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GELEBRATION OF LIFE

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

and Jessica for your care, kindness and persistence, Sara and Andres 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 luv 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 Moseley for the most delicious Hot Soup waiting for us when we got home, Keely for being a much needed ear, 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, Margret and Rodney for the goodie basket, Sandy and Victor for being our courier and all the hugs and encouragement. Keltic, 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. Thank you - Lyn, Lanny, Stacey and Corey Schock just wanted to send out the most biggest of thank you's to Doctor Alwin, Kelsie

GOMING EVENTS

Robson Valley Beckeepers and Wannabeckeepers N Friday January 26th, 7pm in the McBride Library Annex Meeting,

Topics:

1. Spikenard 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 nucs 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.

OAPO NEWS

Our regular OAPO dinner and meeting will be Beaver View. This will be our Annual General January 31 and 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.

MGBRIDE MENNONITE GHURGH

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

BIRTHDAY WISHES JAN. 24 - 30

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

MGBRIDE BIG GOUNTRY

Family Day Celebration, Sunday, February 11, 2018 10a.m. 3p.m. and Sunday, February 18. 2018 10:a.m. - 3p.m. •Games Prizes. Hamburgers and Hot Dogs by Donation. Admittance SNOWMOBILE ASSOCIATION ₹ &

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.

FREE WHISTLE STOP GALLERY



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

There is always something new at the Gallery OPEN DAILY 9-5 IN THE TRAIN STATION cold winter nights.

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

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Large assortment of cotton thread
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ESSENTIAL OILS AND RECEIVE 5% OFF

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HOTEL 569-2277 McBRIDE

SUPERBOWL Annual

and Pool Tournament PARTY

All Day Chili & Sunday, February 4th, 2018 ***Prizes, Popcorn, Chips, Starting at 12:00 noon **Drink Specials** Buns (FREE)***

or 80 come Have Some Pool Party come in & sign up t to play Fun"

Series of RAH! RAH! See You Pro-D Day Fortunate Events: Fun! There!!!

at the Community Hall.
*INDOOR PLAY DAY! Geared to the ages of 5-11
years old, but over 11 are welcome and teens are
appreciated to help out! Wii sports, games, dancing,
quiet activities and of course FOOD! January 29th from 12p.m.-3p.m.

Facilitated by RVSS's Jennifer Wellwood and Sara Olofsson with support from community partners McBride Library, funded through the Northern Health 2017 Imagine Community Grant. Each event will be advertised ahead of time, but you must pre-register at RVSS Reception and sign release forms provided.
3 activity days! - January 29, April 20 and May 11 ~MUST pre-register your child for the events at RVSS Reception.
For full details, times, release forms and further inquiries please contact Jenn or Sara. Robson Valley Support Society - 342 3rd Ave. McBride, B.C. Ph. 250-569-2266 or info@probsonvalleyemportsociety or

info@robsonvalleysupportsociety.org

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Scott or Susan at 250-569-3110,
fax: 250-569-0220, email: sglines3@telus.net

Buffet Breakfast Weekends Are Back!!

Every Saturday and Sunday ©

7-10am until Spring

\$1/yr for kids Includes Coffee, Tea & Juice \$15/person

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LIBRARY NEWS

Free Legal Advice via Skype. Tuesday, January 30th at 7:30pm. Legal questions? FREE, private, 15 minute sessions with Barrister Jesse Stamm available on first-come, first-serve basis. Hosted together with RVSS. Questions? Call 250-569-2266 or 250-569-2411.

Teen Lock In: Nerf Nite! Friday, Feb. 2nd, 9-10:30pm. Ages 13+Spanish Group meets Saturdays in January! 3pm in the Library

Annex. All levels welcome!

Mother Goose in McBride. Wednesdays at 10:30. Hosted together with Lotte from RVSS. Aimed at children ages 0-5 and their caregivers. Come for songs, stories and a snack!

Book Discussion: This month's topic is "Read the Book, Watch the Movie" from those that the library added in 2017. All welcome to join! Thursday, January 25 at 1:30pm.

Don't forget, we've got: Tuesday Night Music Jam, 7-9pm in the Annex. Fibre Artists Meet Thursdays at 10am.

GOMMUNITY ANNOUNCEMENTS

writing your memoirs? Or a volunteer interested in helping a senior share their stories? Call Bridget at RVSS 250-569-2266 to sign up. BC Ambulance is now recruiting in McBride. If you have ever considered an exciting career in emergency services and would like more information contact Tanya Rich at 778-258-0073, the help desk at 1-877-577-2227, email BCAScareers@phsa.ca or visit www.bcehs.ca/ WRITING through the WINTER. Are you a senior interested

Fish & Wildlife Club Meeting will be cancelled for the month of January. Will start back up in February. Thank You.

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 Valemount 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

BUY, SELL, RENT & MISG.

For Sale-1 Hamilton/Beach HomeBaker Bread Maker - Brand New-\$75.00. Ph:250-569-0448*-Looking to purchase Used Windows to replace windows in older mobile home. 5 - 2 ft. x 2 ft., 3 - 40 inches high x 64 in. wide. Could be slightly larger. Please call: 250-568-4400*-For Sale-Walk in Freezer-6x6x4 \$2,900, Pure bred bull 2 years old & Pure herd bull 5 years old Asking \$3000 each. Ph: 250-862-8340 or 250-566-1017*-For Sale-48" round center pedestal knotty pine table with 3 table boards. Extendes to 7. Phone 250-568-4482*-For Sale: Small fridge, no freezer, works well, 322 feet. \$40,00. Dryer - works well. \$50,00. Phone: 250-968-4370*-For Sale: 1989 GMC pick up, 1500, 4x4, transfer case excellent, extended cab, full size box with liner, canopy with ladder rack, needs motor. Asking \$330. Phone: 250-568-4370*-For Rent-3 bedroom House on 4th Ave. \$5550/month. Available Feb. 1st, 2018. Phone: 250-569-3314 or Cell 250-569-7310*-For Sale: 1980 Ford 351M. I ton, 12ft.deck with box closed in, 4 speed, motor & transmission in good condition, no rust. Asking \$1800. Phone: 250-968-4370*-For Sale: 1990 Ford F150, 5 spd stand, 4x4, 5 liter, new bearing clutch installed. motor, rearend & transfer case good condition. 5 brand new winner tires BF Richmond Goodrich all terrain, snow grip. Asking \$1600. phone: 250-968-4370*-For Sale-12x52 Mobile Home. \$8000 obo. Phone 780-690-0069*-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, 575.00. Leopold Delta Pro red dot sight, the new model, as new, 375.00. Phone 250-569-3423 or 250-569-7575*-For Rent-1-Large 4 bedroom house on 3 lots for rent. \$900 plus utilities. Large kitchen and balcony! Ph:403-95c-8224*-*For Sale-4 Winter Tires with studs on rims for 6 Bolt GMC, \$200.00. Phone 250-569-769-760-569-769-760-569-760-760-569-760-760-569-760-760-5

GHURGH 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 & 11a.m. and Wednesdays at 7p.m. Phone: Ph: 569-3370•Memonite 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.

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425 Depart to West - 7:40am 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. PO. Box 441, McBride, B.C. V0J 250 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.

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for information leading to the arrest of the three individuals who broke into 4880 Hwy. 16 E, just 1km east of the Beaver River, on January 14 at approximately 2:30am. Call Roger 780-303-0022

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250-569-3319 Ann Schwartz -Grooming & Boarding
Schwartz - Animal Health Technician Website with info

PA 2 250-569-0205

DOX SINGEL

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.

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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 noninvasive 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

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 shotai 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 & Valemount on Tuesday, February 20, 2018. If you would like more information, please visit the website at shotaical Nobel and appointment or for information, please call Kelly at 250-988-4400.