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We are the local WeldCor cylinder depot. Check out our selection of cylinders and welding supplies.
- Feed and Farm Supplies
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- Full Hydraulic Hose and Fitting Supply
- Agricultural Parts and Repair
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HAWKINS CHEEZIES
80 g bag ~ **\$1.49**

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1 L ~ 2 for ~ **\$3.50**

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McBRIDE & DISTRICT PUBLIC LIBRARY
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@mcbridebc.org www.mcbride.bclibrary.ca

**SNOW REMOVAL
& T INDUSTRIES**

* BLADE * 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
LICENSED AUTOMOTIVE & DIESEL MECHANICS

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
SATURDAY 9:00am - 12:00pm

JNR AUTO SERVICES
1021 SE Frontage Road
WINTER SPECIAL

**Antiques & Giftware
WELCOMES
WILLOW
& HOME**

OUR CURRENT GIFTWARE SALE ENDS FEBRUARY 10TH!
THE SHOP WILL BE CLOSED FEBRUARY 12TH AND 13TH
WE APOLOGIZE FOR ANY INCONVENIENCE.
PLEASE STOP IN AND SAY HI TO NEW OWNERS ERAN & KEVIN ON FEBRUARY 14TH AND ENJOY A COMPLIMENTARY COFFEE.
LOOK FOR A GRAND OPENING IN THE NEAR FUTURE!
OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215

**Rick MECHANICAL
AND TOWING
boyz**
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

**Stop In and ENTER TO WIN A SIGNED
COUGARS JERSEY**

COUGARS JERSEY

FREE The little FREE McBride Paper

Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, February 7th, 2018*

RUTH SHARP CHARITY MATCH

A Celebration of Ruth'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.

Quenel Oldtimers asked to be able to pay their respects in regard to Dewy's untimely passing at this coming hockey tournament, as he had many friends within the Quenel Oldtimers ranks and the Oldtimers Fraternity at large. They also requested that they play a game against McBride on the Friday night in his honour. The game will be from 6pm to 7:30pm. A member of each team will say a few words before the game. The arena has donated the ice time, and both teams will play a match and collect money for the Robson Valley Spay & Neuter Society, one of the charities Dewy chose to support.

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.

McBRIDE BIG COUNTRY SNOWMOBILE ASSOCIATION

Family Day Celebration, Sunday, February 11, 2018 10am - 3pm, and Sunday, February 18, 2018 10:am - 3pm. *Games & Prizes, Hamburgers and Hot Dogs by Donation. Admittance to Lucielle Mountain free after 10am.

Village News

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 9 so if you haven't yet filled one out, please do it soon to ensure your voice is heard!
https://www.surveymonkey.com/r/HY2FW6ID
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.

Social Media Marketing for Small Business has been moved to the Community Hall (beside the arena) - Thursday, February 8, 12-5pm. 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 250-569-9622 at Community Futures in Prince George to register or go online at www.xevent.ca/socialmedia

Agri-Business Workshop - mark your calendars...March 10-11 in McBride. More information in the next few weeks!
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.

BIRTHDAY WISHES FEBRUARY 7-18

Edna Monroe, Josee Monroe, Roger Wilstie, Deb Jones, Dwayne Flynn, Hazel Dawson, Kevin McCarty, Garry Moore, Ron Westlund, Sara Friesen, and to any we missed, Happy Birthday!

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
R.C.M.P. 250-569-2255
Hospital 250-569-2251
Health Unit 250-569-2251
K to 7 School .. 250-569-2721
High School 250-569-2295
School District 57 .. 1-800-256-7857

Gov't Serv. BC .. 250-569-3760
Village 250-569-2229
Reg'l Dist' 1-800-667-1959
RV Support Soc. 250-569-2266
Food Bank 250-569-3186
Fire Hall 250-569-3117
Dental Office .. 250-569-3434
The Little McBride Paper .. 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 Friendliest Town!!!

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

**Robson Valley Douleur  
Quilting Supplies**  
Featuring Ultra Batting and Batting Fabrics  
Absorbed 45" fabrics and Batiks  
Large assortment of cotton thread  
Quilt Patterns and books

Call or text Georgia at 250-569-7493  
or email [vbldougout@gmail.com](mailto:vbldougout@gmail.com)

**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!

**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!

**FRESH FISH FRIDAY!!!**  
• Cod • Steelhead • Sole

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

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

What is brown and sounds like a bell?  
Dung  
**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!

**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.)  
Open this week, Thursday, Friday AND Saturday!  
From 10-2  
Valentine's Day is coming!  
Come and pick up something for your sweetie!  
Show your ♡ for local!

**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 & Valermount

**CO-OP**  
Four Rivers  
Co-operative

Commercial, Farm & Personal

Valermount Cardlock: 1500 - 9th Avenue  
Valermount BC  
McBride Cardlock: 2130 Zeidler Road  
McBride BC

Price George: Valermount Cardlock: 2130 Zeidler Road  
Tel: 250.564.3488  
TF: 866.309.2667  
Fax: 250.564.3433  
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

## 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

V E R D T W O W I N E T Y

90

**TAXI SERVICE FOR McBRIDE AREA**

250-569-0290 CELL: 778-258-0145

**DON'T DRNK & DRIVE - CALL ROCK**

LOCAL RATES - HIGHWAY RATES - SENIOR RATES  
PICKUPS & DELIVERIES

**ROBSON VALLEY ESSENTIALS**

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5-30

**We have McBRIDE souvenirs!**

Valentine's Chocolates, Cards and Gifts now available.  
\*50 % Off in stock only Carina Jewellery.  
• Earth Luxe - Products

\*\*\*\*\*Kerlig K Cup Destination .06¢ & .89 each\*\*\*\*\*

**Check Out Our Facebook Page**



**McBRIDE HOTEL**  
569-2277

# KARAOKE

Friday, February 9, 2018

8:30pm - ???

Come and Sing  
a Tune or Two  
We'll Be Here

Just Waiting For You

## FOREVER PRINTING & SIGNS

- Signs • Magnetics • Banners • Sandwich Boards
- Vehicle Decals • Window Decals
- Binding • Posters • Business Cards • Address Labels
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**22 years experience**

for more information please contact

Scott or Susan at 250-569-3110,

fax: 250-569-0220, email: sgliness3@telus.net

## 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

10% OFF

AMY

PURCHASE

(EXCLUDES RX)

SATURDAY, FEBRUARY 10, 2018

TO ANY CURLER or  
OLD TIMER HOCKEY PLAYER

## COMMUNITY ANNOUNCEMENTS

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

Soup & Bun at Beaverview. Wednesday, February 7th and 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 Janecke, 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: Loretta 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@pisa.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 & MISC.

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 16x7.50. Phone: 250-968-4370••For Sale: 1989 GMC pick up, 1500, 4x4, transfer case excellent, extended cab, full size box with liner, campy with ladder rack, needs motor. Asking \$350. Phone: 250-968-4370••For Rent-3 Bedroom House on 4th Ave. \$550/month. Available Feb. 1st, 2018. Phone 250-569-3374 or Cell 250-569-7310••For Sale: 1980 Ford 351M, 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: \$8800 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, Lamb Saver recoil pad, excellent condition, \$75.00. Leopold Delta Pro red dot sight, the new model, as new. \$75.00. 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. \$200.00. 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-Square Hay Bales. \$3.00 each. Ph: 250-553-6890••For Sale-5x5 Hay Bales. \$55.00 Bale. Time Heatwole Ph:250-569-0012••For Sale-Sitih 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•Memorize 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 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:sgliness3@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 its owners.  
**Take a Break in McBride...B.G.'s Friedalfest Towna!!**

## UNCLE MARIK'S 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"

**REALLY NICE STONEMORKIII**  
Style's Call Adam Roth Stovewarmery  
250-569-6809 adamrothventures@gmail.com  
"Rocking the Robson Valley!"

Order & pre-pay by phone for pickup in McBride at Sears  
1 855 566 4225  
Infinity  
Specialty Food & More  
Valemount  
telus.net

**Cougar Den Cabins**  
250-569-7308  
Daily, Weekly & Monthly Rates  
1800 samson rd. mcbride (bottom of lucille 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

**McBRIDE & DISTRICT PUBLIC LIBRARY**  
241 Dominion Street McBride, BC V0J 2B0  
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

**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

**BORSESBOEING**

Gary Schwartz  
Farrrier Service  
McBride, BC  
**250-569-3319**

Stop by and  
Treat your Sweety  
at the Beannery 2  
250-569-0133  
www.beannery2.com

**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 7885 (Mitch) 250 569 4109 (Brenden)

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

**THE RASTY IRON**  
Salon & Boutique  
Tues. 10-6 Wed. 13-8 Thurs. 10-6 Fri. 10-5 Saturday by Special Appointment Only  
417 Main Street 250-569-4203 Call or Text for appointments

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

# VALENTINE'S DAY

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



ARROW  
 CARDS  
 CENTURY  
 CHAUCER  
 CHOCOLATES  
 CHRISTIAN  
 CUPID  
 DATE  
 DINNER  
 DOVES  
 FEBRUARY  
 FLOWERS  
 FOURTEENTH

GEOFFREY  
 HEARTS  
 KEY  
 LOVE  
 MARTYRS  
 PRESENTS  
 ROMANCE  
 ROSES  
 SAINT  
 SWEETS  
 WINGED  
 ZDRAVKO

## COMING EVENTS

**Ladies Bonspiel** - February, 9, 10, & 11. Come Watch some great curling.  
**Fish & Wildlife Meeting** at 7:00p.m. at the Beaneys 2 Bistro. Monday, February 19, 2018. Everyone Welcome.  
**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 potluck meeting on March 1 at 6:30 p.m. at Brian Wallace's residence on 3760 Hinkelman 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.bchorsemen.org](http://www.bchorsemen.org).

## 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 Jam, 7-9pm in the Annex. Fibre Artists Meet Thursdays at 10am.

## 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.

## 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.

**Take a Break in McBride...B.C'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 & Valemount on Tuesday, February 20, 2018. If you would like more information, please visit the website at [sho-tai.ca](http://sho-tai.ca). To book an appointment or for information, please call Kelly at 250-968-4400.

# MCBRIDE OLDTIMERS TOURNAMENT FEB 2018

## FRIDAY

| TIME                | HOME           | RM | AWAY        | RM |
|---------------------|----------------|----|-------------|----|
| 6.00 pm - 7.30 pm   | McBride        | 2  | Quesnel     | 3  |
| 7.45 pm - 9.15 pm   | 6 City Selects | 1  | Valemount   | 4  |
| 9.30 pm - 11.00 pm  | McBride        | 2  | Rivers Edge | 3  |
| 11.15 pm - 12.45 pm | Dunkley Lumber | 1  | Edson       | 4  |

## SATURDAY

|                     |                |   |                |   |
|---------------------|----------------|---|----------------|---|
| 8.00 am - 9.30 am   | Quesnel        | 2 | Grand Cache    | 3 |
| 9.45 am - 11.15 am  | Rivers Edge    | 1 | Valemount      | 4 |
| 11.30 am - 1.00pm   | Dunkley Lumber | 2 | Grand Cache    | 3 |
| <b>DOUBLE FLOOD</b> |                |   |                |   |
| 1.15 pm - 2.45 pm   | Quesnel        | 1 | Edson          | 4 |
| 3.00 pm - 4.30 pm   | McBride        | 2 | 6 City Selects | 3 |

6:00 pm Dinner/Dance

## SUNDAY

|                      |                |   |                |   |
|----------------------|----------------|---|----------------|---|
| 8.30 am - 10.00 am   | Grand Cache    | 1 | Edson          | 4 |
| 10.15 am - 11.45 am  | 6 City Selects | 2 | Rivers Edge    | 3 |
| 12.00 noon - 1.30 pm | Quesnel        | 1 | Dunkley Lumber | 4 |
| 1.45 pm - 3.15 pm    | McBride        | 2 | Valemount      | 3 |