

ROBSON VALLEY PHARMACY



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

HOLIDAY HOURS

•SATURDAY, DEC. 25 9AM-3PM  
•SUNDAY, DEC. 24 CLOSED  
•MONDAY, DEC. 25 CLOSED  
•TUESDAY, DEC. 26 CLOSED  
•WEDNESDAY, DEC. 27  
REGULAR HOURS 9AM - 5PM  
•SATURDAY, DEC. 30 9AM - 5PM  
•SUNDAY, DEC. 31 CLOSED  
•MONDAY, JAN. 1 CLOSED  
•TUESDAY, JAN. 2  
REGULAR HOURS 9AM - 5PM

For every \$50 you spend in store through Dec. 1-23 you are entered into a surprise Christmas hamper.

Draw at 4:00PM on December 23

**ROBSON VALLEY ESSENTIALS**  
**We have McBride Souvenirs**  
New Stock Arriving Weekly for Christmas  
~ *New this week - Nail Polish - Nail Kits - Makeup - Christmas Movies - Assorted Blu-Ray / DVD*  
\*\*\*\*Korlig K Cup Destination .06¢ & .80 each\*\*\*\*  
**Check Out Our Facebook Page**

Visit our shop

10th ANNIVERSARY - CELEBRATE WITH US!

Enter a DRAW for 14K Gold & Diamonds  
Heart Pendant & Chain

(no purchase necessary to enter draw)

**House of Jasper Silver Studio**  
Studio Hours:  
Fri. Sat. Sun. 11:00 - 3:00 PM  
141 Dominion St. McBride  
www.HouseOfJasper.com/directions/

**VERD TWO NINETY**  
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

**The Rusty Iron Salon & Boutique**  
Friday December 15th  
Christmas Customer Appreciation Night  
6-8pm  
Sales & Snacks

COMMUNITY CHRISTMAS

COMMUNITY CHRISTMAS DAY DINNER...TWELVE MORE SLEEPS!!! Please join us on December 25, at 4pm. in the Evangelical Free Church for a FREE Turkey Dinner. No reservations necessary. Volunteer help and cooks appreciated. If you would like to donate food, please call Betty 250-569-3386. Need a Ride? Shut In? Senior at home needing Food Delivered? Call Jennifer (250-569-3158) and we'll pick you up or bring you a meal. ~Sponsored by Community members and Churches of McBride.

FREE The Little FREE

McBride



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, December 13<sup>th</sup>, 2017*

NOTICE

Due to the final paper of 2017 being on Wednesday, December 27th, we will need all articles and advertising submitted by December 22.  
-Thank You, Oscar and Broom.

THANK YOU

THANK YOU - We would like to thank the McBride & District Hospital Auxiliary members and volunteers and all the local businesses and individuals that donated goods to make such an awesome hamper. What a wonderful surprise it was to win!

Thank you, from Johanna & Chris Layton, Dunster

McBride and Area Active Living Guide

The McBride Healthy Communities Committee is a partnership between the Village of McBride and the McBride and District Hospital. This committee was established in 2014 through a grant from Northern Health. The purpose of the committee is to work collaboratively with community residents and stakeholders, to create and live in a community that fosters health and wellness. With that in mind, the McBride Healthy Communities Committee is planning on developing a 'McBride and Area Active Living Guide'. The purpose of the guide will be to promote, in one convenient publication, the many activities, events and groups that make McBride and area a healthy place to live. The intent is to produce a Fall and Winter Guide and a Spring and Summer Guide. The publications will include dates and venues for ongoing community events, contact information for the many groups that support healthy living and activities and will provide residents and visitors with handy information regarding things to do while in McBride. The Fall and Winter Guide will include events and activities that are scheduled to occur in November through April. Although the first printing may be late November or early December, we still want to list your events from that time period. There are so many active groups in McBride and area and we want to help everyone to promote the great work that is done by all. The committee will gather relevant information over the next few weeks. We can only make this a success with your help. If you organize, or are involved in any group that promotes healthy living in McBride and area, then please send an e-mail to Rick Thompson at mcbride.active.living@gmail.com or call Rick Thompson at 250-569-7620 with your group information or to schedule a discussion. Thanks in advance for helping with this initiative. McBride Healthy Communities Committee.

COMING EVENTS

Annual Christmas Hymn Sing on Sunday, December 17, 7:30p.m. at the McBride Meuntonie Church - Everyone Welcome  
**Blue Christmas:** A sacred time of Music, Prayer, Silence & Reflection. December 20 at 6:00 pm, McBride Anglican United Church. This special service is offered to those who may find this season of lights & decorations, of Christmas parties & festive music, of memories and traditions overwhelming and challenging for different reasons. As we move towards the Longest Night, we gather in community to support one another in our shared pain, loss, and sorrow.

BIRTHDAY WISHES DECEMBER 13 - 19

Amber Hack, David Marchant, Kiernan Ingles, Matt Cousineau, Mohammad Divileli, Deborah Stevens, Kelly Mortensen, Carol McClinton, Dorothy Hewitt, Samantha Blair, Laurie Smith, Rebecca Frazier, Logan Wiltsie, James Corbett, Joy Conway, Maria Teresa Caputo, Rachelle Goodkey, Cathy Wiltsie, Declan Slaney, Devance Cardinal, Ethan Baumbach, Thelma Molendyk, William Joseph, and to any we missed, Happy Birthday!

LIBRARY NEWS

Christmas Storytime. Tuesday, December 19th at 10:30am. Join us for stories and songs of the season!  
**Christmas Lego with Tim.** Tuesday, December 19th at 1:00pm. Make Lego decorations, build stuff & have fun! Ages 6 and under, please come with a caregiver.  
**Kids' Christmas Crafternoon.** Wednesday, December 20th, from 1-3pm. All welcome to get creative with seasonal crafts! Aimed at ages 6-12.  
**The Library** will close at 4pm on Thursday, December 21st for a staff gathering. We will also be closed on December 26th and on December 27th.  
**Monthly Book Discussion** meets: Thursday, December 21 at 1:30pm. This month's topic is "Time in the Title". All welcome to bring a book to share over coffee & tea. Drop by the library to pick one up.  
**Christmas Carols** on the Harp with Doreen Beck. Saturday, December 16th at 2:30pm at the Library.

**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 it's owners.

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

MCKALE HOUSE

Wed-Fri 10-5, Sat 10-2 569-7176

Great stocking stuffer ideas:

Chocolate Suckers, Gummies, Toffee

Great books for giving to all ages!

Come shop and then relax:

FREE coffee or tea this week!

**Frankie and Sons Automotive Ltd.**

*Repairs - Tires - Windshields*

975 Airport Road - 250.569.8830

UNCLES MARKS CUSTOM MEAT CUTTING

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

FUNDRAISERS

Firewood Fundraiser - Support the McBride Secondary School Basketball Teams. \$150 per pickup load. Dry Hemlock. Delivery included. Stacking negotiable. Call Jody Keim 250-569-7764.

**REALLY NICE STONEMORK!!!**  
All styles *Call Adam Roth Stonemasonry*  
250-569-8609 adamrothventures@gmail.com  
"Rocking the Robson Valley!"

Order & pre-pay by phone for pickup in McBride at Seors  
**Infinity**  
1 855 566 4225  
Vitamins, Specialty Foods & More  
office@relus.net

**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

**R3 ACRES,** Farm raised beef, naturally. Grain fed beef now available year round. Visit [www.r3acres.com](http://www.r3acres.com) for a full list of packages. Call: 250-569-7203 Email: [beef@r3acres.com](mailto:beef@r3acres.com)

**THE HAIR SHOPPE**  
803 3rd Ave. 778-258-0343 side entrance  
**BORSES HOEING**  
Gary Schwartz  
Farrier Service  
McBride, BC  
250-569-3319

**Festival Theme Drinks**  
available for the Holiday Season  
M-F 6am-5pm. Sat 9am-5pm. Sun. & State Closed 250-569-0133  
**Booney's Blixto**

**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  
**ROBSON VALLEY PHYSIOTHERAPY**  
phone 250-569-0053  
Serving McBride and Valemount

Dog BONES & Bird Suet \$5.00/Bag  
Now carrying Smoked Bones and Smoked Liver at Uncle Mark's Meat Shop ☺

**Meraki Builders**  
**Construction and Renovations**  
250 569 7886 (Mitch) 250 569 4109 (Branden)

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

**THE RUSTY IRON Salon & Boutique**  
Tues. 10-6 Wed. 12-6 Thurs. 10-6 Fri. 10-5  
471 Main Street 250-569-4203  
Saturday by Special Appointment Only  
Call for fast for appointments

Stock up on BIRD SUET for the winter!!  
\$5.00 Bags at Uncle Mark's Meat Shop  
on 1st Ave, McBride ☺





**HORSESHOE LAKE VENTURES**

100 Mountain View Rd.  
McBride, B.C. V0J 2E0  
**250-569-0075**

We are the local WeldCor cylinder depot. Check out our selection of cylinders and welding supplies.  
-Feed and Farm Supplies -Dog and Cat Food  
- Full Hydraulic Hose and Fitting Supply  
-Agricultural Parts and Repair  
-Automotive Parts and Accessories



**Husky**  
**569-2441**

**OLD DUTCH CHIPS - 255g**  
or **DOUBLE DUTCH - 235g**  
**2 for ~ \$6.00**

**DASANI**  
591 ml ~ 2 for ~ **\$2.00**

**SUNNY D**  
500 ml ~ 2 for ~ **\$3.00**



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

**REGULAR HOURS**

Tuesdays: 10-5pm, 7-9pm  
Wednesdays and Thursdays: 10-5pm  
Fridays: 2-9pm Saturday: 2-5pm

library@mcbridebc.org www.mcbride.bclibrary.ca



**SNOW REMOVAL**  
**D & T INDUSTRIES**

✱BLADE ✱BUCKET ✱BLOWER ✱DUMP BOX TRAILER ✱  
SANDING NOW AVAILABLE

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

**DARVIN 250-569-7758 or TOWN 7050**

**250-569-2666**

After Hours call  
250-569-2726  
or 250-569-7016  
1021 SE Frontage Road

**We have a large selection of  
LED lighting in stock for all  
your truck needs at great prices**

Open MONDAY to FRIDAY 8:00am - 5:00pm  
SATURDAY 9:00am - 12:00pm

**Antiques & Giftware**  
**WELCOME TO HOME**

**50% OFF SELECTED  
CHRISTMAS ORNAMENTS**

**SOUP, & SANDWICHES SERVED DAILY  
TO STAY OR TAKE-OUT**  
OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215

**Rich boyz MECHANICAL AND TOWING**  
250-569-2470

Light & Heavy Duty Towing

BCAA Provider

**Heavy Duty & Commercial Transport Mechanical**  
CVSE Inspection Facility

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

**REMEMBER**  
**We're OPEN**  
**Saturdays 10:00am to 3:00pm**

**COMMUNITY ANNOUNCEMENTS**

Royal Canadian Legion Branch #75 has reconsidered its bingo operation and will be holding bingos on the 1st Wednesday of the month for January, February and March. Please come out for your enjoyment. For hall rentals please contact Dennis Reiman 250-569-2692 or Brad Kope 250-569-8800 or work 250-569-3784.

**December 17, Sunday.** McBride Christmas Bird Count. The Bird Count will be glad for your help in reporting birds seen in this area (Beaver/Holmes in the east to McInosh in the west). Feeder birds can best be counted by spending 10 mins. outside to get an idea how many individuals are being seen. (Chickadees are the hardest!). If you would enjoy driving/skiing/walking in some area other than your yard, let us know your interest. Your tally can be phoned to Elsie Stanley 250-569-2596 or Elaine Gillette 250-569-2643. Thanks!  
**Down Town Thrift Store** - We will be open until Tuesday, December 19th, then we will be closed until after the New Year. To open again on January 2, 2018, 1-3. Thank you everyone who has supported us in different ways. We wish you all a Very Merry Christmas and a Happy New Year with your family and friends.

- McBride Ang. United Church.  
**Fish & Wildlife Club Meeting** will be cancelled for the month of December and January. Will start back up in February. Thank You. Bottle Drive Fundraiser for the Senior Boys Basketball Team. Drop off recyclables at #15 Mountainview Trailer Park or can pick up within town limits. Collection until the end of December 2017. Contact Lonnite at 250-569-7657 call/text.

**SCHOOL NEWS**

Due to **reindeer** being out of shape, Santa's sleigh crashes on a remote island inhabited by pirates. Will the pirates help Santa finish his Christmas deliveries, keel haul him, or make him walk the plank? Find out Thursday, December 14 at 5:30 pm at the Roundhouse Theatre. Christmas Pirates of the Bermuda Triangle, by Burton Bumgarner, will be performed by the McBride Secondary junior drama class. Starring: Tristin Alsbaugh, Zaina Barrett, Destiny Desfosses, Gabrielle Godin, Gunner Goodkey, Onawa Gustafson, Gillian Hooker, Gage Hughes-Lewis, Amelia Jones, Daniel Lim, Levi Littlechild, Bronya Mazereeuw, Bradley McFarland, Liam McFarland, Tyler Peterson, Connor Quam, Seiret Sandhu, Sawyer Scotte, Wyatt Taphorn, Donovan Whelpton, and Owen Williamson.  
**Graduation Dinner Caterer Needed!** This year's graduation class will be holding their grad on Saturday, June 23, 2018 at the Robson Valley Recreation Centre. We are looking for a caterer for approx. 300-350 people. Bid to include menu plan, (recommended to submit 2 - 3 menu options, hot or cold menus will be considered depending on cost) copy of Caterer's License and references to be submitted to the McBride Secondary School by March 1, 2018. If you have any questions, please call the school at 250-569-2295.

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

**For Sale:** 1992 Ford F150, 5 spd stand, 4x4, 5 liter. Motor, rearend & transfer case good condition. Needs bearing clutch (comes with part). 5 brand new winter tires BF Richmond Goodrich all terrain, snow grip. Asking \$1400. Phone 250-968-4370•**For Sale-** 12x52 Mobile Home. \$8000 obo. Phone 780-609-0069•**For Sale-** 14x20 Cabin with bedroom, unfinished washroom, entry on 1 side, kitchenette on other side. \$11,000. Ph:250-569-4048••3 Western saddles including high end Wade from Cactus Saddlery, Remington Pump 30-06 carbine, synthetic stock, trigger fix kit, Limb Saver recoil pad, excellent condition, \$75.00. Leopold Delta Pro red dot sight, the new model, as new, \$375.00. Phone 250-569-3423 or 250-569-7575••**For Rent-**Large 4 bedroom house on 3 lots for rent. \$900 plus utilities. Large kitchen and balcony! Ph:403-952-8222••**For Sale-**CCM Exercise Bike, 27" Portable Organ, Bag of Antique Knitting & Craft Books (10/\$5.00). Phone 250-569-2234••**For Sale-**4 Winter Tires with studs on rims for 6 Bolt GMC. \$200.00. Phone 250-569-7353••**For Sale-**4 Studded Hercules X-Treme Avalanche Winter Tires. 205/65R16 M&S rated. Bought new last winter, less than 1000km on them. \$350. Phone: 250-569-2772••**Hay For Sale** \$45, 4x5, 807lb, mixed grass, twine, no rain, shed, loading available, - Aaron Ford 250-569-7817••**For Sale-**25 mixed Hay plus Clover 1100 lbs - 5x5 - \$60 each. Phone 250-569-7733••**For sale-**Square Hay Bales. \$3.00 each. Ph: 250-553-6880••**For Sale-**5x5 Hay Bales, \$55.00 Bale. Time Heatwole Ph:250-569-0012••**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 open Tues. 1-3. Ph: 250-569-2479 Terri. 250-569-2527 Esther•Foodbank contact number is 569-3186•**Seventh-day Adventist Church-**Meet Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph: 569-3370•**Memmonite 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. 1st and 2nd Sundays in the month - Worship 9:00 am, 3rd and 4th Sundays Worship 11:30 am. Youth Group Wednesdays 3:00 to 4:30 pm. Contact Student Minister Kim McNaughton, phone 250-968-4467 or leave message at 250-569-3206•**Evangelical Free Church-**Worship Gathering at 10:30am. Ph:569-2378•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 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 Frieddliest TOWNS!**

**Robson Valley Acupuncture**  
**Book an appointment today!**

*Gift Certificates available!*  
**Give the gift of health and relaxation.**

**Merry Christmas!!**

~~~~~  
**Chelsea Roth R.Ac.**  
robsonvalleyacupuncture.com  
250-569-7638



**Robson Valley Acupuncture**  
**Quilting Supplies**  
Featuring *Wile Batting and Batting* fabrics  
Assorted 45" fabrics and Batting  
Large assortment of cotton thread  
Quilt Patterns and books

Call or text Georgia at 250-569-7433  
or email [wildangina@qwik.ca](mailto:wildangina@qwik.ca)

**DRYWALL SERVICES**

**250-569-0320**

**McBride AG Foods**

250-569-0140

**FRESH FISH FRIDAY!!!**

**Turkeys & Hams**  
**Now Available**

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

What are the strongest days?  
Saturday and Sunday. The others are weak days!  
**Robson Valley Septic**  
(250) 669-7812  
Proudly serving the Robson Valley Since October 2012!  
For emergencies call 250-569-7706  
"Your business is our business!"  
**NOW CLOSED FOR THE SEASON.**  
Thanks for your business!

**The Farm Store**



Great Specials Every Week!

~Great in-store Specials!!~

"The Feed Store With Bulk Prices In A Bag"  
Open Tues. to Fri. 10am to 5pm Sat. till 3pm Closed Mondays  
Phone: 250-569-0425

**SHOPS ON MAIN**

246 Main Street (McBride Trading Co.)

*This week it's the*

**4th and 3rd Days of Christmas!**  
**Open Thursday, Friday AND Saturday! 10-2**  
**Up to 13 Vendors!! Lots of gift ideas!**  
Show your love for local!

**WHISTLE STOP GALLERY**  
250-569-8891



**Friends and family visiting?**  
Bring them down to the gallery and share the stories of the Robson Valley told by the over 90 artists and crafters whose work is on display.

OPEN DAILY IN THE TRAIN STATION

**Delivering Fuel**  
East to McBride & Viarailmont



**Four Rivers**  
Co-operative

Commercial, Farm & Personal

Prince George: Valeriant Cardlock: | McBride Cardlock:  
Tel. 250.564.3488 1500 - 9th Avenue 2130 Zeidler Road  
TF: 866.309.2667 Valeriant BC McBride BC  
Fax: 250.564.3433 TF: 866.309.2667 TF: 866.309.2667

Our equity allocation based on members' 2016 purchases totalled over \$6 million being returned to members in equity and cash back



COMMUNITY ANNOUNCEMENTS

To celebrate the season, a Community Christmas Tree is now up in the Library at 241 Dominion Street. The tree will showcase a collection of community ornaments that we will keep from year to year. We are hoping you can donate an ornament to the Library/Museum collection to commemorate something in your own family (births, graduation, a new business, or a passing). When you bring in your ornament we will affix a tag to it that will tell its story and it will become part of the collection that is displayed each Christmas. This natural tree is the centrepiece of the Library's festivities. Take your place in the growing record of community celebration. Contact the library at 250-569-2411 for more info.

Improving the look of your business! The Village of McBride is looking to gauge interest in the Business Facade Improvement Program for 2018. If you have a home-based business and are interested in support for a way-finding sign in your yard you may qualify for up to \$500! If you run a store-front business in McBride and would like to make facade improvements to your building you may qualify for up to \$5000! Call Karen at 250-569-2229 or email edo@mcbride.ca to let me know if you are interested for 2018.



HANUKKAH

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

- |            |           |
|------------|-----------|
| BATTLES    | JEWISH    |
| CANDLES    | JUDAISM   |
| COMMUNAL   | KOSHER    |
| DAYS       | LATKES    |
| DEDICATION | LIGHTS    |
| DOUGHNUTS  | MACCABEES |
| DREIDEL    | MENORAH   |
| EIGHT      | NIGHTS    |
| FEAST      | REVOLT    |
| FESTIVAL   | RITUALS   |
| HOLIDAY    | SHAMASH   |
| HOLY       | TEMPLE    |
| JERUSALEM  |           |

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

PHYSIOTHERAPY AT THE GYM: Northern Health, Healthier Communities and Robson Valley Physiotherapy have launched a FREE program. For anyone with a disability, joint replacement, arthritis, and other physical conditions. Open to those who do not have extended medical coverage. Sessions are Thursdays at the Fit Pit, 9:00 to 11:00 am, and at the Valenmount Rec Centre on Wednesdays from 9:00 to 11:00 am. Please call Michelle Read at 250-569-0053 for more details and to see if you qualify, or ask your doctor about the program.

Market Day at RVJA

RVJA Christmas Banquet/Concert. When: December 14: 6:00pm banquet - 7:00 pm concert. Where: McBride SDA Church. Robson Valley Jr. Academy invites you to our Christmas banquet and concert. The banquet is a fundraiser for a mission trip to Fiji this spring. The concert will feature an adaptation of The Christmas Miracle of Jonathan Toomey.

McBride Elks and Royal Purple

X-Mas Hampers - We need your help! Each year with the help of the community and their donations, we supply approx. 20-25 families and individuals in need with a hamper and some small Christmas presents. This year at the Senior's Christmas Dinner (December 6th) we will have a Toy Drop Box and a donation jar. It would be greatly appreciated if you have a new or gently used

toy you would like to donate. All cash donations will go towards providing families in need with enough food for a nice Christmas dinner. If you know of a family or individual(s) in need, please call Dawna Hickerty at 250-569-3210 by December 10th.

COMMUNITY SERVICES

McBride Community Services - Flu Season is coming upon us. December and into the New Year will be by appointments which can be made at 250-569-2026. You may be eligible for FREE Influenza Immunization... Influenza vaccine is recommended for everybody greater than 6 months of age. In BC, the influenza vaccine is provided free to the following of people: •People 65 years and older and their caregivers/household contacts. •People of any age in residential care facilities. •Children and adults with chronic health conditions and their household contacts. •Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic Acid (ASA) and their household contacts. •Children & Adults who are morbidly obese (adult BMI>40, child BMI assessed as >95th percentile adjusted for age and sex. •Aboriginal people (on and off reserve). •All healthy children 6-59 months of age. •Household contacts and caregivers of infants and children 0-59 months of age. •Pregnant women at any stage of pregnancy during the influenza season and their household contacts. •Inmates or provincial correctional institutions. •People who work with live poultry. •Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications. •Visions to health care facilities and other patient care locations. •Individuals who provide care or service in potential outbreak settings housing high risk persons (e.g., crew on ships). •People who provide essential community services (first responders, corrections officers). If you do not meet any of the criteria for publicly funded vaccine, the vaccine can be purchased through some community vaccine providers such as physicians and pharmacists. For more information visit: <http://www.northernhealth.ca/YourHealth/Public Health/InfluenzaInformation.aspx> <http://www.bccdc.ca/imm-vac/VaccinesBC/influenza/default.htm> [www.immunizebc.ca](http://www.immunizebc.ca)

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