

Healthy Self Day

Sunday, April 22, 1pm
at the McBride Fire Hall

Hosted by Jen Quam and Jennette Chuipka
Come learn about amazing health products
from a 30 year old Clean Living Line

Products for arthritis, joint mobility, lean
muscle mass, vitamins, good gut health,
non toxic household items and skincare

Enjoy a complimentary mini yoga session.
Wear comfortable clothing.

Free draw for 5 classes of yoga
and 2 bottles of Biocell
the best liquid collagen ever.

Open to women, men,
and a great 'date day' event for couples.

D & T INDUSTRIES

ZXSOU HITACHI TRACKED EXCAVATOR
WRIST TWIST CLEANUP BUCKET, DIET BUCKET, BLADE



930H CAT WHEELED LOADER
3.1 CU YARD BUCKET, FORKS, 12" HYDRAULIC WINGED BLADE



299D CAT COMPACT TRACKED LOADER

108" & 84" DIET BUCKET

**78" BRUSH MOWER

**84" BRUSH GRAPPLE

**84" SOIL CONDITIONER

**42" SIDE BOOM MOWER MATERIAL HANDLING ARM **

**AUGER 6,9,12,18, 24 & 30" BITS



STUMP BUCKET**
PALLET FORKS**
TREE SPADE**



NEW ATTACHMENT - ROTOTILLER
Food Plots, Gardens.....



7X14 Ft Dump Box Trailer, Gooseneck Trailers, &
GMCS to pull... WCB, ICBC, 10 MIL GGL, FALLER CERT
CALL US 24 - 7!

Darvin 250-569-7758 or 7050

Advantage Insurance

Services Ltd.
Rosemary L. Hruby, CMB
250-569-2264

We will be CLOSED

Saturday
April 28, 2018

Sorry for the inconvenience

HORSESHOE LAKE VENTURES



100 Mountain View Rd.
McBride, B.C. V0J 2E0
250-569-0075

All Feed and Fertilizer Orders MUST be in by April 25
for Spring Planting.
-Feed and Farm Supplies -Dog and Cat Food
- Full Hydraulic Hose and Fitting Supply
-Agricultural Parts and Accessories
-Automotive Parts and Accessories



PEPSI
2 L ~ 2 for ~ \$5.50

M&Ms
95 g ~ 2 for ~ \$6.00

HUSKY
DASANI
591 ml ~ 2 for ~ \$2.00
569-2441

Sandman Inn

250-569-2285

Part time housekeeping
position opened,
looking for reliable persons.
Please contact Sandy
250-569-2285

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, April 18th, 2018

FAMILY FUN NIGHT

St. Patrick's Parish will hold its Family Fun-Night on Friday,
April 20th at the E. Free Church from 7 to 9p.m. Events include:
Cake Walk, Raffles, Lucky Lollipops, Bean Bag Toss...and much
more! Refreshments are available!! This annual event is lots of fun
for the whole family. Everyone is welcome.

BIRTHDAY WISHTMS APRIL 18-24

Crystal Taugher, Amy Bartlett, Ray Long, Tyler Shamenhorn, Dan
Cunningham, Emily Friesen, Joanne Pelton, Lisa Hulka, Tiara
Hruby, Scarlet Yetter, Stan Beer, Trent Kjos, Esther Keim, Rose
Barton, Dylán Vizza, Mike Myrino, Taylor Sansom, and to any we
missed, Happy Birthday!

COMING EVENTS

Wishbone Theatre Presents: Luckville - A Play about Money and
Revenge. Written and Directed by Sharon Stearns. The Dunster
Schoolhouse, Thursday, April 26, Valenmount Theatre, Saturday &
Sunday, April 28 & 20th. McBride Elks Hall, Friday & Saturday,
May 4 & 5. Tickets available at Infinity Office and Health, Robson
Valley Essentials, The Dunster Store, and at the door. All shows at
7:30p.m. Tickets \$20.00 ~Group rates available.

"A Series of Fortunate Events" - Pro-D Day Fun - #2. Friday
- April 20th 2018 from 10am-3p.m. Walking Field Trip. McBride!
Please dress accordingly! First Responders Appreciation Tour! For
ages 5 and up, parents welcome and teens are appreciated to help
out! We will head out from RVSS to walk to the Fire Dept, RCMP
station and the Hospital to experience first responders in their
element! Hot Dog BBQ included. Facilitated by RVSS's Jennifer
Wellwood and Sara Olofsson with support from McBride Library
funded through the Northern Health 2017 Imagine Community
Grant. Please stop in or call to register your child and sign release
forms provided on or before event date prior to participation.
McBride RVSS Reception 250-569-2266. For full details, times,
release forms and further inquiries please contact Jenn or Sara at
250-569-2266. Robson Valley Support Society - 342 3rd Ave.
McBride, B.C. V0J 2E0 250-569-2266 or
info@robsonvalleysupportsociety.org

Community Futures is hosting a 5 part workshop series on
expanding Agribusiness. Be the first to register for the workshops
3 and 4 below. 3 - How to Get Your Agribusiness Out to the
Market. A focus on developing a marketing plan. April 21, 2018,
9am - 4pm, McBride Community Hall. 4 - Introduction to Online
Marketing for Agribusiness. A focus on the power of online
marketing and how to best use it. April 22, 2018, 9am - 4pm,
McBride Community Hall. Stay tuned for the last session coming in
May! Register TODAY at 250-562-9622 or at the Community
Futures Fraser Fort George Facebook page!

The Fraser Headwaters Alliance invites everyone to their 2018
Annual General Meeting, which will be a pot luck lunch at the
Dunster Hall, Sunday, April 22 at noon (Earth Day!). Two topical
and exciting short film will be shown: Leanne Allison's Living With
Wildlife, (23 minutes) documenting Cammore's developmental
experiences which are especially relevant to Valenmount's upcoming
potential expansion. The second film is Last Stand, the Vanishing
Caribou Rainforest (34 minutes).

Safety Workshop - McBride RVSS, BC Paramedics, and the E-
Free Church would like to invite you to the... Infant and Toddler
Safety Workshop. Hosted on April 27 and May 4 at the E-Free
Church, 135 Lonsdale St. McBride. From 10a.m. - 12p.m. Everyone
is Welcome! Bring your little ones and your questions!
SAVE THE DATE - 31st Annual Banquet and Auction McBride
Ducks Unlimited. Saturday, April 28th, 2018 at Robson Valley
Community Centre. Please call Beth for tickets 250-569-8866 or any
other committee member!

AGM- Robson Valley Cattlemen's Association: Tuesday, May 1,
2018 at 6:00p.m. Supper (buy your own). Meeting to follow, at the
Sandman Dining Room.

Dunster Fine Arts School Society 2018 Annual General Meeting
Monday, May 7th at the Dunster Schoolhouse, 10:00 a.m. until
noon. Everyone Welcome! Contact: Nancy Taylor 250-968-4358.
"A Dunster Schoolhouse - 8"x8" Art Auction at the Dunster
Schoolhouse, May 12th, 7:00p.m. early viewing, May 13th, 10:00a.m.
to 1:00p.m. Come either day to place a bid on your favourite piece
of Art. Bidding ends 1:00p.m. on May 13th. Pieces will be available
for pick up by 2:00p.m.

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 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 Dental Office The Little McBride Paper
1-800-256-7857 250-569-3434 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!!

McBride AG Foods

250-569-0140

FRESH FISH FRIDAY!!!

• COD
• ATLANTIC SALMON



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

What do you do with a sick boat?

Take it to the doc!

Robson Valley Septic

(250) 569-7812

Proudly serving the Robson Valley. Since October 2012!

"Your business is our business!"
Now OPEN for the season.

Give us a shout, we'll come on out!

JMR 250-569-2666

After Hours call
250-569-2726
or 250-569-7016
1021 SE Frontage Road

Spring Time Special

Help prevent uneven tire wear from
winter time pot holes.

Get a 4 wheel alignment check for \$59.95

MONDAY to FRIDAY 8:00am - 5:00pm
SATURDAY 9:00am - 12:00pm

SHOPS ON MAIN

246 Main Street (McBride Trading Co.)

OPEN THURSDAYS AND FRIDAYS 10-2

Watch for Vendor Updates on our

Facebook page.

SHOW YOUR LOVE FOR LOCAL!

WHISTLE STOP GALLERY



250-569-8891

Fabulous hand dyed yarn in bright
spring colours, chickadees in stained
glass and spring flowers you can hang
on your wall. It may still be winter
outside, but it is spring in the gallery!

OPEN 9-5 DAILY IN THE TRAIN STATION

Delivering Fuel

East to McBride &
Valenmount



Four Rivers
Co-operative

Commercial, Farm & Personal

Visit our new gas bar in Prince George!

6749 Westgate Avenue - Tel: 250.964.2697

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

Robson Valley Acupuncture

Jump into SPRING!

Come try some acupuncture to
put that spring back in
your step!

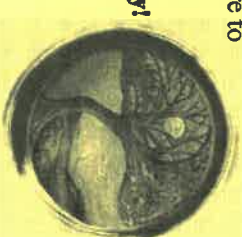
Book an appointment today!

~~~~~

Chelsea Roth R.Ac.

robsonvalleyacupuncture.com

250-569-7638



## Robson Valley Quilting Supplies

Featuring Wide Batting and Backing fabrics  
Associated 45" fabrics and Bolles  
Large assortment of cotton thread  
Quilt Patterns and books



Call or text Geovigie at 250-569-7433  
or email: robsonvalleyquilt@gmail.com

## DRYWALL SERVICES

250-569-0320

# ROBSON VALLEY ESSENTIALS

**We have McBride souvenirs!**

## Lug Purses and Wallets

~Great for Mother's Day  
\*\*\*\*Karl's K Cup Designation .66¢ & .89 each\*\*\*\*  
**Check out our Facebook Page**



McBride Community Forest Corporation  
P.O. Box 370, 200 Robson Centre,  
835 South West Frontage Road  
McBride, B.C. V0J 2E0  
T: 250-569-0262 - F: 250-569-0026

### EXPRESSION OF INTEREST-Prequalification List *Brushing 2018*

The McBride Community Forest Corporation (MCFC) is establishing a Select List of prequalified Contractors and Suppliers specializing in Brushing (preferably 2 man crews with brush saws), who may be invited to participate in subsequent direct invitation or select invitation solicitations on upcoming contracts and/or projects. Only prequalified contractors will be invited to participate on these contract solicitations.

The purpose of this pre-qualification is to establish a Select List of eligible contractors who are most suitable and available to compete, at a later date, on the described project or activities. The Select List is being established for use on more than one contract competition, so the MCFC reserves the right to select contractors to compete on a rotational basis.

New contractors may be added to the Select List at any time throughout the year and will be evaluated in the same manner as contractors already on the list. The MCFC does not guarantee evaluation and resulting short-listing of contractors wishing to compete on issued tenders.

Submission of a response does not guarantee inclusion on a resulting select list of prequalified contractors. The MCFC reserves the right to limit the number of prequalified contractors invited to compete on a subsequent contract. Contractors submitting responses will receive fair and uniform treatment and submissions will be given due consideration.

Contractors interested in being evaluated for inclusion on the Select List are invited to submit a response with the Desirable Criteria:

1. Resume containing education, relevant employment history, skills, designations and references, show that Locally based, Demonstrate/outline Service Area Expertise
2. Fee rate(s) (Hourly and/or day - including equipment)
3. Limited Liability Insurance (with Forest Fire Endorsement of \$5,000,000 and MCFC as additional insured), Worksafe BC, SAFE Certified (or demonstrate that can be obtained if needed).

Please note that this advertisement and the information provided is for viewing purposes only and is not an Official Invitation to Tender. Submissions for this process will be accepted up to Friday, May 4, 2018 at 4pm local time. Paper format, fax or email submissions are acceptable. For any questions on the advertisement contact: Eugene (Gene) P. Runtz, General Manager, 250-569-0262/7644 - Email: gm@mcbridecommunityforest.com

## ROBSON VALLEY PHARMACY



OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed  
www.robsonvalleydapharmacy.com  
250-569-8811

### HEALTH AND WELLNESS

- \$5.99 ea JAMIFESON NATURAL SOURCE
- Vitamin C 500mg Chewable Tablets
- \$9.99 ea ZANTAC 150mg
- Heartburn Tablets 24's - 30's

- OUR EXCLUSIVE BRAND
- \$9.99 ea atorva
- Desloratadine Tablets 20's or Loratadine Allergy Caplets 30's

Save Up To \$11

Who? What? When? Where? Wednesday.

JOIN US WED. MAY 2<sup>ND</sup>

FOR OUR FIRST TRIVIA NIGHT!

DOOR OPENS AT 6:30PM

STARTS AT 7PM

BRING YOUR TEAM OR 2 OR MORE

AND BE READY TO HAVE FUN!



Follow us on Facebook - fb.me/yourwelcomehome  
Tuesday - Saturday 8:30am to 5:00pm 250-569-0215  
289 Main Street

## Call for Proposals

Marketing Co-ordinator. The Village of McBride, in conjunction with the Robson Valley Mountain Bike Association, is seeking a contractor to design and implement marketing strategies to promote the McBride Mountain Trails, a multi-purpose trail network located near the Village of McBride, BC. Deliverables include: ·Analyse and create a plan for attracting visitors. ·Develop/promote support services for independent travellers. ·Build capacity to ensure long-term economic benefits. ·Increase engagement of local users. The successful candidate will be responsible for organizing the purchase and installation of a covered picnic table; crafting kiosk and junction signs; developing and publishing on-line and print marketing materials; researching promotional events to attract local residents and visitors. Send your proposal (maximum 10 pages) the Village of McBride - grantwriter@mcbride.ca - by noon - April 24, 2018. Include links to showcase previous work and at least two professional references. Approximate budget is \$10,000 for wages and \$20,000 for products/materials. Knowledge of the trail system is an asset. Timelines are flexible, but most of the work should be completed by November 15, 2018. The successful applicant will be notified by April 30, 2018. The lowest or any Tender will not necessarily be accepted. The Village of McBride reserves the right to accept or reject any or all Tenders.

## COMMUNITY ANNOUNCEMENTS

**Open Gate Garden** plots are now available for new and experienced gardeners. If you want to plant and grow in a well-fenced garden plot, or if you want to learn how to grow your own nutritious food, Open Gate Garden has a place for you. Plots rent for a nominal \$20 a year plus a very few volunteer hours over the course of the summer. For more information contact Naomi at McBride Library or D. Simpson at 250-569-3343.

**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 doctor about the program.

**Did you attend or graduate from McBride Secondary School during the years of 1975-1990??** McBride Secondary School Reunion 2019. May 31, June 1 & 2, 2019, McBride Community Hall. For more information, contact Charlene (Long) Dickson. 250-614-4874 (text or call), e-mail mcbridesecsecondaryreunion2019@gmail.com. Visit the Facebook page McBride Secondary School Friends & Reunion.

## BUY, SELL, RENT & MISC.

**Equipment for Sale-1993 850E Cat Crawler, \$18,000 o.b.o.** (new undercarriage) (6,460 hrs.) 1996 Case 11920 Excavator, \$20,000 o.b.o. (new undercarriage) (12,400 hrs.), 1976 950 Cat Loader, \$25,000 o.b.o. (has 4 new tires). 1990 Case Vibration Packer, Best Offer (1600 hrs.). 1980 Freightliner Truck (5th wheel) with Frue hauf lowbed, (35-40 Ton), Best Offer. If interested please call Harley Branson 250-569-2447. **For Sale-1000 gallon fuel tank with stand. \$550.00 Ph:250-566-1017. For Sale-Potatoes for sale at \$1.00 per lb, 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-Winegard Carryout Satellite Antenna, fully automatic. \$750. Walk in Freezer-6x6x4 \$1,900. 2 Registered Red Angus Bulls, 1 at \$3800 and 1 at \$3500. Ph: 250-862-8340 or 250-566-1017. For Sale: Small fridge, no freezer, works well, 3x2 feet. \$40.00. Dryer - works well. \$50.00. Phone 250-569-7493. For Sale-12x52 Mobile Home. \$6000 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. For Sale-Mossberg 12 gauge pump, 175.00. 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, \$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. \$2000.00. Phone 250-569-7353. 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  
Tertt, 250-569-2527 Esther+Foodbank contact number is 569-3186. **Seventh-day Adventist Church-Meet Saturdays** at 9:30 & 11am, and Wednesdays at 7p.m. Phone: Ph: 569-3370. **Memnonite 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 - 7:45am 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: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 & Breanna)

All articles and ads are not the expressed opinion of this paper or it's owners.  
**Take a Break in McBride...B.G.'s Finestest Towa!!**

**Pickboy MECHANICAL AND TOWING**  
250-569-2470  
Light & Heavy Duty Towing  
BCAA Provider

Heavy Duty & Commercial Transport Mechanical  
CVSE Inspection Facility

**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 for a full list of packages.  
Call: 250-569-7203 Email: beef@r3acres.com

**THE HAIR SHOPPE**  
803 3rd Ave. 778-258-0343  
side entrance

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

Don't be a Fool  
Come to the **Beanery 2**  
250-569-0133  
Open-M-F:6a.m.-5p.m. Sat:9a.m.-5p.m. Sun.&State: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 to discuss his spring operating hours.  
At home at 250-569-0205  
or at his NEW cell number 250-569-7731

**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

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

**THE RUSTY IRON**  
Salon & Boutique  
will be closed temporarily  
until a suitable location can be found. Thank you.

**UNCLE MARK'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**  
All styles Call Alan 250-569-6809  
adamrothventures@gmail.com  
"Rocking the Robson Valley!"

Order & pre-pay by phone for pickup in Middle of Seas  
**Infinity**  
1 855 566 4225  
Specialty Foods & More  
info@infinity.ca

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

**MCKALE HOUSE**  
Historic  
Mother's Day is Coming...May 13  
We've got gift ideas and great books...about Wine, quilting, wire, hiking, wine...  
Come in for tea in teapots with real teacups!  
Open Fri 10-5, Sat 10-2 250-569-7176

## HEAVY HAULING

-Tridem Tilt Deck - Tridem Drop Deck  
Best Rates In Town

CONSTRUCTION

- General Construction
- New Construction
- Remodeling
- Drywall
- Residential
- Commercial
- Install Septic Systems, Repair & Removal

BEST PRICES



EXCAVATION

- Excavating Road
- Excavation
- Dozer Work
- Ponds, Lagoons & Trenches
- Haul Equipment



CONCRETE

- Concrete Slumps
- Delineators
- Finish Concrete
- Delugey Concrete
- Delugey Gravel, Sand & Dirt

**30 YEARS OF EXPERIENCE**

P.O. BOX 474  
Phone: (250)569-2593  
Fax: (250)569-0178

## ROBSON VALLEY CONSTRUCTION REDI-MIX CONCRETE

The Wellness Medic Lifestyle Seminar



Speaker: Rohan K. Watson

Counselor, Health Coach, Fitness and Nutrition Coach

You are warmly invited to attend an exciting, cutting edge 2 day event at the McBride Seventh-Day Adventist Church. This 2 day lifestyle seminar will focus on the whole person.

**Mental Health** - How trauma affects our wellbeing.

**Spiritual Health** - Spiritual detox to finding your Spirit.

**Emotional Health** - Healing the hurt.

**Physical Health** - Clinical health/The healing power of

**Scanlan's Topics:**

- Liver Cleanser/Superior detox
- Build a stronger immune system
- Chronic fatigue/Green energy

When: **May 12 & 13, 2018**  
Where: McBride SDA Church, 1075 Lanning Pit Rd, McBride  
Times: Saturday at 11:00 am & 4:30 pm; Sunday at 9:30 am  
Phone: (250) 968-4493

**You can't afford to miss this one!**

## BABY SHOWER

An Invitation from Karen Desormeau - I'm so ridiculously happy to have become a grandma that I would like to share my joy with you, and invite you to come meet my granddaughter Evelyn Arden Butka, daughter of my son Brendon and his love Julie. The baby shower is on Sunday, April 22nd in the meeting room of the Community Services building, formerly know as Public Health, from 12:00pm. until 3:00pm. There will be light snacks and refreshments, silly baby shower games, and prizes. I hope to see you there!

## MORE COMING EVENTS

Elks/Royal Purple Pioneer Days Mixed Slo-Pitch Tournament, June 1st, 2nd & 3rd, 2018. Cost: \$250.00/team. Mixed: 3 girls/7 guys. Prize money (based on 8 teams). 1st - \$1000.00, 2nd - \$750.00, 3rd - \$250.00. Home Run Derby \$10.00/participant Winner gets 50% collected. Contact: Kathy Molendyk at 250-569-7201 for more details. Deadline to register May 15, 2018.

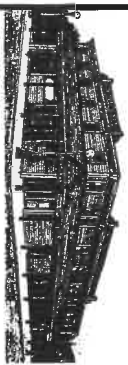
## PIONEER DAYS NEEDS YOUR HELP!

The past couple of years the annual Elks/Royal Purple Pioneer Days has been a great success due to the help from community volunteers. If you are interested in helping by putting in a shift or two during Pioneer Days weekend, which is June 1st, 2nd & 3rd this year, please contact the following: Dance and/or Beer Gardens Len Downing - 250-569-2630, Pancake Breakfast Sandy Birnie - 250-569-4101, Food Booth - Heather Zahn - 250-569-8876. For information on the following, please call: Parade - Deb Traquair - 250-569-8825, Slo-Pitch Tournament - Kathy Molendyk - 250-569-7201. Also, if you would like to host an activity, e.g. car wash etc., during Pioneer Days, please contact Kathy Molendyk @ 250-569-7201 to ensure it gets on the schedule of events.

## McBride Centennial Elementary School

**Early Learning Programme:** Ready, Set, Learn, a pre-literacy programme for 3, 4, and 5 year olds, accompanied by a parent or a caregiver, will again be offered at McBride Centennial Elementary. The spring programme will run for 8 weeks on Tuesdays from April 17 - June 5 from 10:30 - 11:30 a.m. Please phone the school at 250-569-2721 if you have questions and to register. Ready, Set, Learn will be hosted by McBride Centennial Elementary and the McBride and District Library. Hope to see you there! Reminder - StrongStart BC, a programme for 0 - 5 year olds and their parents/caregivers, is happening on Thursdays from 8:45 - 11:45 with Mrs. Lotte Rauter-Driessen. StrongStart is a free early learning parent participation programme. This programme runs once a week for the school year. In order to register, a birth certificate is required. Registration forms are available at the school. Join us!

**Take a Break in McBride...B.G.'s Premierest Town!!**



MCBRIDE HOTEL  
250-569-2277

PRESENTS...  
*The TWELFTH ANNUAL*

## DON MCANDREW

Memorial Pool Tournament

Sunday, April 29, 2018

12:00 noon

Prizes, Beverage Specials, Popcorn.  
Also a Tasty Burger BBQ and Buffet  
Free to everyone all day.  
All Players & Guests are Very Welcome  
Phone to Sign Up  
250-569-2277 or Drop In Any Time

FREE POOL- ALL DAY SUNDAYS AND WEDNESDAY NIGHTS  
COME AND HAVE SOME POOL PARTY FUN!!!

## VILLAGE NEWS

Village of McBride Economic Development Office News. **Business Facade Improvement Program** - businesses are eligible for up to \$5000 in matching funds for facade improvements to commercial buildings in McBride. Stop by the office to pick up an application or check out our website at: <http://www.mcbride.ca/business/village-of-mcbride-business-facade-improvement-program>. The application deadline is May 31. Call or email Karen at [edo@mcbride.ca](mailto:edo@mcbride.ca), 250-569-2229.

## LIBRARY NEWS

Monthly Book Discussion meets! April's theme: historical fiction published in 2017. Join us on Thursday, April 26th at 1:30pm to talk titles.

Stop by the library to pick one up or bring your own! **Don't forget, we've got:** Tuesday Night Music Jan, 7-9pm in the Annex. Fibre Artists Meet Thursdays at 10am.

# WORLD PARKINSON'S DAY



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

AGITANS  
ANXIETY  
APRIL  
BEHAVIORS  
CENTRAL  
DEGENERATIVE  
DEMENTIA  
DEPRESSION  
DIFFICULTY  
DISEASE  
DISORDER  
ELEVENTH  
EMOTIONS  
MOTOR  
MOVEMENT  
NERVOUS  
PALSY  
PARALYSIS  
RIGIDITY  
SENSORY  
SHAKING  
SLOWNESS  
SYSTEM  
THOUGHTS  
WALKING