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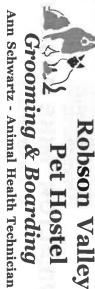
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MARCH 22 - 24 CONTACT RAJ BASRAN









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General Construction

Planning. Wednesday, March 13, 2019 @ 7pm. Robson Valley Community Hall. The information session will provide concerned citizens, businesses and community groups an opportunity to share with McBride Mayor and Council how expanded caribou closure and resulting restricted access to the backcountry could impact their organizations, businesses and quality of life in the Robson Valley. Mayor and Council will provide information on a recent session attended in Prince George, hosted by MP Bob Zimmer, and will have a Petition on hand for attendees to sign as well as copies of form letters that attendees can personalize and mail to their MLA and MP. Mayor and Council will take information gathered at this information session to Federal and Provincial government officials responsible for the caribou conservation planning to ensure McBride's concerns are communicated

Elijah Robinson, Class 3 Sho-Tai Practitioner, will be returning to McBride & Valemount in March. He will be in McBride, Wednesday, March 27 & in Valemount, Thursday, March 28. 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. 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. 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, please contact Kelly or leave a message at 250-968-4400. Kelly also maintains a local supply of Sho-Tai herbs for clients. Sko-Tai is Returning in March

GOMING EVENTS

"Our Daily Bread" is the theme for the World Day of Prayer Gathering, Sunday, March 17 at 2 pm at St. Patrick's Catholic Church Gathering Room. There is such need in our world - many are hurting and hungry. We will gather as community for conversation and for prayer to explore this need. Having recently witnessed the need in Cuba, Kim McNaughton will facilitate the conversation with Cuba as our starting point. All are welcome!

Fish & Wildlife Meeting is on March 18, 2019 at The Beanery 2 Bistro, at 7:00p.m. Everyone Welcome.

McBride and District Hospital Auxiliary has had to reschedule their AGM to March 18th due to the weather. AGM March 18th in the Education Room at 7pm. New members welcome.

Farmers Institute Banquet April 13th, 2019. Doors at 5, Dinner at 6pm. Dance at 9pm. McBride Community Hall. Silent Auction, Door Prizes, Product Booths and Displays, Guest Speaker. Tickets available at Robson Valley Essentials, The Farm Store, Welcome Home, Dunster Store, and from FI Members. Adults \$25, Children (3-12yrs) \$10, Infants free. All welcome. Come and enjoy the company of your neighbours and some great food!

THANK YOU!

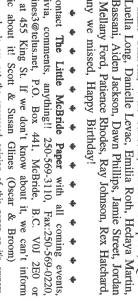
The Yellowhead Ski Club would like to thank the many volunteers and sponsors who have helped us this season. Thank you to Dannielle Alan of the Regional District (Area H), and to Sandy MacKenzie of the Headwaters Recreation District for grants that allowed us to upgrade some equipment, and continue operations. Thanks to the McBride Community Forest Corp. who kept the Belle Mountain Road cleared and accessible. Finally, we appreciate all of the volunteers who helped to cut willows, groom trails, clean the cabin, pack supplies in, pack garbage out, repair machinery, collect memberships, complete paperwork, and assist with our operations.

SCHOOL NEWS

MCBRIDE SECONDARY SCHOOL REUNION is quickly approaching. The event will be held on Saturday, June 1st at the McBride Community Hall. Tickets are available to purchase directly from Robson Valley Essentials, \$50/ticket, cash or cheque. Etransfers are also accepted to mcbrideschoolreunion2019@gmail.com, use password REUNION. Tickets will not be sold at the door and can not be guaranteed after April 30th. The reunion is open to anyone who either attended or graduated, staff included, during the years 1975-1990, and a guest. This is a 19+, non-formal attire, event. For more information, contact Charlene at mcbrideschoolreunion2019@gmail.com or 250-614-4874 (call or text). STRONG START Fridays for the 2019 school year; newborn - 5 year olds + their caregivers; drop-in (except non-instructional-day weeks when the programme will be on Wednesdays) 8:45-11:45a.m.

BIRTHDAY WISHES MAR. 13-19

Alma Boulianne, Eli Baumbach, Erich Monroe, Erwin Bend, Kenzie Daykin, Liam McFarland, Paytyn Molendyk, Sula Drury, Bryan Monroe, Kane Sansom, Walt Sansom, Charles Simpson, Quinn Barnes, Luella Long, Danielle Levac, Emilia Roth, Hedaya Martin, Kayden Bassani, Aiden Jackson, Dawn Phillips, Jamie Street, Jordan Forman, Mellany Ford, Patience Rhodes, Ray Johnson, Rex Hatchard, and to any we missed, Happy Birthday!



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GRANT APPLICATIONS

The McBride Community Foundation Committee will be accepting grant applications 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 4:30pm on Friday, March 22nd,

GOMMUNITY ANNOUNCEMENTS

Youth Softball - Spring is coming and so is softball! We are looking for coaches who are willing to commit a few hours per week to help kids develop skills, while having fun playing a team sport! Tentative age groups are: grades 1-3, 4-6, and 7-10 although this may change depending on the number of kids interested, and availability of coaches. If you can help out please call Lisa Franke at 250-569-0345 or email wlfranke@telus.net. Registration will take place in early April.

The McBride Curling Club welcomes anyone who would like to come out and curl. If we get enough people dropping in, we'll get a regular game going or if not, try the NEW game of Doubles curling. All you need is a clean pair of shoes to change into for on the ice. We have the rest of the equipment if you don't have any. All ages welcome. The bar will be open. Come out and meet new friends on any Friday night at 7:00 pm. McBride Curling Club, 461 Columbia Street, McBride, BC V0J 2E0.

The McBride Community Calendar is available on line at the website https://calendar.mcbride.ca/

LIBRARY NEWS

Open Mic Night with the Valley Bat. Friday, March 29th at 7pm. Bring your talent! Bring your instrument! Bring your 'texts from Vern'! Bring your fun.

Monthly Book Discussion meets Thursday, March 28th at 1:30pm. This month's theme is "Canadian Classics". All welcome to join the conversation! Bring a title of your own, or stop by the library for one of ours.

Food Bank February will extend until March 15th. Bring in non-perishable items for the food bank with your overdue books, and we'll erase any fines. The food bank is especially looking for beverages (juice, coffee and tea). Thanks for your support!

Missing: the library copy of Canada Reads title "By Chance Alone" by Max Eisen got mixed in with our free books box by mistake. If you have our copy at home, we sure would love to have it back. Thanks!

mistake. If you have our copy at home, we sure would not it back. Thanks!

Don't forget...

Tuesday Night Music Jam, 7-9pm. Want to learn new music?
Enjoy playing with others? Just want to sing along? All welcome. Call David Marchant with questions at 250-569-2569.

Fibre Artists Meet, Thursdays from 10-12pm. Bring your stitch project, we'll have the coffee on. All levels welcome.

Ukulele Jam with Melissa, Fridays from 2-3pm. Bring your Uke, but we'll have a few too. All interests welcome. Call Melissa at 250-569-0205 with questions.

BUY, SELL, RENT & MISG.

selling their early 1900's Kingsbury Piano. Make us an offer by calling Len Downing at 250-569-2630 after 7:00 p.m. Located in McBride Elks Hall for viewing, arrangements made through Len. For Sale - 4 male Livestock Guardian Dog puppies. They were 12 weeks old on February 13. They are a Great Pyrennes, Marenma, and Kangal cross. They have been vet checked, had first shot, and been de-wormed. Parents are working dogs. Contact Phyllis at 250-968-4493 or email rpk12305@gmail.com. For Sale-4 rims for GMC 3/4 ton, 12-16.5 LT, 2 with Discover M/S tires, asking \$125 each, phone 250-968-4370 For Sale-Electric Recliner. This capacious, fully upholstered recliner will, at the touch of a button, lower you gently from a standing position to a sitting position. It will also lift you slowly back to a standing position at the touch of a second button. It is ideal for someone who has difficulty rising from a seated position. Call 250-569-2334 for any further information. For Sale-4 Arctic Cat Studded Tires, M&S 195/65R15. Fits VW \$200.00 Ph:250-569-2234 For Sale-Acreage. Ph: 250-569-7518 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.

GHURGH 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-Adventist Community Center. Open Tues. 1:00-3:00. Contact Number 250-569-2479 Terri-Foodbank contact number is 569-3186-Seventh-day Adventist Church meets on Saturday for Sabbath School at 9:30am and Worship Service at 11:00am, and meets on Wednesday for Prayer Meeting at 7:00pm.•Mennonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:30pm 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:569-2306. Call to Confirm.

Via-Rail Schedule viarail.ca P
Going West - Sunday, Wednesday
Going East - Monday, Thursday,
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uiry B.C.-1-800-663-7867 - For Toll Free Calling to Providitis Number 1 or and only

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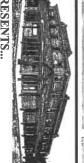
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