

**DID YOU KNOW...**  
6 out of 7 Dwarfs are not Happy!

**Robson Valley Septic**  
(250) 569-7812  
"Your business is our business!"  
OPEN for the season.  
Give us a shout, we'll come on out!

**CLIMB**  
HELICOPTERS LTD.  
**250-793-8911**

**M4 CONSTRUCTION**  
Gerald Moore  
(250) 569-7147

**Sandman Inn**  
Sandman Inn McBride is looking for a couple for front desk relief part-time two days a week and the odd three days.

**ALSO**  
**PART-TIME HOUSEKEEPER/VALET**  
Please call for more info **250 569 2285**

**R3 ACRES**  
Farm Raised Beef, naturally.  
Without the use of steroids or hormones. Under 18 months. Grain fed. A variety of packages available.  
Visit us at: [www.r3acres.com](http://www.r3acres.com)  
Email: [beef@r3acres.com](mailto:beef@r3acres.com) Tel: 250-569-7203  
Because quality matters

**ROBSON VALLEY ESSENTIALS**  
250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5-3:30  
**GREAT SELECTION OF**  
**MOTHER'S DAY**  
Cards & Gifts.

**DNG Developments FOR SALE**

- 1998 Mercury Sable, 4 dr sedan, #6980, \$1000.00
- 2008 Ford F350, creab, diesel, 4x4, 86000km, #6323, \$21000.00
- 2010 Ford Flex, AWD, 115000km, #1485, \$9995.00
- 2013 Ford F150, 4x4, eco-boost, 46000km, #2139, \$24995.00

Call 250-569-0343 for more information, DL31296  
Prices shown do not include applicable taxes.

**ROBSON VALLEY PHARMACY**

**IDVA**  
OPEN Mon.-Fri. 9-5, Sat. 9-3  
250-569-8811  
1136 - 5th Ave. Inside the McBride Hospital

WANT TO TALK TO A PHARMACIST REGARDING YOUR MEDICATIONS?  
DONNA WILL BE HERE AGAIN ON MAY 19, 2016.  
CALL 250-569-8811 TO BOOK YOUR MEDICATION REVIEW APPOINTMENT.

**GREAT DEAL!**  
TYLENOL \$9.99  
500mg eZTabs 150's  
Arthritis Pain 650mg Caplets 100's  
TENA \$14.99 pkg  
Assorted Types and Sizes  
POLYSPORIN \$6.99 On Selected Types  
RUB-AS35 \$5.99 ea. Pain Relief Products  
VOLTAREN \$10.99 ea.  
On Selected Types and Sizes

**FREE The Little McBride Paper FREE**

Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, May 4<sup>th</sup>, 2016*

**COMMUNITY MARKET**  
Summer Community Market Meeting: Thursday, May 12 @ 10am, in the Beanery 2 Bisto. For information phone Joyce 250-569-2427 or Dorothy 250-569-3343.

**COMMUNITY MARKER**  
All members and supporters are urged to attend the 2016 Annual General Meeting of the Fraser Headwaters Alliance, to be held at the Dunster Hall, Wednesday, May 4 at 7 p.m.  
A Stitch In Time: A Whistle Stop Gallery & Valley Museum & Archives Present A Stitch In Time: April 19th - May 28th, 2016, 241 Dominion Street.  
PAL Course: May 7-8 in McBride. Manuals available on-line at no cost. You must have this firearms safety course or equivalent before you buy any guns or if you already own any. Call 250-569-7231 for more information and to book a seat.  
The McBride & District Hospital's Strawberry Social is approaching! Businesses and Institutions... Did you know you can pre-order and have the cakes delivered? Order for your staff... easy way to show your appreciation! Coming May 27. Pre-order by contacting Pat @ 569-0051.

**COMMUNITY ANNOUNCEMENTS**  
McBride Secondary School Track and Field Team News - 19 athletes from the Mustangs Track and Field Team competed in the Sub-Zero Track Meet on Saturday, April 30 in Prince George ranking 4th out of 13 teams overall - a great showing for our small team! Many of our athletes finished in the top 3 in their events which included the 100m, 300m, 400m, 800m, 1200m, 4X100m relay, discus, javelin and long jump. The team would like to thank Mr. Shaw for chaperoning and driving the bus and Diversified for the use of a school bus. Next Meet is North Central Zones in Prince George on May 20-21 at Masich Place Stadium. Go Mustangs!  
Country Chic Beauty Salon will be closing it doors at the END of JULY. I would like to thank all of my dedicated clients for all of your support over the past 4 years! PLEASE NOTE: any hair service & open gift cards MUST be redeemed by June 30th! There will be no exceptions after this date and no cash refunds will be issued. Thank you, Ashley.

**Better At Home and Welcome Home** are excited to announce "SECOND HELPINGS" (a food delivery service for seniors). Contact Jody Keim at RVSS 250-569-2266.

**McBride Elks/Royal Purple Pioneer Days**

June 3-5, 2016. Come one, come all and join the Elks and Royal Purple for the annual Pioneer Days! Some activities are already confirmed, they are:  
Parade, Slo-Pitch Tournament (sponsored by Marty & Deb Kelly), Heavy Horse Pull, Rock-Paper-Scissors, Wide Games (Grade 7-12), Model Train Display, Tom Ryan - Horse presentation, Sheep Herding Demo (Jennifer L. Arrivee), RV Back Country Horsemen - Pack demo, Keith and Friends Fiddler's Group, Oscar's Wildlife Museum, Logger's Events, Pancake Breakfast, Norman Lanning Memorial Horseshoe Tournament, Show and Shine, Volunteer Fire Dept. Bucket Brigade, "Climb Helicopters" - Helicopter rides \$30.00/person for 10 min., Two Rivers Art Gallery - Children's activities, Dance, Food Booth, Logging Truck of Wood Raffle.  
Full schedule of events to be posted at a later date and a copy will be available in the Little McBride Paper the week of May 30th.  
This year we will be hosting local band "Roadside Splinter" for the dance on Saturday, June 4th at the Elks hall. Cost is \$15.00/person. Tickets are available at Robson Valley Essentials and Welcome Home.

Last year, Pioneer Days was a great success due to the amount of community members that came out to volunteer either at the dance or cooking in the Food Booth. If you would like to volunteer, please call Kathy Molendyk 250-569-3239 or Brenda Molendyk 250-569-0215. Let's make this year even better!

**LIBRARY NEWS**  
McBride Parent-Child Playgroup Fridays, 10am at 521 Main Street. Meet with other families for play, snacks and chats. All welcome! Questions? Contact Melissa Shea at 250-569-0205.  
Lego/Minecraft Club, Ages 5+. Wednesdays at 3:00pm. Lego, Minecraft, Crafts & Games.  
Tuesday Night Jam, 7pm in the Annex. Like to play rock, bluegrass, folk and more? Come meet with local musicians and learn new music. Contact Dave Marchant at 569-2569 with questions.  
Fibre Arts Group, Thursdays at 10am in the Annex. Bring your knitting, crochet or needlework project and come hang out!  
Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425  
Depart to East - 2:45am Daily (Valenmount, Jasper, Edmonton)  
Depart to West - 7:40am Daily (Prince George)

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax: 250-569-0220, 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 inform the public about it! Scott & Susan Glines (Oscar & Broom)  
All articles and ads are not the expressed opinion of this paper or it's owners.  
**Take a Break in McBride...B.C.'s Friendliest Town!!**

**BORSES HOEING**  
Gary Schwartz  
Farrier Service  
**250-569-3319**  
McBride, BC

**Country Chic Beauty Salon**  
Hair, tanning & Beauty Products  
250-569-2344

**Happy Mother's Day to all Mothers**  
Beanery 2 Bisto  
M-F: 9a.m.-5p.m. Sat.: 9a.m.-5p.m. Sun.: Closed  
250-569-0133

Order & pre-pay by phone for pickup in McBride at Sears  
**Infinity**  
Valenmount  
1 855 566 4225  
Vitamins, Specialty Foods & More  
[loffice@telus.net](mailto:loffice@telus.net)

**ROBSON VALLEY PHYSIOTHERAPY**  
McBride - Monday, Tuesday & Friday.  
Valenmount - Wednesday  
Phone 250-569-0053

**Robson Valley Pet Hostel**  
Grooming & Boarding  
Ann Schwartz - Animal Health Technician  
250-569-3319  
Website with information and galleries: [www.pethostel.ca](http://www.pethostel.ca)

**PAINTING**  
Call Phil @ **250-569-0205**

**CLIFF'S** 250-569-7249  
**BIKE SALES AND SERVICE**  
905 3RD AVE. - RESONABLE RATES.  
**THE HAIR SHOPPE**

569-3359 803 3rd Ave. - side entrance  
**It PAYS to Recycle!**  
McBride Bottle Depot: 569-7760  
HOURS: Thursday, Friday, and Saturday 10 am - 12 pm and 1 pm - 4 pm  
It's Worth It.

**Meraki Builders**  
Construction and Renovations  
250 569 7885 (Mitch) 250 569 4109 (Brenden)

421 Main Street 250-569-7176  
**HISTORIC MCKALE HOUSE**

1,700 books have just arrived!!  
Watch our ads/check us out on FB for inventory reduction deals!  
Sorry, Closed May 4-10

**MOBILE MEAT PROCESSING**  
Field to Plate Service ☺ "Stress free animals for domestic and Game make better meat"  
Mark Roth 250-569-7805 "Serving the Robson Valley"

**Alaina Chapman RMT**  
Registered Massage Therapist  
Monday  
Ph: 250-566-1040 To book an appointment

**DRYWALL SERVICES**  
250-569-0320

**Frank and Sons Automotive Ltd.**

Complete Automotive Repairs  
Windshield Replacement - Tire Sales and Service  
Note: The shop will be closed May 12 & 13

975 Airport Road - 250.569.8830  
**REALLY NICE STONEMWORK!!!**  
All styles Call Adam Roth [adamrothventures@gmail.com](mailto:adamrothventures@gmail.com)  
250-569-6809 "Rocking the Robson Valley!"

**Cougar Den Cabins**  
250-569-7308  
Daily, Weekly & Monthly Rates  
1800 samson rd, mcbride (bottom of lucille mountain)

Glass Cutting, Picture Printing, Matting and Framing  
call Bill Arnold 569-3381

**REPAIR WELDING**  
ALUMINIUM • STAINLESS STEEL • CAST IRON  
[www.flatheadcity.ca](http://www.flatheadcity.ca)





**A&B HANDYMAN SERVICES**  
250-968-4370

**Quality Workmanship at a Low Price!**

- Carpentry • Flooring • Painting
  - Roofing • Specializing in Residential Fencing
- We also have backhoe service to do septic tanks, ditch digging, etc. Rate: \$75/hr. with operator.

**Wireless Internet Service FOR SALE**  
**\$175,000**

200+ customers McBride to Valenmount



Irene Berndsen  
cell (250) 569-7397  
ROYAL LAPAGE Prince George

**Advantage Insurance Services Ltd.**

Rosemary L. Hruby, CAIB  
250-569-2264

Recreational vehicle Season is here!  
**Do you have your ATV Registered?**

**Do you have questions?**  
Give us a Call.

**McBride Employment Services Centre**  
**MAY WORKSHOPS**

Thursday, May 12<sup>th</sup> 10-12 noon  
**Dream Jobs - how to find yours.**

Thursday, May 26<sup>th</sup> 10-12 noon  
**What Do Employers Want**  
*the question examined.*

Robson Valley Support Society - Everyone welcome!  
Just follow us on Facebook @ rvsstmcbride-valenmount

<b>FIJI WATER</b> 500 ml ~ 2 for ~ \$3.00	
<b>COKE</b> 2 L ~ 2 for ~ \$5.50	<b>HUSKY</b> 569-2441
<b>NESTLE REGULAR BARS</b> 41-60 g ~ 3 for ~ \$3.00	

**RICH BOYZ Mechanical Ltd.**

Fully licensed Automotive, Heavy Duty and Welding Repairs.

Mobile and Shop Appointments  
**Sewing the Robson Valley**  
250-569-7298

**HEAVY HAULING**  
-Tridem Tilt Deck -Tridem Drop Deck  
Best Rates In Town

- General Construction
- New Construction
- Remodeling
- Drywall
- Residential
- Commercial
- Install Septic Systems, Repair & Removal

**BEST PRICES**

**EXCAVATION**

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

**30 YEARS OF EXPERIENCE**

P.O. BOX 474  
Phone: (250)569-2593  
Fax: (250)569-0178

**ROBSON VALLEY CONSTRUCTION**  
**REDI-MIX CONCRETE**

**YARD SALE**

Dunster Mothers Day Yard Sale. Beside Dunster Store. Sunday, May 8th, 10am to 2pm. Sellers Welcome Free Dunster Schoolhouse Concession - buy local burgers! 8 x 8 Art Auction contact: Claude 250-968-4459; Nancy 250-968-4358.

**DOWN TOWN THRIFT STORE**

Our Annual Fashion Show will be held on Friday, May 6 @ 12 noon in the Ang./United Church. There will be a lunch served, at this time, the cost will be \$5.00. Come out and enjoy our fun time and see our Spring Fashion. -Hope to see you there.  
McBride Ang./United Church

**Emergency Preparedness Week**

Regional District encourages insurance checkup as part of Emergency Preparedness Week. "Get to know your coverage." That is what the Regional District of Fraser-Fort George is asking residents to do as part of Emergency Preparedness Week in Canada May 1-7. Every insurance policy is different so it's important that homeowners are aware of the risks around them and find out how their insurance policy may or may not cover them in times of emergencies. The Regional District is encouraging homeowners take a look at their policies now, so when an emergency or disaster strikes they are familiar with the provisions in their coverage. When looking at your insurance documents it's important to know the following: What does my policy cover? Is there a specific kind of insurance for the type of home I have (house, condo, apartment, farm). Are there risks I can't buy coverage for (i.e. fire, flood). Is optional coverage available for risks not normally covered? How do I make a claim? Should I make a claim for every loss? When disaster such as fire or flood strike, your insurance coverage can be a key piece of your recovery plan and provide piece of mind knowing you and your family are protected. For more tips about emergency preparedness, including how to prepare your own emergency plan and kit, visit the Regional District website at www.rdfg.bc.ca.

**BIRTHDAY WISHES MAY 3 - 10**

Evyn Easterbrook, Marc Dupuis, Marty Franke, Airline Andrews, Erik Berg, Pietro Caputo, Fallon Sansom, Kay McFarland, Paul Smith, Richard Hodgkin Sr., Wes Phillips, Alyson Phillips, Brandon Vizza, Corson Lipke, Taylor Mary Kerr, Archer Barnes, Rosemary Hruby, and to anyone else we missed. Happy Birthday!

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

For Sale-2005 Chevy 2500 Silverado 4x4 crewcab short box. 132km, good condition \$9000 obo. 2005 Dodge Ram 2500 4x4 crewcab long box. 138km, good condition. \$9000 obo. Wes Keim 250-569-7417••For Sale or Rent:Lawn Mowers Ph:250-569-7249••Goats for sale: Nannie with twin doelings (5 weeks old) \$275, and milk goat (not currently in milk) \$175. All four for \$400. 250-569-7800••For Sale-1994 Dutchman 5th Wheel. Trailer. 28ft. needs some work. \$5000 o.b.o. Ph:250-968-4339••For Sale-Sealed Unit 48-3/4"x58"x5/8". Regular \$365, Sale \$170. Phone 250-569-7084••Wanted-Looking for old farm for rent-to-own or long-term Rental, monthly payments approximately \$800.00, for my wife and I, in the Dunster or McBride Area. I can repair and fix any old house and more because I am a good carpenter, plumber, and electrician and many other trades. If you do have anything, no matter the amount of work, please call Andre or Brenda at 250-968-4370••For Sale-1990 Dodge Propane 1/2 ton truck, runs good. Needs battery only. Asking \$750.00 Call Joseph 250-968-4370••Wanted-Diamond Harrows suitable for pasture land. Phone 250-968-4482••For Sale-2 Butcher Pigs. \$2.00 per lb. Phone 250-569-4080••For Sale-Used old style vertical slide windows with storms and screens. May be used for Greenhouses. \$10 each. Phone 250-968-4482••For Sale-Oil Furnace complete with 100 gallon outside storage tank. Also, electric Hot Water Tank. Ph:250-569-2334••For Sale-3 piece solid wood bedroom set, dresser, chest of drawers and double bookcase bed. Excellent condition, \$350 for set. 250-569-3380••For Sale-8 foot truck box off a 2001 F350. Comes with rear bumper tow hitch, needs tail gate. \$600.00. Call 250-371-4656, McBride••Wanted-Older Deutz tractor any condition, and older Mercedes any condition. Call Sven 250-569-0351.

**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 is OPEN Tuesdays 1pm-3pm. Contact number 569-2479 Tert or 569-4031 Carol•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: 569-7297•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•Evangelical Free Church-Worship Gathering at 10:30am. Ph:569-2378•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.

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 Gov't Serv. BC. 250-569-3760  
R.C.M.P. .... 250-569-2255 Village ..... 250-569-2229  
Hospital ..... 250-569-2251 Reg'l Dist' ..... 1-800-667-1959  
Health Unit ..... 250-569-2251 Home Support... 250-569-2266  
K to 7 School. 250-569-2721 Food Bank ..... 250-569-3186  
High School ..... 250-569-2295 Fire Hall ..... 250-569-3117  
School District 57 Dental Office The Little McBride Paper  
1-800-256-7857 250-569-3434 250-569-3110  
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.G.s Frenchiest Town!!!**

**WHISTLE STOP GALLERY**



250-569-8891

Visit the new collaborative show "A Stitch in Time" featuring Whistle Stop Gallery Fibre Artists and Robson Valley Museum historic cloth making tools, this is a dual effort that is sure to please.  
Now Open at the Library/Museum.

OPEN DAILY IN THE TRAIN STATION  
10:00AM - 4:00PM

**Antiques & Giftware**  
**WFLCOWIE & HOWIE**

Lots of GIFTS your Mom will love

Soup, Sandwiches & Wraps Daily  
to stay or take-out

OPEN MONDAY-SATURDAY 1000AM-5:00PM 250-569-0215



Vanderhoof & Districts  
Co-operative  
Association

DRIVER 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

**COPPERSTONE HOMES LTD.**

Licensed Residential Home Builders and Renovators

NEW HOME WARRANTY

Dwayne 250-569-7040  
dvausc@copperstonehomesltd.com  
Cody 250-569-4489  
cgyeter@copperstonehomesltd.com

**SHAWN'S SMALL ENGINE REPAIR**

Lawn & Garden • Chainsaws  
Quads • Snowmobiles  
Dirt Bikes • Boats  
Sales-New & Used

1098 NE Frontage Road  
McBride, B.C.  
V0J 2E0  
250-569-2901

**McBride AG Foods**

569-0140

**FRESH FISH RIDDAY!!!**  
• Steelhead • Cod  
• Sole • Lobster Tail

**D & T INDUSTRIES**

930H CAT WHEELED LOADER  
3.1 CU YARD DIRT BUCKET, FORKS,  
12 FOOT HYDRAULIC WINGED DIRT BLADE  
ZX550U HITACHI TRACKED EXCAVATOR  
WRIST TWIST CLEANUP BUCKET,  
DIRT BUCKET, BLADE

299C/D CAT COMPACT TRACKED LOADER  
MATERIAL HANDLING ARM,

HF AUGER 6,9,12,18,24 & 30" BITS,  
84" SOIL CONDITIONER, TREE SPADE,  
84" BRUSH GRAPPLE, STUMP BUCKET,  
108" & 84" DIRT BUCKET, PALLET FORKS,  
78" BRUSH MOWER, 42" SIDE BOOM MOWER

7X14 Ft Dump Box Trailer, Gooseneck Trailers, & GMCs to pull... WCB, ICBC, 10 MIL. CGL, FALLER CERT, CALL US 24 - 7!

**Darwin 250-569-7758 or 7050**





NEIGHBOURHOOD PUB

250-569-0101  
600 - 1st Ave.  
11:30am - 11:30pm  
Monday - Saturday

## LOVE YOUR MOM

This Mother's Day join us at the  
Giggin' Grizzly Pub for

an exciting lunch and dinner menu  
filled with



attractive and delicious recipes.



Treat Mom to the gift of a  
great meal on Saturdays!

Don't forget to surprise her with  
a Giggin' Grizzly Gift Card.

## Commercial Space For Rent

Available August 1st.

Great location!

Located corner of

Main St. and 4th Ave. McBride, BC

1200 sq feet. Currently a hair salon.

Contact Nathan for more details  
at 250-569-7852.

## A LITTLE THINKER...

If you're smiling when things go  
wrong, you obviously have  
someone in mind to blame.



BRITISH COLUMBIA  
SUPPORT SOCIETY

## WORLD NAKED

### GARDENING DAY

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

ACCEPTANCE  
BODY  
BUFF  
CELEBRATION  
EVENT  
FIRST  
FLOWERS  
FUNNY  
GARDENS  
IMAGE  
INTERNATIONAL  
LIBERATING  
LIGHTHEARTED  
MAY  
NURTURE  
PERMACULTURE  
PLANTING  
POSITIVE  
PRIVATE  
SATURDAY  
SELF  
SPRING  
UNASHAMED  
WEEDING  
WHOLE SOME

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

## SPINDRIFT

250-569-0070

**MORE THAN JUST SNOWMOBILES!!!**

The change over / computer balance / flat repair.

### OPEN YEAR ROUND

•Bike •Boat •RV •ATV

Garden Equipment / Powersaws

Bar & Chain Sharpening

Tires for ATVs - Semis

**MOST PARTS OVERNIGHT**

Diesel & After Market Accessories Performance

940 Second Ave.

(Kiddy corner to the town's Ball Diamond)

## FOREVER PRINTING & SIGNS

•Signs •Magnetics •Banners •Sandwich Boards  
•Vehicle Decals •Window Decals

•Binding •Posters •Business Cards •Address Labels  
•Full Color Laser Photo Copies •Invitations

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

**20 years experience**

for more information please contact

Scott or Susan at 250-569-3110,

fax: 250-569-0220, email: [sglines3@telus.net](mailto:sglines3@telus.net)

250-569-2411



241 Dominion Street McBride, BC V0J 2B0

**REGULAR HOURS**

Tuesdays: 10-5pm, 7-9pm

Wednesdays and Thursdays: 10-5pm

Fridays: 2-9pm Saturday: 2-5pm

library@mcbridebc.org [www.mcbridebclibrary.ca](http://www.mcbridebclibrary.ca)

## HOME REMEDIES

Presented by Phil Brewer

A unique and powerful seminar is coming to McBride, on Tuesday, May 10th and Wednesday, May 11th at the Roundhouse Theatre in McBride. Everyone is welcome to come to this FREE seminar with Phil Brewer, the founder and president of the Silver Hills Lifestyle Centre, where Silver Hills bread originated.

"We've all experienced a mother or grandmother trying to treat us with a home remedy," says Phil Brewer. "Like chicken soup or maybe a potent garlic cure during the flu season," he continues. "Many of these home remedies passed on from generation to generation have sound scientific backing and can be used in conjunction with doctor's care because they aid and assist the body's healing mechanisms."

"The Silver Hills Lifestyle Centre has have been teaching the health benefits of lifestyle change for the past thirty years," says Phyllis Krueger, the local organizer of this seminar. "I am familiar with the great lifestyle training provided by Phil and his team. I know all those who attend this seminar will be a benefited immensely. All are invited, so do come with a friend, you will be glad you did."

"At Silver Hills, many of our clients come with problems like sinusitis, stomach ulcers, sleeplessness and stress to name a few", continues Phil Brewer. "During their five to ten day stay at the guesthouse we present to them different types of home remedies as ways to assist their medical treatment which when used in conjunction with a healthy lifestyle are very effective."

"Recently, we have many requests to present not only our lifestyle classes in different communities, but also to demonstrate the simple home remedies we use for our guests", he continues. "The combination of home remedies presented with the lifestyle approach to many health issues is unique and is therefore greatly appreciated. Check us out at [www.silverhills.ca](http://www.silverhills.ca)."

Mark your calendar and commit to these sessions to focus on improving your health and wellness. Beginning May 10th and continuing on May 11th at 7:00 PM at the Roundhouse Theatre. The seminar is Free and everyone is welcome.

## Silver Hills

presents

\* free seminar \*

# Home Remedies

## Simple & Natural

Presented by Phil Brewer

Founder & President of Silver Hills Guesthouse & Lifestyle Makeover Coach  
[www.silverhills.ca](http://www.silverhills.ca)

### Learn Home Remedies that Relieve

Sinusitis, Indigestion, Stress, Insomnia

Topics covered: Heating Compresses, Cold Mitten Friction, Ice

Massage, Hot Foot Bath Fomentations, Wet Sheet Pack,

Effective Use of Garlic Charcoal & Cabbage Juice

Tuesday & Wednesday, May 10 & 11, 2016

7:00pm - 9:00pm

McBride Secondary School – Roundhouse Theatre

For More Info or To Register Call: 250-968-4493 – Phyllis

Presented by: McBride Adventist Health: A Community Service of Adventist Health