

What's the difference between
a bird and a fly?
A bird can fly but a fly can't bird!

Robson Valley Septic

(250) 569-7812
"Your business is our business!"
Now Closed for the season.
Emergency calls only until May.

ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30

We have McBride Souvenirs

Great Valentine Gifts,
Cards & Candy

Closed Monday, February 13 for Family Day

****Kerig K Cup Destination .06¢ each****

Check Out Our Facebook Page

VERO TWO NINETY 90

TAXI SERVICE FOR McBRIDE AREA

250-569-0290 CELL: 778-258-0145

DON'T DRINK & DRIVE - CALL ROCK

LOCAL RATES - HIGHWAY RATES - SENIOR RATES
PICKUPS & DELIVERIES

McBRIDE CURLING CLUB

461 Columbia Street

Come on down and try curling or just enjoy watching a game. Open Fridays at 7. Licensed lounge.

Bring clean shoes if you want to get out on the ice, the curling club has everything else you need

BUFFET BREAKFAST

Sat. & Sun. 6-10am

All for \$15 or \$1/yr for kids!!

Includes Coffee, Tea and Juice!! ☺

at The FARMER's KITCHEN

the RED BUILDING on 1st Ave., McBride Ph: (250) 569-3003

McBRIDE & DISTRICT PUBLIC LIBRARY

241 Dominion Street McBride, BC V0J 2E0

Fines Free February at the Library!

Bring in items for the Food Bank in exchange for fines!

Most wanted:
personal care products,
dry goods, cereal & kraft dinner.

Questions? 250-569-2411

ROBSON VALLEY PHARMACY

IDA

OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed
www.robsonvalleydapharmacy.com
250-569-8811
1136 - 5th Ave. Inside the McBride Hospital

Feeling under the weather??

Come in and ask our pharmacist what they recommend!!

Come in a check out the great sale prices on our vitamins!

Don't forget to download our IDA app on your smart phone, quick way to refill your Rx's and have them ready when you are.

No Time? No Problem.

Manage your prescriptions wherever you are

Download our new app today.

Available on the AppStore

FREE The little FREE

McBride

Paper

Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, February 8th, 2017*

BACKCOUNTRY HORSEMEN

The Backcountry Horsemen of BC (BCHBC) Robson Valley Chapter would like to invite people interested in trail riding (front country and/or backcountry) in the Robson Valley to join us. There will be an informational potluck meeting on February 22 at 6:30 p.m. at Brian Wallace's residence on 3760 Hinklemen Road. Please bring a food item to share and visit with like-minded individuals. There will be an opportunity to register as a BCHBC member during the evening if you desire. Backcountry Horsemen is a not-for-profit society that provides equestrians interested in trail riding with a social and safe learning environment. We also build and maintain trails, trail heads and facilities for horses and work together with individuals, government, business and other recreational users of public lands to promote awareness and understanding for a cooperative wilderness experience. For information, please call Eileen MacDonald at 1-250-253-4193 or visit www.bchorsmen.org.

COMING EVENTS

Ladies 2017 Curling Bonspiel Friday, February 10 - Sunday, February 12. Come down and cheer on your favorite team. 50/50 draws, raffle with great prizes, and cheap drinks in our licensed lounge.

McBride OldTimers Hockey Tournament Friday, February 10 to Sunday, February 12.

Samson's Delilah Trio featuring Scott Duncan on Fiddle!! Live @ The Dunster Schoolhouse, Wednesday, February 8. Come out and support live local music! \$10. Doors @ 7:00. Music @ 7:30. Concession will be available! www.samsondelilah.ca www.ifiddle.ca. **FOR YOU AND YOUR VALENTINE!** Friday, February 10 at 7pm in the McBride E-Free Church. An evening of beautiful music, delicious desserts, and biblical encouragement for your marriage. Featuring the Robson Valley Strings Ensemble. Free of charge.

Advanced Care Planning Information Session with legal and Clinical Information. Advance Care Planning is an important step toward meeting your long-term needs and preferences. Speakers: Doctor Taylor Martin and Notary Public, Linda Fry. Date: Feb. 18, 2017. Time: 11:30 - 12:15. Place: Community Hall. Everyone Welcome.

Fish & Wildlife Club Meeting: February 20, at the Beanery 2 Bistro, 7:00p.m. Everyone welcome.

Dome Creek is celebrating its centennial this year with a Heritage Days Event on July 22 and 23, 2017. We would like to invite vendors, buskers and local artists to help us make this a memorable event. If interested please call Laura @778-349-5710 or send an email to domecreek100years@gmail.com.

ALB CANDIDATES FORUM

MUNICIPAL BY-ELECTION CANDIDATE FORUM

Presented by McBride & District Chamber of Commerce will be held on Thursday, February 16th, 2017 from 6:30pm - 9:00pm in the McBride Rounhouse Theatre.

BIRTHDAY WISHES FEBRUARY 8-14

Deb Jones, Mabel Wilcox, Dwayne Flynn, Kevin McCarty, Gary Moore, Jim Chuipka, Lynn Lee-Ran, Loui Joseph, Sara Friesen, Sigvald Harslad, Bob Craigue, Brooklyn Bastan, Norm Lorenz, and to anyone else we missed, Happy Birthday!

COMMUNITY ANNOUNCEMENTS

Northern Health: Come and check out the new blood pressure kiosk at Home Hardware. It is a great health awareness tool that is free to use. Northern Health would like to thank the Northern Interior Rural Divisions and McBride Community Endowment Fund for partnering with McBride Hospital to providing the funding to purchase this kiosk. Also, thank you the McBride Elks for supporting the grant application and to Home Hardware for housing the blood pressure kiosk.

Coaches Needed - Looking for coaches for both Youth Softball and Youth Soccer for the upcoming season, starting in April-May (depending on weather). The season ends at the end of June for both sports. We have equipment for a couple of different age groups but not enough coaches. The Youth Soccer has the equipment but needs someone to organize and coach. If you are interested, please contact Kathy Molendyk @ 250-569-3239.

The Community Literacy Task Group will be hosting SOLUP & BUN at The Beaverview Lodge Fridays at NOON...by donation. Warm up with recipes by local seniors! Bring a recipe! Bring a friend!

Community basketball season continuing every Thursday unless notified. 6-8pm. Ages 12+.

A LITTLE THINKER...

Today I found a mosquito. I sat right next to it and kept on buzzing so he would see what it's like, not being able to sleep!

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425
Depart to East - 2:45am Daily (Valemount, 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, 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 its owners.

Take a Break in McBride...B.C.'s Friendliest Town!!

HORSES HOEING

Gary Schwartz
Farrier Service

McBride, BC

250-569-3319

Warm your Heart up with a
Cinnamon Latte

Beaneys 2 Bistro

Closed, Mon., Feb. 13 - Reg. Hours Tues.
M-F:6a.m.-5p.m. - Sat.:9a.m.-5p.m. Sun.-CLOSED 250-569-0133

CLIMB

HELICOPTERS LTD.

250-793-8911

PAINTING

Call Phil @ 250-569-0205

Robson Valley Pet Hostel

Grooming & Boarding

Ann Schwartz - Animal Health Technician

Website with information and galleries:
www.pethostel.ca

250-569-3319

ROBSON VALLEY PHYSIOTHERAPY

Phone 250-569-0053

Serving McBride and Valemount

Dog Bones & Bird Suet \$5.00 Bags

☺ at Uncle Mark's Meat Shop

Meraki Builders

Construction and Renovations

250 569 7885 (Mitch) 250 569 4109 (Brenden)

Alaina Chapman RMT

Registered Massage Therapist
Monday
Ph: 250-566-1040 To book an appointment

RICH BOYZ

Mechanical Ltd.

Fully licensed Automotive, Heavy Duty
and Welding Repairs.

Mobile and Shop Appointments

Serving the Robson Valley

250-569-7298

Franke and Sons Automotive Ltd.

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

Zumba classes

Mondays and Thursdays, 6:30-7:30pm
RV Community Centre. Come join the fun!
Instructor Tonia 250-569-7678.

ANOTHER LITTLE THINKER...

Why do gorillas have big nostrils?
Because they have big fingers!

REALLY NICE STONEMWORK!!!

styles *Call Adam Roth Stamenawany*
250-569-6809 adamrothventures@gmail.com
"Rocking the Robson Valley!"

1 855 566 4225
Specialty Foods & More
info@rejus.net

Cougar Den Cabins

250-569-7308

Daily, Weekly & Monthly Rates

1800 saason rd. mcbride (bottom of lucille mountain)

Glass Cutting, Picture Printing, Matting and Framing

call Bill Arnold 569-3381

R3 ACRES, Farm raised beef, naturally.

Grain fed beef now available year round.

Visit www.r3acres.com for a full list of packages.
Call: 250-569-7203 Email: beef@r3acres.com

THE HILIR SHÖPPE

803 3rd Ave. 778-258-0343
side entrance

250-569-2666

After Hours call
250-569-2726
or 250-569-7016

JMR

AUTO SERVICES

1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANICS

Get a Tire Rotation and 21 Point Inspection for

\$21.95

(On most vehicles.)

MONDAY to FRIDAY 8:00am - 5:00pm

SATURDAY 9:00am - 12:00pm

Antiques & Giftware WELCOME TO HOME

I WOULD LIKE TO WRING YOUR NECK...
SCARVES 20% OFF

SOUP, SANDWICHES & WRAPS DAILY

TO STAY OR TAKE-OUT

OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215

Wireless Internet Service
FOR SALE
\$175,000

200+ customers McBride to Valenmount

Irene Berendsen

cell (250) 569-7397

ROYAL LePAGE Prince George

VOTE

ROSEMARY HRUBY
for Council - Village of McBride

Understands Finance

Ability to work as a team

Willing to commit time and energy

McBride Employment Services Centre

FEBRUARY WORKSHOPS

Thursday, February 9th 10-12 noon

Resume Ready

~~~~~  
Thursday, February 23<sup>rd</sup> 10-12 noon

Cover Letters Covered

Robson Valley Support Society - Everyone welcome!  
Just follow us on Facebook @ rvssmcbride-vailemount



CADBURY  
EASTER CREAM EGGS  
33-34 g ~ 2 for ~ \$2.50

JACK LINK'S JERKY  
80 g & Small Batch 60 g  
2 for ~ \$9.99

ROCK STAR  
444-473 ml ~ 2 for ~ \$5.00  
or 3 for ~ \$6.00  
5x the Points

## The Farm Store



HOMEGROWN - FREE RANGE CHICKEN & PORK

Pre-packaged and Frozen fresh.

NOW AVAILABLE at The Farm Store  
(Healthy Pet Food Cuts also available)

OPEN 10-5 Monday - Saturday.

Phone: 250-569-0425

## LIBRARY NEWS

Colouring with Coral: Book launch & evening of adult colouring for Coral Mazereeuw's "Zenless Bliss" animals and poetry book. Friday, February 10th at 7pm. Books for sale \$15. Visit with the author, refreshments.

Scrabble's On! Saturday, February 11 at 2:30pm. All welcome for a game or two!

Book Discussion Group, Thursday, February 23rd at 1:30pm. This month's theme is "The Old West". Drop by the library to pick up a title or bring your own. All welcome!

Teen Lock-In: Nerf Night! Friday, February 24th at 9pm. 13+.

Mother Goose in McBride! Wednesday mornings from 10:30-11:30am in the Library Annex. January 18th - March 8th. Children, ages 0-5, bring your caregiver and join us for songs, stories, snacks and fun! Hosted together with Lotte from the Robson Valley Support Society.

Geek Squad. Mondays at 3pm. Aimed at ages 9-13. Limited spots, so please let us know you're coming. We'll be programming using Scratch, and delving into robotics. Fibre Artists Gather. Thursdays at 10am. Everyone welcome to bring your knitting/crocheting/stitch project and work away while visiting over coffee and tea!

Music Jam. Tuesdays at 7pm. Want to learn new music? Tired of playing alone? Bring your instrument and join neighbours for blue grass, blues, rock, & country. All welcome!

## BUY, SELL, RENT & MISC.

For Sale-1 BF Goodrich Radial LongTrail, brand new, 100% tread, on 5 bolt rim, R255/70R16, \$80 firm. 47 inch Toshiba Flatcreen TV, beautiful picture, \$500 obo. 4 Summer tires, Momentum 215/65/R16, 75% tread, \$150 firm. Ph: 250-569-0221•Wanted-Small acreage around McBride to rent or lease with option to purchase. Phone 780-814-1344•For sale: Light pair tractor chains, 28 inches wide, 13 feet long, \$300, 400 bd. ft. 1x6 birch, air dried 3 years, \$2/ bd. ft. Chuck at 250-968-4400•For Sale-1 Weatherby Vanguard Rifle, chambered in .270 Weatherby wood stock. 3 Boxes of Federal factory Ammunition. 1 Box of brass and 1 set of RCBS reloading dies. Contact Tedd at Ph:250-569-7703, Evenings Sunday-Thursday. PAL Required.~Wanted to Buy - Acreage with or without a house. Ph:250-569-4025•For Sale- Approx. 42' of 5' Green Chain Link mesh with privacy slats and most parts to install. Offers. Call 250-569-3110•For Sale-Brand New Galvanized Steel Chainlink Fence, 5ft tall, 250ft in length, includes everything you need for installation. Call 250-569-7812•For Sale-13" open side thickness Sander. Floor model, power feed, 220 volt single phase. Includes spare sanding belts, \$950 firm. Call Jim Manton 250-569-2334•For Sale-1990 Toyota Tercel Sports Edition, in good condition, \$1000.00. Phone Kyle-Ph:778-878-8869•For Sale: Craftsman 10/32 Snowblower, (10 inch auger, 32 inch path) 8 hp Tecumseh engine, \$500. In fine running condition. Phone 778-258-0333•For Sale-Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

## 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 reopens Tues., Sept. 6, 1-3. Ph: 569-2479 Terri, 569-2527 Esther•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 RV Support Soc.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 ..... 250-569-3117  
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 departments ...  
Dial this Number 1st and ask operator to connect you to provincial department  
Take a Break in McBride...B.G.s Friendliest Town!!

Three Ranges

The Valley's

Locally

Brewed Beer!!



Open Wednesday - Saturday 3-8pm

and Sunday 12-6pm

Downtown Valenmount across from the IDA

250-566-0024

<https://www.facebook.com/ThreeRangesBrewingCompany>

## SHOPS ON MAIN

246 Main Street (McBride Trading Co.)

Thursdays and Fridays Open 10-2

Special opening on Saturday, February 11th.

This is the month of LOVE! ♥

See our board for Valentine gift suggestions!

Enter the vendor draws and our big draw drawn on

February 11th!!

## WHISTLE STOP GALLERY

250-569-8891



New at the Gallery:

Robson Valley Vintage Machines Calendar by Glen Frear.

Amazing sweaters and hats from Ann Shepherd.

New pottery from Steff McLean. Leather creations by Tom Pittman.

Glassworks from Yvonne Thurman, and much much more...

Skip the driving, long lines and crowds, find "wow" at the Whistle Stop!

OPEN 9-5 DAILY AT THE TRAIN STATION

Delivering Fuel  
East to McBride &  
Valenmount



Vanderhoof and Districts  
Co-operative Association

Commercial, Farm & Personal

Our equity allocation based on members' 2015 purchases totalled over  
\$6.2 million being returned to members in equity and cash back

|                   |                      |                   |                   |
|-------------------|----------------------|-------------------|-------------------|
| Prince George:    | Valenmount Cardlock: | McBride Cardlock: | Vanderhoof:       |
| Tel: 250-564-3888 | 1500 - 5th Avenue    | 2130 Zeddie Road  | Tel: 250-567-4488 |
| Tel: 866-300-2667 | Valenmount BC        | McBride BC        | Tel: 888-345-2657 |
| Fax: 250-564-3833 | Tel: 866-309-2667    | Tel: 866-309-2667 | Fax: 250-567-4490 |

## LEVANT

Serving the Robson Valley

250-569-7286

Dome Creek, BC

Blair Levant

FSR #106311

## SHAWN'S

SMALL ENGINE REPAIR

Lawn & Garden • Chainsaws

Quads • Snowmobiles

Dirt Bikes • Boats

Sales-New & Used



250-569-22901 1098 NE Frontage Road  
McBride, B.C.  
VOJ 2E0

McBride AG Foods

569-0140

FRESH FISH FRIDAY!!!  
• Salmon • Sole

• Steelhead



OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,  
Sat. 6:30am-6pm, Sun. 9am-5pm

\* SNOW REMOVAL \*

D & T INDUSTRIES



\* BLADE \* BUCKET \* BLOWER \* DUMP BOX TRAILER \*

\* WE CAN'T STOP IT FROM COMING,  
BUT WE CAN KEEP IT OUT OF YOUR WAY!

\* DARVIN OR TOVI 569-7758 OR 7050 \*

VOTE

For

IRENE REJMAN

On

March 4th 2017

Vote, for honesty, dedication, commitment,  
& good work ethics

Authorized by Irene Rejman Financial Agent 250-569-2692



NEIGHBOURHOOD  
PUB

250-569-0101

600 - 1st Ave.  
4:00pm - 11:30pm  
Monday - Saturday!

Great LUNCH and DINNER Specials  
to Welcome all  
CURLERS and HOCKEY PLAYERS.  
We will be OPEN at 11:00am on Saturday

MCKALE HOUSE

421 MAIN STREET 250-569-7176

Welcome Curlers and Hockey Players!!

50% off Curling/ Hockey Books

Winter Sale: 30% -50% off Select Items

Open Sat Feb 11, 10am-5pm

(Closed till mid-March)

FOREVER PRINTING  
& SIGNS

home of

The little McBride Paper

Phone: 250-569-3110,

Fax: 250-569-0220,

E-mail: sglines3@telus.net

HEART MONTH



Vote Lucille Green for McBride Council!



I've lived in McBride for over 21 years and I love living in the Robson Valley. I am willing to work hard for its citizens. It is my desire to see the Village of McBride and the surrounding

community prosper. I am committed to helping find ways to create jobs, secure our financial position and stabilize our community.

☒ Lucille Green,

Advance Poll Feb 22<sup>nd</sup>, Election March 4<sup>th</sup>.

Authorized by Lucille Green, Financial Agent

250-569-0034, email: jettag.Green@gmail.com

Facebook Page: @Lucille.Green.for.councillor



NEIGHBOURHOOD  
PUB

250-569-0101

600 - 1st Ave.  
4:00pm - 11:30pm  
Monday - Saturday!

Join us for Dinner on Valentine's Day

Tuesday, February 14th!

We have created a customized  
4 COURSE DINNER MENU

for you and your significant other to enjoy together.

250-569-2411



McBride & District  
PUBLIC LIBRARY

241 Dominion Street McBride, BC V0J 2E0

WINTER HOURS

Tuesdays: 10-5pm, 7-9pm

Wednesdays and Thursdays: 10-5pm

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

library@mcbridebc.org www.mcbridebc.library.ca

Robson Valley Custom Meats

Price List

Slaughtering Prices

|                        |                               |                                      |
|------------------------|-------------------------------|--------------------------------------|
| Beef<br>14 Day Hanging | Under 30 Months               | \$110.00                             |
|                        | Over 30 Months                | \$160.00                             |
|                        | *Includes SRM & Spine Removal |                                      |
|                        | Large Bulls                   | \$130.00                             |
|                        | Brand Inspector Fee           | Price dependant on number of animals |
|                        | SLAUGHTER ONLY                | Additional \$30                      |
| Pork                   | Weiner                        | \$70.00                              |
|                        | Boars & Sows                  | \$90.00                              |
|                        | SLAUGHTER ONLY                | Additional \$15                      |
| Lamb                   |                               | \$45.00                              |
| Goat                   |                               | \$45.00                              |

Cut, Wrap, Frozen

Domestic - 0.75/lb (Vacuum Packed 1.10/lb)

Wild Game - 0.85/lb (Vacuum Packed 1.20/lb), Hanging \$8/day

Lambs & Goats - Under 55lbs - \$40.00 (Vacuum Packed 1.10/lb)

- 55lbs and over - \$0.75/lb (Vacuum Packed 1.10/lb)

Smoked Meats

Includes smoke, processing, vacuum packed

Hams - \$20 Bacon - \$20

Fresh Sausage - \$2.50/lb Smoked Sausage - \$3.00/lb

Jerky - \$4.75/lb (Green Weight)

Payment

Slaughter payment due on day of slaughter

Cut & Wrap and Smoked Meats payment due on pick up

\*\*Pick Up to be made no later that 5 days after notification of finished product, after 5 days a\*\*

\*\*storage fee of \$5.00 per box per day will be issued\*\*



Matt Rempel - (250)569-4210

Jim Chuipka - (250)569-7097

PRICES ARE SUBJECT TO CHANGE

Box 423

5269 Mountain View Rd

McBride, BC

V0J 2E0



## 1 in 3 Americans has diabetes or prediabetes. That doesn't have to be your story.

Join Dr. Wes Youngberg, diabetes expert and author of *Goodbye Diabetes*, and Brenda Davis, world-renown author and plant-based dietitian, as they guide you through a hope-filled 8-session video course to reverse diabetes and reclaim your health.

### \$49 PARTICIPANT KIT INCLUDES:

- \* Inspiring wellness talks
- \* Expert advice
- \* Group support
- \* Cooking demos & samples
- \* Diabetes Undone Workbook
- \* Diabetes Undone Cookbook
- \* 8 Laws of Health DVD
- \* Access to online homework videos



### JOIN US OPENING DAY, FEBRUARY 16 AT 6:30 PM

**DATES** 8 SESSIONS: FROM FEB. 16 THROUGH MAR. 13, 2017  
6:30 pm to 8:00 pm

**VENUE** MCBRIDE SECONDARY SCHOOL  
1300 2nd Ave., McBride, BC V0J 2E0

**CONTACT** PHYLLIS KRUEGER  
250-968-4493 [rpk12305@hotmail.com](mailto:rpk12305@hotmail.com)

### More about:

## Diabetes Undone

A new seminar called Diabetes Undone will be offered at the McBride Secondary School beginning Thursday, February 16th at 6:30 pm, and will continue for a total of eight sessions. Meeting days are Monday and Thursday on the following dates: February 16th, 20th, 23rd, 27th, and March 2nd, 6th, 9th, and 13th.

Diabetes Undone was developed by Dr. Wes Youngberg, diabetes expert and author of *Goodbye Diabetes*, and Brenda Davis, world renowned author and plant-based dietitian.

By following the principles outlined in this seminar, Type 2 Diabetes can be undone. It is not only preventable, but also reversible. There's hope for change and hope for you. You will learn how to fight high blood sugars by addressing their underlying causes. Even Type 1 diabetics can learn how to control their condition and prevent complications. In addition, the same strategies that fight diabetes also effectively combat heart disease, obesity, cancer, autoimmune disease, and many other health conditions. This course is about experiencing wellness in every area of your life.

The \$49 participant kit includes, inspiring wellness talks, expert advice, group support, cooking demos & samples, Diabetes Undone Workbook, Diabetes Undone Cookbook, 8 Laws of Health DVD and access to homework videos, which can be watched either online or from a DVD. A support person may attend the meetings for free. There are sponsorship funds available for those on a tight budget.

Join us opening day and begin to rewrite your health story.  
For more information contact Phyllis Krueger at 250-968-4493.