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LEVEL 1 ICBC CLERK/OFFICE ASSISTANT
PERMANENT, Full time
PLEASE SUBMIT RESUMES TO:
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We are the local WeldCor cylinder welding depot. Check out our selection of cylinders and welding supplies.
-Feed and Farm Supplies -Dog and Cat Food
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-Agricultural Parts and Repair
-Automotive Parts and Accessories

MCBRIDE HUSKY IS NOW ACCEPTING RESUMES
569-2441

MCBRIDE & DISTRICT PUBLIC LIBRARY
241 Dominion Street McBride, BC V0J 2E0
Phone: 250-569-2411

Library AGM
Wednesday, February 7th at 6pm
241 Dominion Street
Library@mcbridebc.org www.mcbridebclibrary.ca

SNOW REMOVAL D & T INDUSTRIES
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DARVIN 250-569-7758 or TOWN 7050

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WINTER SPECIAL

Receive 10% off an Oil change and lube service. Just call or stop in to book your appointment today.
Open MONDAY to FRIDAY 8:00am - 5:00pm
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Antiques & Giftware WELCOME HOME
25% OFF ALL GIFTWARE AND ANTIQUES
SOUP, & SANDWICHES SERVED DAILY
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OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215

FREE The little FREE McBride Paper
Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, January 24th, 2018*

CELEBRATION OF LIFE
Celebration of Life for Lyle Kinnee on January 27, 2018 at 1:00p.m. in the McBride E-Free Church. Tea to follow.
THANK YOU

Thank you - Lyn, Lanny, Stacey and Corey Schock just wanted to send out the most biggest of thank you's to Doctor Alwin, Kelsie and Jessica for your care, kindness and persistence, Sara and Andree for the smooth ride, Diane and Darrel and family for all the food, flowers, loving support and big big hearts, especially with all your own family was going through, Lyn and James for keeping me sane and your love and support, Sue and Tim Morris and Joy Hatchard for making sure we had the most scrumptious delicious baking and fixings for a wonderful Christmas, Jean and Mike Mosley for the most delicious Hot Soup waiting for us when we got home, Keely for being a much needed car co-pilot and friend, Wendy and Jim for your kindness, support, encouragement and fuzzies lol, Dennis and Irene for the extras to make our Xmas so so special, Bob and Hazel for your friendship, support and encouragement, Margaret and Rodney for the goodie basket, Sandy and Victor for being our courier and all the hugs and encouragement, Keltie, Karen, Sally and Sarah for jumping in and taking care of business. Thank you to everyone for keeping us in your thoughts, prayers and hearts, I hope I didn't miss anyone, I'm so sorry if I did..thank you so very very much.
-Lyn and the boys. Pssss - thx for the buns Sue, luv ya!!

COMING EVENTS
Robson Valley Beekeepers and Wannabekeepers Meeting.
Friday January 26th, 7pm in the McBride Library Annex.
Topics:
1. Spikeland Farm Honeybee Sanctuary Webinar/Video (approx. 1.5 hours long) Provided by Deb Cochrane.
2. Anyone thinking of starting up a hive or hives this spring...now is the time to order your packages or nuts and to get your hives purchased or constructed. Approximate costs and contacts will be provided.

SCHOOL NEWS
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.
OAPD NEWS

Our regular OAPO dinner and meeting will be January 31 at Beaver View. This will be our Annual General Meeting with elections. We are currently seeking nominations for Treasurer, 1st and 2nd Vice President, and two directors. Ask the nominees first, then call in your suggestions to Dorothy Simpson at 569-3343. A set-up committee is needed for the January dinner. Please call Dorothy to volunteer. And the dinner will be pot luck, so plan to bring your favourite meat, salad or dessert.

MCBRIDE MENNONITE CHURCH
Evangelistic Meetings to be held at McBride Mennonite Church on Mtn. View Rd. January 22 thru to the 28th each Evening 7:15p.m. Evangelist: Dwight Maldaner, Tilley, A.B. Everyone Welcome!!
BIRTHDAY WISHES JAN. 24 - 30

Avyla Will, Jeremy Dixon, Aliana Arteago-Pacheco, Andrew Keim, Bob Collins, Tiara Rich, Mary Betkus, Marianne Marczenko, Don Smith, Lorne Sprecher, Joey Rich, Shea Krenzler, and to any we missed, Happy Birthday!

MCBRIDE BIG COUNTRY SNOWMOBILE ASSOCIATION
Family Day Celebration, Sunday, February 11, 2018 10a.m. - 3p.m. and Sunday, February 18, 2018 10a.m. - 3p.m. *Games & Prizes, Hamburgers and Hot Dogs by Donation. Admittance to Lucielle Mountain free after 10a.m.

Via-Rail Schedule **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'1 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 Denial Office The Little McBride Paper 1-800-256-7857 250-569-3434
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 Friendfest Town!!

WHISTLE STOP GALLERY
250-569-8891

Warmth is waiting at the Whistle Stop with sweaters, socks, felted wool hats and more. Blankets and quilts to cozy up with and fresh beeswax candles to brighten those cold winter nights.

There is always something new at the Gallery!
OPEN DAILY 9-5 IN THE TRAIN STATION

Delivering Fuel **CO-OP** Four Rivers
East to McBride & Co-operative
Valenmount

Commercial, Farm & Personal

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

Prince George: Valenmount Cardlock: McBride Cardlock:
Tel: 250.564.3488 1500 - 9th Avenue 2130 Zeldler Road
TF: 866.309.2667 Valenmount BC McBride BC
Fax: 250.564.3433 TF: 866.309.2667 TF: 866.309.2667

Robson Valley Acupuncture
Book an appointment today!
New Year, New You!
Acupuncture can help with pain, sleeplessness, headaches, and much more!
Chelsea Roth R.Ac.
robsonvalleyacupuncture.com
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Featuring Ultra Bobbing and Bobbing fabrics
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Large assortment of cotton thread
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Call or text Georgia at 250-569-7638 or email valangowen@gmail.com

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FRESHHERIDAY!!!
• Steelhead • Cod
2018 GREAT GROCERY GIVEAWAY
JAN. 7, 2018 UNTIL FEB. 17, 2018
* YOU COULD WIN FREE GROCERIES FOR A YEAR!
OR A 60 SECOND SHOPPING SPREE
*Free Products!, Win Online! and more...
ALWAYS CANADIAN

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

What's the difference between Bird Flu and Swine Flu? One requires Treatment, the other Oinkment!
Robson Valley Septic
(250) 569-7812
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!

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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.)
OPEN Thursdays and Fridays 10-21
#ShopLocal #SpendLocal #EnjoyLocal
it starts with you!
Show your ♡ for local!

THANK YOU

The McBride Seventh Day Adventist Food Bank wishes to publicly thank and acknowledge the financial support received from Mazon Canada. Mazon Canada is a Jewish organization whose goal is to alleviate hunger in Canada. They have supported our food bank program with funding since 2010. In 2017 we received \$2000.00 in grant monies from them. We are grateful for their ongoing support which contributes to our ability to offer this service in the community

of McBride. We would also like to thank those wonderful people and organizations in McBride who regularly donate food, funds and time to this cause. Because of you we can continue to offer this service in 2018. Last year we were able to distribute 245 food hampers which helped 98 adults and 47 children in our community! We look forward to the day when we no longer have a need for a food bank but till then, if you or someone you know needs help the contact number to make an appointment is 250-569-3186.

-Thank you and God Bless, Julie Holland.

FAMILY LITERACY DAY



Y T S K I L L S F A U S N N M	ACTIVITIES
Y W H P U O R G T C S N N E K	AWARENESS
R E A D I N G W N T D O D Y L	CANADA
B N R W L H J X E I Y I G Z Q	DEVELOPMENT
T T P I A A S K M V A T N G M	ENGAGE
W Y E W N R S N P I D A O X N	EVENTS
T R G U O J F E G O T R Z L M G	FAMILIES
Z A A J I G I N L I U I E R G	GROU
V R G D T B L A E E T N F E N	JANUARY
Y B N Z A V I H V S A A I H I	LEARN
O I E T N N M K E T S G L T	LIBRARY
I L S Y H N A Y D N H R E E I	LIFELONG
L L W R X L M F C H E V O A G R	MEDIA
J W V N X V K T Q V L I R O W	NATIONAL
X Q I L O O H C S E V E N T H	ORGANIZATIONS

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

SHO-TAI

Sho-Tai is known for a combination of various techniques and methods, such as reading the eyes, the tongue, and the teeth. Different lines and colours on these body areas relate directly to an organ, gland or mechanical part of the body. In addition to those methods, the art of Sho-Tai utilizes a technique called Muscle Testing, to find and determine the body's level of health.

Muscle Testing, also known as Kinesiology, is a non-invasive technique that does not require equipment of any kind. This method is used to determine the electrical current flowing throughout the body. By finding out what level the body's electricity is currently flowing at, it can determine where the body has gone weak or is not functioning at full capacity.

There are multiple reasons that the human body gets sick. The two main causes of illness are an excess or a deficiency. An excess of something can be described as poor nutrition. Like a cow eating meat. A deficiency is when there is an absence of a mineral or a vitamin in the body. Excess and Deficiency both relate to the body's intake of nutrients. Therefore, something you might be eating every day, that you think is good for you, may actually be making you sick. Or, you could have ten symptoms relating to illness, that comes from missing one vitamin or mineral. Recommendations are given to avoid foods that are testing as negatively impacting the body. Testing is also done to determine which herbs will help to heal the body. It is recommended to follow these changes for 3 months & then be reassessed. Evan Dougherty is a Class 2, Sho-Tai Health Practitioner. He has studied and worked alongside Terry Bell, the Founder of Sho-Tai, for several years, traveling from coast to coast, helping hundreds of people with their health and nutrition. One of the most important principles that Evan has learned from his studies, is that every single person is uniquely different from any other person. When it comes to a serious illness, or even just a minor flu or cold, the herb or vitamin remedy that may have worked for someone, may do nothing for another person with the exact same illness. Tyson Greene is a Class 3, Sho-Tai Health Practitioner, who travels with Evan. Tyson works with the stretches that sho-tai uses to help release tension in the body to align muscles & bones to relieve pain. The stretches are complimentary with the assessment.

Sho-tai will be returning to McBride on Monday, February 19 & Valenmount on Tuesday, February 20, 2018. If you would like more information, please visit the website at sho-tai.ca. To book an appointment or for information, please call Kelly at 250-968-4400.