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McBride



Paper



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For the week of *Wednesday, July 4th, 2018*

THANK YOU

Thank you to the Chamber of Commerce for all the effort put into the July 1st - Canada Day - Celebrations. The Hamburgers were very good Derrick - thanks. We hope you will have your beautiful van up and running again soon - Good Luck with that. The Fireworks were a lovely way to end the day - Thanks Firepeople. Congratulations to everyone who was nominated for the Cheryl Sansom Citizenship award and Special Thank you to the Sansom family for carrying on this tradition in Cheryl's memory. I am very humbled to have been chosen as one of the recipients of this year's Cheryl Sansom Citizenship Award & Thank you to whoever nominated me as well. Pete Amyony and I have decided that now that we each have a "Special Bell" that we are Officially the "Two Ding-A-Lings" of the Robson Valley. The Cake-Off was a excellent new tradition - Thank you Tanya. What a shock to have my cake chosen to receive the Wooden Spoon this year. I am already planning my cake for next year. Congratulations to everyone who entered a cake and generously shared them with the people attending. They were all very yummy and Special Thanks to the O.A.P.O. for judging and serving the cakes. This Valley and it's citizens are all very special to me and I feel very Blessed to live in a Community such as ours.
-Dawna Hickerty

WILDLIFE CLUB

Robson Valley Wildlife Club, July 16, 4pm at the new Range under development at km7.5 on Dore River Road. Come out and see the new facility that we are developing. Take a few shots with our rifles. Please leave your rifles at home and only use ours. Burgers and holoogs by donation. For more information call 250-569-7231.

CAREGIVER SUPPORT

Robson Valley Caregiver Support Group will be at the Community Services Building, McBride on July 17, 2018 from 2-3pm. For those caring for someone with dementia- spouses, family or friends- a caregiver support group offers the chance to: •Exchange information and friendship with others affected by dementia. •Access the most current information. •Learn and share practical tips for coping with change. •Decrease feelings of loneliness and isolation. •Express feelings and be reassured that these feelings are normal. •Find a sense of hope. Supporting a person with dementia, can be incredibly demanding. People in this situation experience a variety of feelings. The demands of the disease can make it difficult to stay in touch with friends and family, and can lead to loneliness and isolation. Come and join us! Contact for more information :250-569-2018 Susan Umstot, Primary Care Nurse, McBride.

COMMUNITY MARKET

Community Market June 29 - September 7, 11am. to 2pm. every Friday in the Pavilion on Main Street. Vendors Welcome with Products Grown, Made or Assembled in the Valley. Tables \$5.00 per week. Contact D. Simpson 569-3343 or Joyce Godfrey 569-2427.

COMMUNITY ANNOUNCEMENTS

Please join us for a farewell potluck for Matt and Jenn Rempel and family. It will be held Sunday, July 8th at the E-Free Church immediately following the morning service (noonish).

Yellowhead Ski Club AGM July 13th, 5:00pm. New Library, Meeting Room, Main Street, McBride. This is open to the public and it would be great to see new members!

A **Community Calendar** is available on line at the website <https://www.mcbride.ca/residents/services/community-calendar-2>. To have your event listed contact: mcbridedistrictcommunitycal@gmail.com

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.

LIBRARY NEWS

Library and Museum Community Picnic. Friday, July 6th from 5pm on at 521 Main Street. Burgers, salads and dessert are free, as a big community thank you! Join us as we celebrate our new space. Music starts at 5pm. Bring your lawn chair or picnic blanket. Tables and chairs available for seniors. Questions call Heather at 250-569-3000 or Naomi at 250-569-2411.

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

Monthly Book Discussion meets Thursday, June 28th at 1:30pm. All welcome to bring a title or check one out from the library, and join the conversation over coffee and tea.

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.

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141 Dominion St. McBride

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www.HouseOfJasper.com/directions/

Ozalerka Alpine Club

The club will once again be offering regular Sunday hikes on a wide variety of local trails and mountains. We rendezvous at Koenenman Park at 9 a.m.; bring lunch and water, and carpool from there. We will start on July 8 with the Lower Goat River Trail; there is a reasonably flat 12 km option east to the Fraser, and another 5km hike west with a serious hill. Other July hikes will go up Bell Mountain, Lucille and McBride Peak. Hikes will be regularly posted in the local media. Non-members are welcome (you will be encouraged to join the club, annual dues \$20); and everyone must sign a Standard Liability Waiver. Co-ordinators are Al Birnie (250-569-4101), Tanya Rich (250-569-7299) and Leah Redmond (780-955-3088).

COMING EVENTS

Kids Food Camp Open Gate Community Garden - McBride, July 9th to 13th & August 13th to 17th. For Children Ages 5 to 12. Under age 5 must be accompanied by a parent. Planting, Growing, Cooking, Eating, Wildcrafting, Songs, Stories. Register at the McBride Library. Questions? Nancy Taylor 250-968-4358 or nancy@dmsternancy.ca. Brought to you by the Community Literacy Task Group and The Open Gate Community Garden Society.

DOWNTOWN THIEF STORE

We are Open on Friday, July 6th 1-3. Thank You Everyone.

-McBride Ang/United Church

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Lots of Beautiful Kitchens, Persian/Cross. Greggo & Ilona up the Beaver**For Sale-Blue flagstone and landscape rock. Call David 250-569-7327**For Sale-Assorted Sized Rolls of Chain Link Fencing 42" high. Call 250-569-3254 for details or to view**For Sale-Red Angus Cross Cow/calf pairs for sale - \$2300.00. Phone 250-968-4453**For Sale-Hose Reel Cart \$30.00, Metal Tool Box with tray. 32"X8 1/2" x9 1/2" \$10.00, Black & Decker Sand Storm 3-in-1 Sander \$15.00, Side Table, oak finish, one shelf 19"x19"x22" \$30.00 Ph:250-569-2485**For Sale-2008 Honda Civic DXG, 4 door, 170k kms, original owner, purchased and driven in Okanagan, fabric interior-mint, winters and summer tires both on rims, Struts radio, command start. All maintenance and upkeep done. No accidents. New battery car jack, and starter. \$6000. Call Jana 250-569-4233**For Sale-3.5 hp Outboard Engine, 2 stroke, integral fuel tank, as new, \$1000. Phone Justin/Verlyn 250-569-0075**For Sale-Price reduced: \$1650. 1980 Ford 351M, 1 ton, 12 ft. deck with box closed in, 4 speed, motor & transmission in good condition, no rust. Phone: 250-968-4370**For Sale-Solid Oak Typewriter Desk. 6 drawers, very unique. Ph:250-569-7024**Wanted: 5-10 acres of land in Dunster area with water access. Willing to make \$500/month payments. Please call 250-968-4370**For Sale-White Maytag dryer works really really well, only \$50.00. Ducks Unlimited Joe Butcher Duck Caller. 24 carat gold blue wing teal, Canada, new in box, hand carved and painted - \$80.00 obo. Vegetable grinder, six steel blades, wooden handle, works like new - \$45.00. 250-569-7493**Equipment for Sale-1976- 950 Cat Loader-\$25,000.00 o.b.o. (has 4 new tires), 1980 Freightliner Truck (5th wheel) with Frite hauf lowbed, (35-40 Ton), Best Offer: If interested please call Harley Bratton 250-569-2447**For Sale-1000 gallon fuel tank with stand. \$550.00 Ph:250-566-1017**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-12x52 Mobile Home, \$2,500 obo. Phone 780-689-1194**For Sale-3 Western saddles including high end Wade from Cactus Saddletry. Wanted farm disc, 6 to 11 feet wide, large plates, solid build. Phone 250-569-3423 or 250-569-7575**For Sale-Stihl 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 will be closed for July & August. Will reopen Sept. 4. 250-569-2479 Terri, 250-569-2527
Eshter•Foodbank contact number is 569-3186-**Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am, and Wednesdays at 7pm. Phone: Ph: 569-3370-**Mennonite 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.

Via-Rail Schedule viarail.ca Phone 1-888-842-7245

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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
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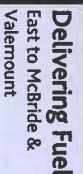
250-569-8891

The Whistle Stop is gearing up for summer with glass artwork, amazing photography, local authors and much more.

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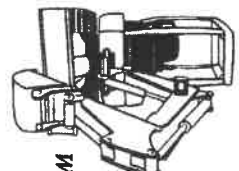
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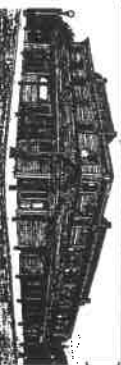


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BIRTHDAY WISHES JULY 4 - 10

Amanda Leask, Bo Greer, Diane Will, Mike Morad, Christine Morum, Jenny Divieti, Brock Wallis, Hertha Manton, Tina Carter, Adam Morad, Elizabeth Friesen, Michelle Gredling, Wayne McClinton, Fran Chuijka, Gisselle Monroce, Marton Cousineau, Wade Franke, William Lipke, Aisla McNaughton, Landon Street, and to any we missed, Happy Birthday!

Sho-Tai Returning in September

Evan Dougherty, Class 2 Sho-Tai Practitioner, will be resuming visits to McBride & Valemount in September. Sho-Tai utilizes examination of color changes & markings on the eyes, tongue & teeth to determine health changes in the body. Muscle testing (Kinesiology) is utilized to determine the weakest & most damaged organs & glands which are causing health issues. For instance, the thyroid is often the weakest gland & the pancreas is often the most damaged gland. Kinesiology is also applied to determine which foods are negatively impacting the body & which herbs will aid the body in healing. We are all unique, like a snowflake, so a food that may be healthy for one person, may actually be detrimental to another, because of our genetic make-up & other causal factors throughout our lifetime. Terry likens eating a non-beneficial food, to a cow eating meat. It is recommended to make the dietary & supplement changes for a season, or 3 months & then reassess. The system follows the principles of Cleanse, Repair & Maintain to achieve optimum health. If you are a client of Sho-Tai or would like to be, & have a preference of dates in September that would work for you, please contact Kelly or leave a message at 250-968-4400, as she is currently initiating planning of this visit, in mid to later September.

SCHOOL REUNION

McBride Secondary School Reunion tickets are sale for the formal high school reunion for anyone who either attended or graduated during the years 1975-1990. Hosted over the Pioneer Days weekend (May 31-June 2, 2019), the formal event will take place on Saturday, June 1, 2019 at the Robson Valley Community Centre. This is a 19+ event. Tickets are \$50/person - includes appetizers, dinner & desserts, dance to live music, door prizes & much more! Cash bar by the Elks. Tickets will not be guaranteed after April 30, 2019. To purchase tickets, contact Charlene at mcbrideschoolschoolreunion2019@gmail.com. Tickets can either be mailed, picked up the day before/day of the reunion if pre-purchased before April 30th, or can be purchased directly at Robson Valley Essentials. E-transfers can be sent to mcbrideschoolschoolreunion2019@gmail.com, please use password "REUNION". Cheques can be made payable to McBride School Reunion. Mailing address: 2625 Bowron Rd., Pince George, BC V2N 6E2.

Take a Break in McBride...B.G.s Friendliest Town!!

VACATION BIBLE EXPERIENCE

Come Join Us!



Welcome to Sea of Miracles VBx, where kids get caught by Jesus' love! Each day at Sea of Miracles kids will explore Galilee during Jesus' time and experience the joy of sharing their adventures with each other.

Where: McBride Seventh-day Adventist Church

1075 Lamming Pit Road, McBride, BC

Dates: Monday, July 16th – Friday, July 20th, 2018

Time: 6:30 PM – 8:30 PM

For information and to Arrange Transportation Call 250-968-4493



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SILENCE DAY



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R Q L R D Y G L O N L C A G X  
J M A I N T A I N E D A J H  
A T A P F B N M Y T N E W T T  
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H T N E T H B A M V E P Q M G  
K G V S P E F N R O P L D U B  
C H M E H E R D D D V R E S J  
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Take a Break in McBride...B.G.s Friendliest Town!!



521 Main Street McBride, BC V0J 2B0

Phone: 250-569-2411

SUMMER HOURS

Tuesdays: 10-5pm, 7-9pm

Wednesdays and Thursdays: 10-5pm

Fridays: 12-9pm Saturday: 12-5pm

July & August

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The Robson Valley Support Society (RVSS), is looking to fill the position of a Program Supervisor. This is a full time (12-18 month term position covering a maternity leave), working 37.5 hrs/week at our McBride office location. Compensation is \$24-28 an hour, depending on experience and qualifications. For a full description on general responsibilities and qualifications required, please contact RVSS at 250-569-2266, or visit www.robsonvalleysupportsociety.org and look under "News". Please submit your cover letter and resume by email to Lina Thompson at ed@rvssbc.org or by fax to 250-569-2200. Posting is open until filled. Preference given to applicants who are available to start on July 23, 2018.

|             |           |
|-------------|-----------|
| ALPHABET    | MAINTAIN  |
| BABA        | MANDALI   |
| BOARD       | MASTER    |
| COMMEMORATE | MEHER     |
| COMMUNICATE | OBSERVE   |
| FAST        | PRAY      |
| FOUR        | REPEAT    |
| GESTURES    | SILENCE   |
| GOD         | SPIRITUAL |
| HAND        | TENTH     |
| HOURS       | TWENTY    |
| INDIAN      | VERBAL    |
| JULY        |           |