

**ROBSON VALLEY PHARMACY**

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



LET'S TALK ABOUT COUGH & COLD  
SICK WITH A COLD?  
WHETHER YOUR MEDICATIONS NEED  
ADJUSTING WHILE YOU RECOVER

MONTH LONG SAVINGS!  
FEBRUARY 2 - MARCH 1

ASPIRIN \$10.99 ea.  
8 Ring Daily Low  
Dose Eutelic Coated or  
Quick Chew  
Tablets 100's -120's

ENSURE \$10.99 ea  
6x235ml

GLUCERNA \$10.99 ea  
6x237ml



PRESENTS...  
McBRIDE HOTEL  
569-2277

**Annual  
SUPERBOWL  
PARTY**

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

"Come & Have Some Pool Party Fun"  
Phone or come in & sign up to play!  
RAH! RAH! RAH! See You There!!!

**ROBSON VALLEY ESSENTIALS**  
We have McBride Souvenir!  
Valentine's Chocolates, Cards and Gifts now available.  
\*50% Off in stock only Carina Jewellery\*  
\*Earth Luxe - Products\*  
\*\*\*\*\*Kerlig K Cup Destination .66¢ & .89 each\*\*\*\*\*  
Check Out Our Facebook Page

Red Seal Journeyman Carpenter  
**SCOTT KEIM**  
250-569-7120

**Buffet Breakfast Weekends Are Back!!**  
Every Saturday and Sunday ☺  
7-10am until Spring

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

☺ Lots of Great Home-made Eats!!  
**at The FARMER'S KITCHEN**  
926 - 1st Ave - McBride 250-569-3003



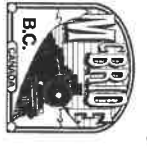
241 Dominion Street McBride, BC V0J 2E0  
Phone: 250-569-2411

**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

**FREE The little FREE**

**McBride**



**Paper**



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, January 31<sup>st</sup>, 2018*

**RUTHIE**

Ruth Sharp, born August 3, 1933, passed away on January 29, 2018, with her family close by. The date for her Celebration of Life will be announced next week.

**TURNING 90**

Please join us for an informal time of visiting and celebrating Sylvia Arnold's 90th birthday! Open House at McBride Evangelical Free Church Sunday, February 11th from 2-4 pm. Cake Cutting at 3pm.

**Thank-you**

Warm "Thank-you" to the Village of McBride for the recent use of space at the Public Works building to host our training session for our new power cots. This is a great facility and we were able to utilize both the bay and conference area to train our members on the new equipment - the staff and Management at McBride's BC Ambulance Station.

**VILLAGE NEWS**

News from the Village of McBride Office:  
1. The Village of McBride is engaged in the process of creating an updated Economic Development Action Plan through grant funding from the Province. We have hired Lions Gate Consulting to help us with this process. We have prepared an online Community Survey to help us gather information about the economic climate in and around McBride and to solicit ideas/opinions from residents and business owners about what they feel should be the economic development priorities of this plan. Please take a moment to fill out the survey yourselves and pass it along to others. We will have paper copies of the survey available in the office should someone you know not have access to a computer. The survey will be available until February 7. https://www.surveymonkey.com/H/YX2FW6D  
2. Social Media Marketing for Small Business - Thursday, February 8, 12-5pm in the Village Office Chambers. Take your Social Media Marketing to the next level with this interactive workshop to target your ideal customer and increase sales. This FREE workshop has limited seating so register today! Call 250-562-9622 at Community Futures in Prince George to register or go online at [www.xevent.ca/socialmedia](http://www.xevent.ca/socialmedia)  
3. Look for 2018 Utility Bills to come out towards the end of February. New this year...you can pay your utilities through online banking. Details on how to set up payment with your bank will be included with the notice.

**McBRIDE COMMUNITY FOUNDATION NEWS**

The McBride Community Foundation Committee is accepting grant applications for grants of up to \$1,000 from registered charities for projects that benefit Robson Valley Community. Applications are available at the Village of McBride office, 100 Robson Centre and must be submitted no later than 4pm on Friday, February 23rd, 2018.

**COMMUNITY ANNOUNCEMENTS**

**Dunster Soup Kitchen** - Every Saturday until spring break 11:30 to 1:00 at the Dunster Community Hall two soups and buns will be served pot luck goodies appreciated coffee and tea by donation - proceeds to the Dunster Community Association contact: Loreta 250-968-4453. Bring a friend - visit with your neighbours - everyone welcome!

**SCHOOL NEWS**

**Graduation Dinner** 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.

**BIRTHDAY WISHES JAN. 31 - FEB. 6**

Kathleen Elliott, Ryan Peasgood, Shame Long, Emilie Kate Rhodes, Clint Moore, Destiny Bird, Gerry Smith, Sheila Anderson, Tamar Molendyk, Lino Caputo, Shelley Hanchard, Jaedyn Rich, Lorna Hallwas, 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.  
Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425  
Depart to East - 2:45am Daily (Valemont, 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.C.'s Friendliest Town!!**

**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. 10-6 Thurs. 10-6 Fri. 10-5 Saturday by Special Appointment Only  
417 Main Street 250-569-4203  
Galler for Test for appointment

**Frankie and sons Automotive Ltd.**

**Repairs - Tires - Windshields**  
975 Airport Road - 250.569.8830

**UNCLE MARKS CUSTOM MEAT CUTTING**

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

**REALLY NICE STONEMORILLI**

Call Adam Roth Stonemasonry  
adamrothventures@gmail.com  
All stn's 250-569-6809  
"Rocking the Robson Valley!"

**Infinity**

1 855 566 4225  
Vitamins, Specialty Foods & More  
info@telus.net

**Cougar Den Cabins**

250-569-7308  
Daily, Weekly & Monthly Rates  
1800 samson rd. mcbride (bottom of huckle mountain)

**\$1000 REWARD**

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

**M4 CONSTRUCTION EXCAVATOR  
MINI**

Gerald Moore  
(250) 569-7147

**FOREVER PRINTING  
& SIGNS**

Home of  
**The Little McBride Paper**  
Phone: 250-569-3110, Fax: 250-569-0220,  
E-mail: [sglines3@telus.net](mailto:sglines3@telus.net)

**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

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

Stop by and  
Treat your Sweaty  
hooves at the Beannery 2  
**Beannery 2**  
*Bisko*

**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**







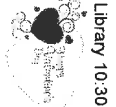

Call Phil @ 250-569-0205  
**ROBSON VALLEY  
PHYSIOTHERAPY**  
Phone 250-569-0053  
Serving McBride and Valemont

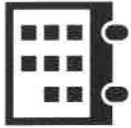
Dog Bones & Bird Suet \$5.00/Bag,  
Now carrying Smoked Bones and Smoked Liver  
at Uncle Mark's Meat Shop ☺  
**Meraki Builders**

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



# Robson Valley Community Calendar - February 2018

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|--|---|---|---|--|
|  |   |  |    |    |   |  |
| 4<br><br><b>6th Annual SNOGEST</b><br>1-4pm @ Horseshoe Lake<br><b>Hosted by the Community Youth Committee</b> | 5<br>Dunster Play Group @ Dunster Schoolhouse 10am-12pm<br><b>Art with Sasha @ Beaverview 1-3pm</b><br><br>Figure Skating<br>Zumber Dance Fitness Class @ Community Centre 7pm | 6<br>Dorcas 1-3pm<br>Teen Rec Space 3-4:30pm<br>Open Gate Garden Meeting @ Annex 4:30pm<br>Music Jam @ Annex 7pm   | 7<br>Mother Goose in McBride @ Library 10:30<br><b>Soup &amp; Bun @ Beaverview 12-1pm</b><br>Art with Sasha @ Dunster School 1-3pm<br>Library AGM 6pm<br>Figure Skating @ Highschool<br>Pickleball 7-9pm - Highschool | 8<br>Strong Start @ School 8:45am<br>Physiotherapy @ the Gym 9:00am<br>Fibre Arts Meet @ Library 10am<br>Josh's Place @ EFree 2:45-5pm<br>Figure Skating<br>Community Basketball 6-9pm<br>Zumber Dance Fitness Class @ Community Centre 7pm   | 9<br>McBride Parent/Child Play Group @ EFree 10-12pm<br><b>Ladies Curling Bonselpiel Old Timers Hockey Tournament</b><br>Weekend<br>Curling Lounges welcomes you! 7pm - 12am  | 10<br><br><b>Ladies Curling Bonselpiel Old Timers Hockey Tournament</b><br>Spanish Club @ Library 3pm |
| 11<br><b>Ladies Curling Bonselpiel Old Timers Hockey Tournament</b><br>  | 12<br><b>Celebrate BC Family Day!</b>   | 13<br>Dorcas 1-3pm<br>Teen Rec Space 3-4:30pm<br>Village Council Meeting 7pm<br>Music Jam @ Annex 7pm  | 14<br>Mother Goose in McBride @ Library 10:30<br><br>Art with Sasha @ Dunster School 1-3pm<br>Figure Skating @ Highschool 7-9pm   | 15<br>Strong Start @ School 8:45am<br>Physiotherapy @ the Gym 9:00am<br>Fibre Arts Meet @ Library 10am<br>Josh's Place @ EFree 2:45-5pm<br>Figure Skating<br>Community Basketball 6-9pm<br>Zumba @ Community Centre 7pm   | 16<br>McBride Parent/Child Play Group @ EFree 10-12pm<br>Curling Lounges welcomes you! 7pm - 12am<br><b>Old Time Music Gathering @ Dunster Schoolhouse 7:30pm</b>   | 17<br>Spanish Club @ Library 3pm   |
| 18<br>Dunster Play Group @ Dunster Schoolhouse 10am-12pm<br>Art with Sasha @ Beaverview 1-3pm<br>Figure Skating<br>Zumber Dance Fitness Class @ Community Centre 7pm                             | 19<br>Dorcas 1-3pm<br>Teen Rec Space 3-4:30pm<br>Village Council Meeting 7pm<br>Music Jam @ Annex 7pm   | 20<br>Mother Goose in McBride @ Library 10:30<br><b>Soup &amp; Bun @ Beaverview 12-1pm</b><br>Art with Sasha @ Dunster School 1-3pm<br>Figure Skating @ Highschool 7-9pm | 21<br>Mother Goose in McBride @ Library 10:30<br>Art with Sasha @ Dunster School 1-3pm<br>Figure Skating @ Highschool 7-9pm   | 22<br>Strong Start @ School 8:45am<br>Physiotherapy @ the Gym 9:00am<br>Fibre Arts Meet @ Library 10am<br>Monthly Book Club @ 1:30pm<br>Josh's Place @ EFree 2:45-5pm<br>Figure Skating<br>Community Basketball 6-9pm<br>Zumba @ Community Centre 7pm<br><b>Senior Boys' Basketball Zones</b> | 23<br><b>Senior Boys' Basketball Zones @ McBride Secondary School</b><br>McBride Parent/Child Play Group @ EFree 10-12pm.<br><br><b>RV Bee Keepers @ Annex 7pm</b><br>Curling Lounges welcomes you! 7pm - 12am | 24<br><b>Senior Boys' Basketball Zones @ McBride Secondary School</b><br>Scrabble @ Library 2:30pm<br>Spanish Club @ Library 3pm   |
| 25<br>Art with Sasha @ Beaverview 1-3pm<br>Figure Skating<br>Zumber Dance Fitness Class @ Community Centre 7pm   | 26<br>Dorcas 1-3pm<br>Teen Rec Space 3-4:30pm<br>Village Council Meeting 7pm<br>Music Jam @ Annex 7pm   | 27<br>Mother Goose in McBride @ Library 10:30<br>Art with Sasha @ Dunster School 1-3pm<br>Figure Skating @ Highschool 7-9pm  | 28<br>Mother Goose in McBride @ Library 10:30<br>Art with Sasha @ Dunster School 1-3pm<br>Figure Skating @ Highschool 7-9pm   |   |   |  |



Visit the calendar online: [visitmcbride.ca/calendar](http://visitmcbride.ca/calendar)  
To have your event listed email: [events@visitmcbride.ca](mailto:events@visitmcbride.ca)  
Deadline for March Calendar: Friday, February 23rd at 5pm

This month's sponsor: **Robson Valley IDA Pharmacy**

### More information

**Pharmacy Clinics on Wednesdays @ 11am**  
IDA Pharmacy - located at the hospital  
Contact: Monica Rohatynchuk 250-569-8811

**Josh's Place On Thursdays After School - 5**  
Contact: Laurella Gabert [notime2loos@hotmail.com](mailto:notime2loos@hotmail.com),  
Stewart Reimer 250-569-7878, on Facebook @[joshplacemc](https://www.facebook.com/joshplacemc)

**Strong Start:** Thursday mornings at the Elementary School.  
Contact the Elementary School at 569-2721 for more info about this preschool programs or to register your child.

**Mother Goose in McBride:** Wednesday mornings at 10:30am in the Library Annex. Hosted by Lotte (RVSS) and Naomi (Library). All preschoolers welcome for songs & stories!  
Contact 569-2266 or 569-2411.

**Dunster Play Group:** Alternating Mondays at the Dunster Schoolhouse, 10-12pm. Contact Susan Umstot at 569-4033.

**McBride Curling Club Meeting:** first Thursday - Monthly, 7pm at the curling lounge.

**McBride & District Volunteer Fire Dept.** Weekly meeting Mondays @ 7pm at fire hall.

**Robson Valley Bee Keepers:** Meeting Last Friday of each month, 7pm @ the Library Annex.  
Contact Monica 250-569-7019

**Community Basketball:** Thursdays, 6-9pm @ Highschool

### General contact information

**Robson Valley Community Calendar**

Thank you for your comments, suggestions and contributions!  
**Your e-mails are welcomed at: [events@visitmcbride.ca](mailto:events@visitmcbride.ca)**

**McBride & District Public Library:** contact 250-569-2411, [library@mcbridebc.org](mailto:library@mcbridebc.org) or visit [mcbridebc.ca](http://mcbridebc.ca); libraries coop for more information on events!  
**It's Fines Free February at the Library! Bring in Food Bank items for fines!**

**McBride Figure Skating Club**  
Mondays, Wednesdays, Thursdays.  
Contact Amanda Moore for more information: 250-569-7557  
Monica Rohatynchuk: [monica.mcbride@outlook.com](mailto:monica.mcbride@outlook.com)

**For the schedule of the Robson Valley Recreation Centre click here:**  
<https://900.al/Cidmjl>

**Zumba Dance Fitness Classes**  
Mondays and Thursdays, 7:00-8:00pm at the Community Centre  
Contact Tonia Arnold for more information.

**Art Classes with Sasha Scott**  
Mondays at Beaverview in McBride, 1-3pm for seniors and friends  
Wednesdays at Dunster Schoolhouse, 1-3pm for seniors and friends  
\$10/session. For more information contact Pete at 250-568-4334.

This month's Community Calendar is sponsored by: **Robson Valley IDA Pharmacy**

# GROUNDHOG DAY



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

|          |            |              |           |
|----------|------------|--------------|-----------|
| ARCTOMYS | IMMIGRANTS | PENNSYLVANIA | SHADOW    |
| BEAR     | LARGE      | PICNIC       | SIX       |
| BILL     | LONGER     | PUNXSUTAWNEY | SPRING    |
| DUTCH    | MARMOTA    | RAT          | SQUIRRELS |
| EARLY    | MONAX      | SCTURIDAE    | WEEKS     |
| FEBRUARY | MURRAY     | SECOND       | WINTER    |
| GROUND   |            |              |           |

**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. Eyan 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 Eyan 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 Eyan. 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.