling all MUSICIANS: Jam night at the Curling rink lounge Friday, January 18th starting at 7 pm. Come to play, sing, or dance and join in the fun! (And of course anyone over 19 is welcome!). Any questions, call Dawn 250-569-7268.

LADIES BONSPIEL: Feb. 8-10: Theme: UGLY Sweater; \$200/ team includes dinner, dance, entertainment, calcutta and minimum of 3 games. Limit 16 teams, so get your team registered soon! Call Kevin at 250-569-7434.

FAMILY FUN SPIEL: March 2nd; Minimum of 1 adult/team. Entry fee \$2 each. Clean shoes. More info to follow.

Reminder: Every Wednesday (except during the holidays) we have Junior curling from 6:30-7:30 pm. Cost is \$1. You must have clean shoes. Parent helps welcome and encouraged. McBride Curling Club - check us out on Facebook!

FIREARMS SAFETY TRAINING

Firearms Safety Training, PAL COURSE - January 19 & 20, Ladies Only; February 16 & 17 Open to all; Call to Reserve a seat or for more information: 250-569-7231.

Wanted - Used Handguns and Rifles to be disabled for PAL Course Training. Will also help you dispose of Unwanted Firearms Legally, 250-569-7231.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street, Clothes and Household Goods. Open: Tues. 1:00-3:00 & Fri. 1:00-3:00 • **Dorcas** Open on Tuesdays 1-3p.m. No Evenings. If you have any needs call Elsie Stanley 569-2596 or Carol Barnett 569-4031 • **Foodbank** contact number is 569-3186 • **Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7p.m. Phone: Ph:569-3370 • **Mennonite Church-Meet** Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445 • **Mountain Chapel (PAOC)**-Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-3350 • **Anglican United Church-441** Dominion Street. Meet Sundays at 10:00 a.m. Phone 569-3206 or 569-3386. Hall Rental Phone Thelma Molendyk 250-569-0082 • **Evangelical Free Church-Sunday School** at 9:45am. Worship Gathering at 11:00am. Ph:569-2378 or 569-8845 Pastor Dan Carlaw • **Robson Valley Christian Centre-Meets** in home Sundays 11am. Dunster Ph:968-4335 • **St. Patrick's Catholic Church-Meets** Sundays at 11:00am. Ph:569-2606. Call to Confirm.

Take a Break in McBride...B.G.s Friendliest Town!?



Robson Valley
Home Hardware

50% OFF

All In Stock Christmas items

TALENT SNOW GANGBLED!!!

Talent Show Cancelled! Thanks to all those who were willing to perform. Please keep your talents well "Onled" for the next years Talent Night...A Snowboard/Ski team fundraiser!

BIRTHDAY WISHES

JAN. 16 - 22

Mark Roth, Rosanna Koida, Birgit Stutz, Jayda Mazzeauw, Kyra Littlechild, Spenser Kimpton, Trent Gainer, Desiree Andrews, Tina Pepper, Bill Holmes, Gunnar Goodkey, Lucille Green, Vanessa Hooper, Byron Marin, Clint Collins, Ida Vecchio, Kelly Douglas LaRochele, Monica Ziper, Jasmine Sharp, and to anyone else we missed, Happy Birthday.

MORE

COMING EVENTS

The Community Learning Task Group is pleased to offer a second season of Café Show and Tell to the McBride and area community. Café Show and Tell is an inclusive and casual event in a public space. We invite participants to join us for coffee and bring something to share for Show and Tell. It could be a story, a craft, an artefact or a news item. We believe that we are all teachers and we are all learners and that community is built through connection and conversation. The next Café Show and Tell is Friday, January 25th at the Beaverview Lodge. If you have any questions please call Nancy Taylor, Community Literacy Outreach Coordinator, Robson Valley Support Society, 250-569-2266.