

# ROBSON VALLEY IDA PHARMACY

Cold and Flu Season is here, so come check out our new products to help get rid of that bug!

**Also new:** makeup, toothbrushes, free blood-glucose monitors with the purchase of test strips, Valentine's gift boxes, movies...and more!

**KIDS VALENTINES COLORING CONTEST!**  
Draw date: Feb. 12 (Prize includes Kinder heart, toothbrush, flossers, and rexall kids hand soap).

## Wahoo Enterprises

820-1st Ave. 250-569-0320  
**2013 Planners / Diaries**  
now in stock!  
**Get them while they last!**

**THINK ABOUT IT...**  
Nostalgia isn't what it used to be.

Obss 'n Ends

M-F 7h-8:30p-Fri 8-9pm

**Full Moon Sale**  
one day only first 10 customers  
12:30 - ?

Special fabric prices

Also 50% Off

thread & selected quilting supplies



What do you call a fish with no eyes?

A Fish!

Drop us a line!

**Robson Valley Septic**

(250) 569-7812

Proudly serving the Robson Valley

Since October 2012!

"Your business is our business!"



*Humble  
Proud*

233 Main Street  
McBride, B.C.  
569-2712

## NEW PRODUCTS AT IGA CHIEF DESTINATIONS

Locally made in Vancouver

7<sup>th</sup> & 12<sup>th</sup> PIZZAS

Bacon Cheese, BBQ Chicken, 3 Cheese, Vegetable, Hawaiian, Pepperoni, Margherita

**HOME MADE SOUPS**

Garden Fresh Leek & Potato, Tomato Basil, Mexican Black Bean, Wild Mushroom, Beef Barley & Quinoa, Mediterranean Lentil, Aged White Cheddar & Broccoli, Full of Beans Veggie Chili

**FRESH HOME-MADE SAUSAGES**

Chicken Basil, Bangers, Chicken Apple, Turkey Sun Dried Tomato

... Check Out Our CASE LOT Deals ...

Yoga classes at the fire hall

Friday, February 1 at 7:15pm,  
Saturday, February 2 at 10:30am,  
Friday, February 8 at 7:15 pm.

Please take note of the change in time.

There will be yoga

March 26, 27, and 28 at 6pm.  
Further dates and times to be confirmed

for yoga classes.

Please contact me by  
e-mail at [srobinsonclarke@gmail.com](mailto:srobinsonclarke@gmail.com)  
or phone (780) 964-5198.  
Thank you, Sharon.



Vanderhoof & Districts  
Co-operative  
Association

DRIVERS SALES REPRESENTATIVE

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

**Delivering Fuel East to McBride**

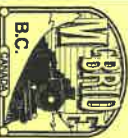
Greg Belshaw

990 Railway Road  
Prince George, B.C.  
Toll Free 1-866-309-2667  
Home 250-963-9011

Vanderhoof Head Office  
Phone 250-564-3488  
Fax 250-567-4490  
Cell 250-565-8436

FREE The Little FREE

# McBride



## Paper



Serving BC's Friendliest Town and Area!!!

For the week of *Wednesday, January 23rd, 2013*

**MCBRIDE ROUNDHOUSE THEATRE SOCIETY**

Friday, January 25, 2013 - Jake Morley: "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, \$20.00 advance, \$30.00 at the door. Tickets at The Farm Store, 560-0425 - 1032 2nd Avenue, McBride.

## THANK YOU

Thank You to all who participated in the Week of Prayer for Christian Unity Service which was hosted at St. Patrick's Church last week. This Ecumenical Prayer Service is prepared annually by the Canadian Council of Churches. The offering that was taken up was shared between the Canadian Council of Churches to offset costs of materials, and the local Food Bank. Thank You for your generosity.

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. 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.

**VANLBY MUSEUM & ARGHIVES SOCIETY**

Presents "Glen Frear's Art Show" - On exhibit from January 18th to March 31st, 2013 at the Museum/Library Building at 241 Dominion Street, McBride. Everyone is invited to attend the "Opening Reception & Artist's Talk" on Friday, January 25th, 2013 @ 7:00pm.

## 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.

**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

"Storytime with Mother Goose" @ the McBride Library Wednesdays at 10am. Aimed at families with children around the age of two. Join RVSS and 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!

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

**NFB Film Nights:** "Payback" Friday, February 1st, 7:00pm at the McBride Library. Saturday, February 2nd, 7:00pm at the Dunster School. Based on Margaret Atwood's best-selling novel, and featuring stunning cinematography and insightful commentary, "Payback" offers a fascinating look at debt.

**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 helpers welcome and encouraged. McBride Curling Club - check us out on Facebook!

**BIRTHDAY WISHES JAN. 23 - 29**

Chris Dalesandro, Cooper Trask, Gerald Portier, Karin Melnychuk, Gwen Jacobsen, Aliana Arteago-Pacheco, Andrew Keim, Bob Collins, Janie Lamming, Joel Ford, Keri-Lynn Parker, Tiara Rich, Mary Henderson Bekkus, Tom Vogel, Austin Gibson, Greg McKinnon, Jen Quam, Jordan Gibson, Laine Molendyk, Don Smith, and to anyone else we missed, Happy Birthday.

**Greyhound Bus Schedule** The Farm Store 569-0425

Depart to East-11:15pm Daily • Valemount, 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:[sglines3@telus.net](mailto:sglines3@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.C.'s Friendliest Town!!**

**It PAYS to Recycle**  
Your Beverage & Milk Containers  
McBride Bottle Depot: 569-7760  
123 Worth St. OPEN: Thur. Fri. Sat. 10 am - 5 pm - 552 Main St

**Aaina Chapman**  
Registered Massage Therapist  
250 566-1040

**FOR SALE**

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

**Simply Relaxation Massage**  
Aivis Engelhardt  
250-569-2341

Available Feb. 4th, 5th, 6th and 11th, 12th and 13th  
By appointment only Aivis (250) 569-2341

**REALLY NICE STONEMWORK!!!**  
Glen Frear's Art Show  
"Rocking the Robson Valley!"  
Make the Beavery 2

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

**Franke and Sons Automotive Ltd.**  
Call us for all your automotive repair, windshield and tire needs!  
975 Airport Rd. ~ 250-569-8830

**SNOW REMOVAL**  
D & T INDUSTRIES - Darwin and Town  
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.

**Cougar Den Cabins**  
250-569-7308  
24 HOUR ON CALL SERVICE  
250-569-7758/3404/7050  
Daily, Weekly & Monthly Rates  
1800 samson rd. mcbride (bottom of lucille mountain)

**THE HAIR SHOPPE**  
569-3359 803 3rd Ave. - side entrance  
Glass Cutting, Picture Printing,  
Matting and Framing  
call Bill Arnold 569-3381

**Robson Valley Pet Motel**  
Grooming & Boarding  
Serving locally for 28 years  
Ann Schwartz 569-3319 animal health technician  
**MICAH YODER**  
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  
email: [scarecrow@mcbridebc.com](mailto:scarecrow@mcbridebc.com) 15km West on Highway 16

Antiques & Everything Useful  
-rare and very interesting. \*Furniture \*China \*figurines \*etc.  
1108 1st Ave. or Phone 1-250-569-7162  
Truck load of Firewood delivered - \$120.00  
\*Specific preferences optional.\*

**Country Chic Beauty Salon**  
Ashley Chuiпка (certified hairstylist & makeup artist)  
Jennette Chuiпка (certified esthetician)  
Massage by Julie (by appointment only please)  
Open Monday - Friday & every 3rd Saturday.  
\*Open Saturday, January 26th\*  
[www.countrychicbeautysalon.com](http://www.countrychicbeautysalon.com)  
250-569-2344



Tracy Yetter  
250-569-7088 or 250-569-2517

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Let Us Bring Your Ideas To Life

Reliable - Fast - and with an artists touch  
bringing you over 20 yrs experience

**McBRIDE HOTEL**  
569-2277

PRESENTS...

**Annual SUPERBOWL PARTY**

**and Pool Tournament**  
Sunday, February 3rd, 2013

Starting at 12:00 noon  
\*\*\*Prizes, Popcorn, Chips,  
Chili & Buns (FREE)\*\*\*  
\*\*Drink Specials\*\*

"Come & Have Some Pool Party Fun"  
•Phone or come in & sign up to play.

**RAH! RAH! RAH! See You There!!!**

**PEPSI**  
591 ml ~ 2 for ~ **\$3.50**

**DASANI**  
1 L ~ 2 for ~ **\$3.00**

**MARS SINGLES CHOCOLATE BARS**  
2 for ~ **\$2.22**

**Husky**  
569-2441

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CERTIFIED  
JOURNEYMAN CARPENTER

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250-569-4489 CELL

**ROBSON VALLEY CONSTRUCTION**

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Fax: (250)569-0178

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**CONCRETE**

- Concrete Stamps
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- Delivery Concrete
- Delivery Gravel, Sand & Dirt

**EXCAVATION**

- Excavating Road
- Dozer Work
- Ponds, Lagoons & Trenches
- Haul Equipment

**HEAVY HAULING**

- Tridem Tilt Deck -Tridem Drop Deck
- Best Rates In Town

**CONSTRUCTION**

- Residential
- Commercial
- Install Septic Systems, Repair & Removal

**30 YEARS OF EXPERIENCE**

**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

**GARAGE SALES**

Garage Sale - Saturday, January 26 and Sunday, January 27 from 12pm-4pm at 205 Main Street (side entrance). Microwave / everything. Saddles, Bridles, Outdoor Motor, Generators, and much more.

**McBride Elks/Royal Purple**

Elks/Royal Purple Community Card Night: Because of two other events on Friday, January 25th, (Roundhouse performance, Museum show opening) we have postponed our first Card Night of the year until Friday, February 1st, from 7 until 9. Come out for some Crit, 31, Texas Holdem, or whatever you would like to play. 19 and over please. When we see how many show up, we can all decide how often we want to play!

**COMMUNITY ANNOUNCEMENTS**

**McBride Secondary 2013** Graduation Dinner Caterer Needed! This year's graduation class will be holding their grad on Saturday, June 22nd at the Robson Valley Recreation Centre. We are looking for a caterer for approx. 300 - 500 people. Bid to include menu plan, copy of Caterer's License and references to be submitted to the McBride Secondary School by Friday, March 1st, 2013. If you have any questions, please call the school at 250-569-2295. Looking for a ride back from Kamloops on February 2nd or 3rd. Will help with gas money. Please Call Wendy at 250-569-2672. 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/nrslsa/sa17/nr31/71st12dp.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  
**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 7:00p.m. at the Health Unit. Call 250-569-2586 for more information.

**FIREARMS SAFETY TRAINING**

Firearms Safety Training, PAL COURSE - 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.

**BUY, SELL, RENT & MISC.**

**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 \$5000. SeaCaner 9 foot tall by 45 ft. in McBride \$4000 obo. All Tax. Pt. Albert 250-569-0191•**For Sale**-18" Desk Lamp \$40, Older Chord Organ \$60 (portable), Fur Coat - size 14. Ph: Lexie 250-569-2224•**For rent**:3 bedroom mobile home, new high-efficiency propane furnace, w/d, f/s, fenced yard, in Rietbernd 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, \$2500, 569-2677•**For Sale**-3000 w/manual 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. 722/170 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 \$880. 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.**

**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 Suppt ..... 569-2266  
K to 7 School ..... 569-2721      Food Bank ..... 569-3186  
High School ..... 569-2295      Fire Hall ..... 569-3117  
School District 57      Dental Office      The Little McBride Paper  
1-800-256-7857      (250) 569-3434      569-3110

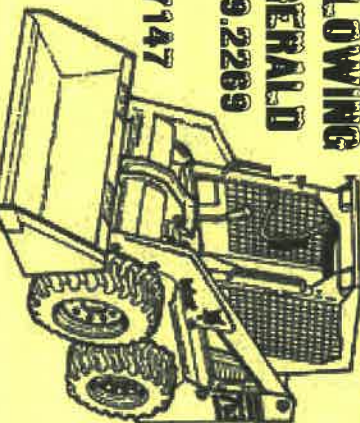
Report Forest Fires - 1-800-663-5555  
Inquiry: B.C.-1-800-663-7867 - For Toll Free Calling to provincial departments  
Dial this Number 1st and ask operator to connect you to provincial department.

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

**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

**SNOWPLOWING**  
CALL GERALD  
250.889.2289  
OR  
250.889.7147



The Valley Museum & Archives  
and the  
McBride & District Public Library  
welcome you to attend any

**OPEN HOUSE: Our Plan for the Future!**  
"Another 100 Years - Into The Future"  
Date: Thursday, January 24th, 2013  
Time: 3:00pm - 8:00pm (drop-in)  
Place: 521 Main Street  
Our consultant, Michael Shoop will be on site to take questions.

Asymptote Presentations  
4500pm & 7:00pm

▶ Peruse our displays      ▶ Pick up your copy of the Business Case (electronic version available on our website & Facebook page)

▶ Come TALK to US! We want to hear from YOU!

Contact 250-569-2411 with questions  
<http://mcbride.belllibrary.ca>

**McBride AG Foods**  
569-0140

OPEN DAILY  
at 6:15am

FRESH FISH FRIDAY!!!  
THIS WEEK  
• Steelhead • Red Snapper  
Friday & Saturday  
"Dutchman Special"  
14 oz. T-Bone 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](mailto:library@mcbridebc.org) for info  
or with interest & references by January 25th.

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

**Your Local Advantage**

**For ALL Your Insurance Needs.**

**INCOME TAX**

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LINDA FRY  
532 Main Street, McBride BC

Fast & Efficient with dependable year round support  
SAME GREAT LOCATION  
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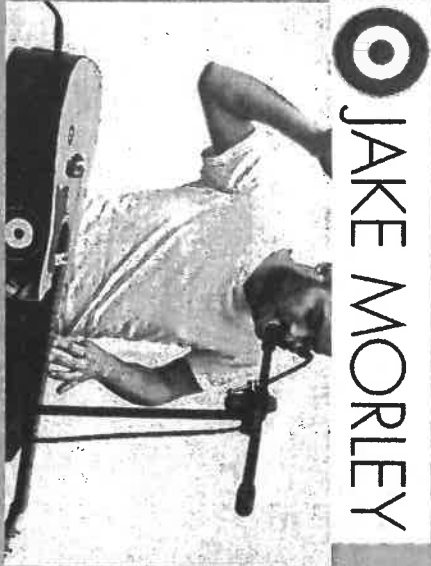




241 Dominion Street McBride, BC V0J 2E0  
Phone: 250-569-2411

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"



**JAKE MORLEY**

at the Roundhouse Theatre!

**Friday, January 25th**  
7:30 PM.

\$20.00 advance, \$30.00 at the door  
Tickets at The Farm Store 569-0425

## MORE COMMUNITY ANNOUNCEMENTS

Please note that the Dunster Winter Market will run Saturdays from 11:30-1:00 rather than 11:00-1:30. A bowl of Soup and a Bun with for \$5.00, Yummy desserts are extra! All proceeds go to the Dunster Community Association. Everyone is welcome to come out and enjoy this weekly community event! No charge for tables for vendors. Contact: Karen Shaw 250-968-4331.

If you would like to hire a Grad for odd jobs please contact Brian or LeeAnna Taphorn @ 250-569-2406.

**Pickle Ball** has started in McBride!!! Come out and try a new and exciting racket sport in our community. It is held at the McBride Secondary School gymnasium every Wednesday, from 7p.m. to 9p.m. This sport is for high school age youth and older. Clean, indoor shoes are mandatory. Equipment will be available for use. See you there! Please call Sharon @ 569-2383 with questions.

**Community Badminton** has started again! It is held at the McBride Secondary School gymnasium every Tuesday, from 7p.m. - 9p.m. This sport is for high school age youth and older, however children in grade 7 may attend with adult supervision. Clean, indoor shoes are mandatory. There are rackets and birds available for use. Please call Tracey @ 569-0227 if there are questions.

## THOUGHT OF THE WEEK

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

## 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 569-2396 or Carol Barnett 569-4031 • **Foodbank** contact number is 569-3186 • **Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11a.m. 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 Theina 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!!**

## NEW SERVICE IN McBRIDE

My name is Laura Bolivar and I live in the McBride area with my fiance and 2 children. I am happy to announce I am joining the McBride Realty Center team as their Rental Property Manager and will be serving the Robson Valley area. I offer a broad spectrum of services which include to rent, lease, operate, and manage property under the direction of the owner and this involves lease negotiations, collection of rents and other amounts, monthly operating statements, maintaining full and detailed records covering the management of the property. I also do the advertising of vacant rental properties. Supervise repairs. Oversee placement and manage tenants.

Individuals often become owners of property to receive an income from the investment rather than occupy the space themselves. My services are sought when the property owner prefers to leave property management and renting activities to specialists in this area and also when their main residence is not local and proper management of their rental property would be a challenge because they are absentee. Property Management is a multifaceted profession. I strive to manage the property in such a way that, while keeping the landlords interests at heart, the tenant's objectives are met. While maintaining the positive characteristic's of the property. I also strive for good organization, an essential of property managing property. Both landlord and tenant will seek and expect certain rights and benefits of my services and I will endeavour to build a relationship based on trust and good will with them.

If there are any inquiries regarding my services please don't hesitate to contact me at McBride Realty Center (250) 569-2793 or at laura@mcbrider Realty.com

## 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

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

**ANOTHER THINKER...**  
Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.