



Happy  
Valentine's

Day!

Welcome Home

(GIFTS & MORE)

"Love is all you need - a little chocolate now and then doesn't hurt."

Open Monday - Saturday 10am - 5pm 250-569-0215

**ROBSON VALLEY ESSENTIALS**  
250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30  
**We have McBride Souvenirs**

Valentine's Cards ~ Vitamins ~ Gluten Free & Organic Products  
\*\*\*\*Kerig K Cup Destination .66¢ & .89 each\*\*\*\*  
**Check Out Our Facebook Page**

**VILLAGE NEWS**

**Career Fair** for Robson Valley youth - Are you a business owner or manager keen on hiring young people for full-time work after high school graduation? Are you looking for a student for a summer job? We are looking into hosting a Career Fair for high school student aged young people in the Robson Valley to showcase employment opportunities for our region. Could you spare 2 hours at a table in the Community Hall talking to young people about job opportunities with your business or in your sector? If this is something you'd be interested in for this Spring, please call Karen at the Village office at 250-569-2229 or email edo@mcbride.ca. We want to encourage young people to live and work in our area, what better way to show them the opportunities available to them right out of high school or after some post-secondary/trades education than to have them talk to potential employers in person.  
**Look for 2018 Utility Bills** to come out towards the end of February. New this year...you can pay your utilities through on-line banking. Details on how to set up payment with your bank will be included with the notice.

**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.

**M4 CONSTRUCTION**  
Gerald Moore (250) 569-7147  
MINI EXCAVATOR

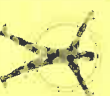
**ROBSON VALLEY PHARMACY**

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

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75ml-100ml Selected Types

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atoma Vitamin D 1000IU \$5.99ea  
Tablets 260 Save up to \$4

**atoma Our Exclusive Brand**  
Buy 10 get 1 Free  
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**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

**FREE The Little FREE**

**McBride**

**Paper**



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, February 14<sup>th</sup>, 2018*

**RUTH SHARP**

A Celebration of Ruthie's life will be held on Saturday, February 24 from 1-3pm at the McBride E-Free Church. Those who wish may make a memorial donation in memory of Ruth, to the McBride and District Hospital Auxiliary.

**SKI DAY**

**Family Cross Country Ski Day**, Sunday, February 18th, 11:00am-3:00pm. Park at the parking lot, at the top of Belle Mountain Road approx. 5km from the highway. Signs will show you the way up the trails to the cabin where Hotdogs/Hot Chocolate will be served. This is an opportunity for locals to find out where this ski area is, and enjoy the day. If the weather is really bad, it will be cancelled. Skis can be rented for a nominal fee from the Dunster School. Call Glenda with any questions 250-968-4319.

**MCBRIDE BIG COUNTRY**

**SNOWMOBILE ASSOCIATION**

**Family Day Celebration**, Sunday, February 18, 2018 10:a.m. - 3p.m. -Games & Prizes. Hamburgers and Hot Dogs by Donation. Admission to Lucielle Mountain free after 10a.m.

**BIRTHDAY WISHES FEBRUARY 14-20**

Brooklyn Bastan, Alannah Rollinson, Joyce Rolston, Krystal Sarasin, Marlie Maronets, Sylvia Arnold, Elaine Robson, Emilio Caputo, Sheila Bastan, Emey Will, Emma Tomson, Christine Monroe, Pat Cousineau, Rayann Flynn, Lisa Pelton, Robyn Slaney, Tony Vizza, Alex Mercuri, Mja Weerasekera, Sheenah Kjos, Tracy von der Gonna, Travis McRae, and to any we missed, Happy Birthday!

**DUNSTER COMMUNITY FOREST**

**Dunster Community Forest** (DCF) is on an awareness and membership drive and is looking for more local support and input to steer it into the future. The organization has been in existence for 13 years and in that time has provided employment for dozens of local people and has contributed millions of dollars to the local economy. It has kept out the larger forest corporations with their cavalier attitude to forestry activities and disbursed \$10,000.00 to local, "not for profit", organizations, and most importantly, planned and planted forest areas for future generation Dunsterites to harvest timber in a sustainable manner, while maintaining the visual quality objectives of residents and visitors alike. The DCF is presently run by a dedicated, knowledgeable group, whose interest is to mirror the interests of everyone who lives here. If you would like to join this group, membership fees are \$20.00 annually. The Annual General Meeting will be held March 14/2018, at 7:30 pm, in the Dunster Fine Arts School Society building. If you have questions, please contact Larry Stamm, the DCF Chairperson at 250-968-4358 or email larry@dunstercommunityforest.ca.

**COMING EVENTS**

**Fish & Wildlife Meeting** at 7:00p.m. at the Beantry 2 Bistro. Monday, February 19, 2018. Everyone Welcome.

**The Dunster Schoolhouse** - Three Mandala Sign Making Workshops. #1 Wednesday, February 21st 1:00 to 3:00

#2 Wednesday, February 28th 1:00 to 3:00

#3 TBA - sometime in the last 2 weeks of March

Facilitated by Sasha Scott, no cost to participants - materials supplied. Final signs will be used on the doors in the hallway of the Dunster Schoolhouse. Join us for learning, fun, creativity and community. Everyone Welcome! Sponsored by: Robson Valley Community Literacy Outreach, The Robson Valley Arts and Culture Council and New Horizon's for Seniors (Gov't of Canada). To register call Nancy Taylor 250-968-4358 by Monday, Feb. 19th.

**The Back Country Horsemen of BC** (BCHBC) Robson Valley Chapter would like to invite people interested in trail riding to join us for an informational poltuck meeting on March 1 at 6:30 p.m. at Brian Wallace's residence on 3760 Hinkleman Road, McBride. 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. BCHBC 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 call Eileen at 1-250-253-4193 or visit www.bchorsmen.org.

**Farmer's Institute Dinner:** March 17, 2018 at the Community Hall. Meet & Greet at 5:00p.m., Dinner at 6:00p.m., Silent Auction throughout the evening - Special Guest: Lana Popham-Minister of Agriculture. Tickets available at Robson Valley Essentials.

**Greyhound Schedule** (The Farm Store) (Closed Sun.) 250-569-0425  
Depart to East - 2:45am Daily (Valemount, Jasper, Edmonton)  
Depart to West - 7:20am 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:sgines3@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 Gines (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!!**

**Cougar Den Cabins**

250-569-7308  
*Daily, Weekly & Monthly Rates*  
1800 samson rd. mcbride (bottom of lucelle 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



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.mcbridebc.library.ca

**Glass Cutting, Picture Printing, Matting and Framing**  
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**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

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McBride, BC

**Stop by and Treat your Sweets at the Beantry 2**  
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Open-M-F:6a.m.-5p.m. Sat:9a.m.-5p.m. Sun.&Stats:Closed

**Robson Valley Pet Hostel**  
**Grooming & Boarding**  
Ann Schwartz - Animal Health Technician  
250-569-3319  
Website with information and galleries: 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**  
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250 569 7885 (Mitch) 250 569 4109 (Brenden)

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

**THE RUSTY IRON Salon & Boutique**  
Tue, 10-6 Wed, 12-6 Thurs, 10-6 Fri, 10-5  
477 Main Street 250-569-4203  
Saturday by Special Appointment Only  
Call or Text for appointments

**Frankie and Sons Automotive Ltd.**  
**Repairs - Tires - Windshields**  
975 Airport Road - 250.569.8830

**UNCLE MARK'S CUSTOM MEAT CUTTING**  
Field to Plate Service ☺ "Stress free animals for domestic and Game make better meat"  
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Valemount office@telus.net



PEPSI  
2 L ~ 2 for ~ \$5.50

COCA COLA  
473 & 500 ml ~ 2 for ~ \$3.50

HUSKY  
569-2441

DASINI  
591 ml ~ 2 for ~ \$2.00



241 Dominion Street  
McBride, BC V0J 2E0

Phone: 250-569-2411

**Food-Bank February at the Library!**

Overdues? Fines added up?  
Bring non-perishable food items in & we'll clear your account.

The Food Bank could especially use cereal.  
Thank you!

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



SNOW REMOVAL

D & T INDUSTRIES



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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  
-Agricultural Parts and Repair  
-Automotive Parts and Accessories

**COMMUNITY ANNOUNCEMENTS**

**FOUND** - Money turned into SHOPS ON MAIN on Saturday. To claim call 250-569-7460 and identify money clip and money amount.

**Dear Bella:** We just wanted to let you know how much you mean to us. The sun seems to rise whenever we see you. So glad you're here!! ~Edna, Naomi & Ingeborg.

**Spanish Group meets** Saturdays until Spring. 3pm in the Annex. Bienvenidos, todos!

**Soup & Bun** at Beaverview, Wednesday, February 21st. Bring a friend and join us for a hot bowl. By donation. Hosted by RVSS's Better at Homes Program & the Community Literacy Task Group. **Power to Parent** video & discussion group. Level 1: The Vital Connection. Wednesdays from 4:30-6:30pm (February 14 - March 7) and from 4:30-8:00pm (March 14 & April 4). E-Free Church. \$25/family (assistance available), includes snacks. Free child care available. Please register at the library by 12pm on February 13th. Facilitated by Kairyn Jancke, organized by Robson/Canoe Valleys Early Years Table with funding from Success by Six.

**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!

**WRITING** through the WINTER. Are you a senior interested in 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/careers.

**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.

**BUY, SELL, RENT & MISSG.**

**House For Rent** on Dominion Street, McBride. 3 bedroom. \$700/month + utilities. Call Ron or Margaret. Ph:250-569-3304\*\***For Sale**-Potatoes for Sale at \$1.00 per lbs., 6 Pigs for Sale at \$250.00 each - must go, please call Lisa at 1-250-553-2365\*\***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: 250-968-4400\*\***For Sale**-Walk in Freezer-6x6x4 \$2,900. Pure bred bull 2 years old & Pure bred 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. Extends to 7'. Phone 250-968-4482\*\***For Sale:** Small fridge, no freezer, works well. 3x2 feet. \$40.00. Dryer - works well. \$50.00. Phone 250-569-7493\*\***Wanted to purchase:** Tire chains for 16x750. 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 \$350. Phone: 250-968-4370\*\***For Sale:** 1980 Ford 311M, 1 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, rear end & transfer case good condition. 5 brand new winter tires BF Richmond Goodrich all terrain, snow grip. Asking \$1600. 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 Saddle, 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**-Large 4 bedroom house on 3 lots for rent. \$900 plus utilities. Large kitchen and balcony! Ph:403-952-8224\*\***For Sale**-4 Winter Tires with studs on rims for 6 Bolt GMC. \$2000.00. Phone 250-569-7333\*\***Hay For Sale** \$45, 4x5, 807lb, mixed grass, twine, no rain, shed, loading available. - Aaron Ford 250-569-7817\*\***For Sale**-5x5 Hay Bales, \$55.00 Bale. Time Heatwole Ph:250-569-0012\*\***For Sale**-Sihl 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  
**Terti**, 250-569-2527 **Esther**\*\***Foodbank** contact number is 569-3186\*\***Seventh-day Adventist Church**-Meet Saturdays at 9:30 & 11am. and Wednesdays 11am and 7:30pm & Wednesdays at 7:45pm  
**Ph: 569-7297**\*\***Mountain Chapel (PAOC)**-Sunday School & Adult Classes-10am, Services-1:10am. 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.

<b>Via-Rail Schedule</b>	<b>viarail.ca</b>	<b>Phone 1-888-842-7245</b>
<b>Going West</b> - Sunday, Wednesday & Friday...2:44pm		
<b>Going East</b> - Monday, Thursday, Saturday...1:48pm		
Discounts for 1 or 3 days advance booking.		

**Important Phone Numbers**

<b>EMERGENCY</b> ..... 9-1-1	<b>Gov't Serv. BC</b> .250-569-3760
<b>R.C.M.P.</b> ..... 250-569-2255	<b>Village</b> ..... 250-569-2229
<b>Hospital</b> ..... 250-569-2251	<b>Reg'1 Dist'</b> ..... 1-800-667-1959
<b>Health Unit</b> ..... 250-569-2251	<b>RV Support Soc.</b> 250-569-2266
<b>K to 7 School</b> ..... 250-569-2721	<b>Food Bank</b> ..... 250-569-3186
<b>High School</b> ..... 250-569-2295	<b>Fire Hall</b> ..... 250-569-3117
<b>School District 57</b> ..... 250-569-3434	<b>The Little McBride Paper</b>
<b>Report Forest Fires</b> - 1-800-663-5555	

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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.



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Featuring Wide Binding and Binding fabrics  
Assorted 45" fabrics and Batiks  
Large assortment of cotton thread  
Quilt Patterns and books

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**FRESH FISH FRIDAY!!!**

• Cod • Steelhead • (Arriving Friday) Lobster Tail  
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...\*



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

What do you call a thieving alligator?

A crocodile!!

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For emergencies call 250-569-7706

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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 THURSDAY AND FRIDAY 10-2

**VALENTINES DAY**

**WEEK!**

Come in and show us some LOVE!

**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**  
East to McBride & Valenmount  
**CO-OP**  
Co-operative

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: 1500 - 9th Avenue  
Tel: 250.564.3488  
TF: 866.309.2667  
Valenmount BC  
Fax: 250.564.3433  
TF: 866.309.2667  
McBride Cardlock: 2130 Zeidler Road  
McBride BC  
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  
250-569-7638



# FLAG DAY

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



ANNUALLY  
CANADA  
CEREMONIES  
COMMEMORATE  
EDUCATION  
ENSIGN  
FEBRUARY  
FEDERAL  
FIFTEENTH  
FIVE  
GEORGE  
INAUGURATION  
LEAF

MAPLE  
NATIONAL  
NINETEEN  
OBSERVED  
PATRIOTISM  
PROGRAMS  
PUBLIC  
RECOGNITION  
RED  
REPLACED  
SIXTY  
STANLEY

## LIBRARY NEWS

**Monthly Book Club.** Thursday, February 22nd at 1:30pm. This month's theme is "Books that could be Banned". All welcome to pick up a title or bring your own!

**Scrabble's On. Saturday,** February 24th at 2:30pm. Stop by for a game or two!

**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!

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

### MGBRIDE 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.

### MGBRIDE HOTEL NEWS

**The McBride Hotel** sponsored another successful Supperbow! Party and Pool Tournament on Sunday, February 4, 2018. This Special Tourney has become another very popular yearly event at the Hotel. It was great fun and very exciting to watch all the skilled players... and many close games prevailed. The 1st Knockout was Matt Slaney (Newfie) who received a cool beverage or two HA! First Place was won by Stacey Schock (a very gifted and competitive player) and a very well-known, pool player in our town. Well done Slaney! A very close Second Place was won by Shayne McCrea, another very fine shooter and always also a very competitive fella. And our good friend and the yearly "Stats Guy" Howard Logan was a very close Third Place, always a very competitive guy and so very helpful with the rules and regulations of the Tournaments. Cash and prizes were awarded to the Winners. Home-made Chili, buns and goodies were served free to everyone all day - A Pool Tournament tradition. A Special "Thank You" to our good friends Howard and Val Logan who, once again, were the very important "Statisticians." Thank you to Tina Carter and Kristen Murtath for the excellent service and to Hal Carmont for the delicious Chili. A special "Thank You" to Bev McLennan for the very delicious "goodies". Yummy!! Thank you also to all of the Participants for providing a fun afternoon for everyone who attended our tourney. A Good Time was had by all.

**The SupperBowl Game** squares were won as follows: *1st Quarter* - 9-3 Eagles - Kristen Murtath, *Half Time* - 22-12 Eagles - Matt Slaney & Bev McLennan, *3rd Quarter* - 29-26 Eagles - John from Alberta, *Final Score* - 41-33 Eagles - Bev McLennan.

**The next Pool Tournament** to be sponsored by the McBride Hotel will be the Don McAndrew Memorial Tournament to be held Sunday, April 29, 2018. FREE POOL is always offered on Sundays and Wednesday Nights, so come on out for a Little Practice and Fun. Bye for now and see you soon.....S.C.

**Take a Break in McBride...B.G.'s Fiercest Tour!**

## 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 & Valemount 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.