

who may drive 250-569-2264

Start thinking about your vehicle

My first job was working in an orange juice factory, but I got canned...couldn't concentrate.

Robson Valley Septic

"Your business is our business!" © (250) 569-7812

ROBSON VALLEY HONORY

1136 - 5th Ave. Inside the McBride Hospital
LET'S TALK ABOUT FIRST AID

Build your summer first aid kit to be prepared for all kinds of

summer 'staples' such as cuts, scratches, ticks, bug bites or sun burns. Ask your pharmacist to assist you!

THIS MONTH'S GREAT BUY \$23.99



78 Pieces
Save up to \$6 atoma



NEW - BUBBLE TEA REWARDS CARDS



We will be CLOSED

Welcome Home Sat. June 15th & Wed. June 19th. Fri. June 14th,

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

D & T INDUSTREES

ZX50U HITACHI TRACKED EXCAVATOR

930H CAT WHEELED LOADER

299D CAT COMPACT TRACKED LOADER
108" & 84" DIRT BUCKET

** 78" BRUSH MOWER

**84" BRUSH GRAPPLE

**84" SOIL CONDITIONER

**42" SIDE BOOM MOWER

**42" SIDE BOOM MOWER

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

7X14 Ft Dump Box Trailer, Gooseneck Trailers, & GMCs to pull... WCB, ICBC, CGL, FALLER CERT NEW ATTACHMENT - ROTOTILLER
Food Plots, Gardens.....

Darvin 250-569-7758 or 7050 CALL US 24 -

BARBARA FAUST
MASSAGE, OSTEOPRESSURE
250-968-4509 FOR INFO AND TO BOOK APPOINTM
MEMBER OF NATURAL HEALTH PRACTITIONERS OF CAN

1-877-295-0655

McBride / Dunster / Tete Jaune / Valemount WIRELESS INTERNET

INSULATION & DRYWALL 250-569-0320

FREE The Little FREE

McBride





Serving BC's Friendliest Town and Area since 1996:11 For the week of Wednesday, June 12th, 2019

DOX MINTHE

Thank you to everyone who attended the school reunion over the Pioneer Days weekend! The event was a huge success and so very well attended, many saying how great their entire weekend was. Thank you to the Elks and Royal Purple for providing a full weekend of activities for everyone to enjoy and to the community for your hospitality. HUGE shout out to our generous sponsors to be able to put some fabulous door prizes together for 9 lucky winners: Starbucks, Prince George Pine Centre location - gift basket. Don & Diane Smith, McBride - bottles of wine, Woman of McBride souvenir calendar. Mr. Mike's Steakhouse, Prince George, 4 - \$25 GC's. Glenn & Sheilagh Foster, McBride - bottles of wine, jars of honey from Dr. Leonord Foster's bee labs at UBC. Canadian Tire, Prince George - RCA Tablet. Marjorie Sansom, McBride - Okanagan Spirits Ice Wine gift box. Four Rivers Co-Op, Vanderhoof - jacket. Petro-Can, McBride - \$25 fuel GC. Whistler's Inn, Jasper - 2 nights accommodations. Rich Boyz Mechanical, McBride - truck light bar. Baldwin & Wright Brothers Aviation - Flight in 1938 Tiger Moth. And Thank you to Barefoot Photography by Jessica Arnold for being our photographer throughout the night. The Facebook group is McBride Secondary School Friends & Reumion if you want to check out all the photos from the weekend! DUNSTER IGE GREAM SOCIAL

The 42nd Annual Dunster Ice Cream Social at the Dunster Hall on Saturday, June 29th, 7:00p.m. Dance at 9:00p.m. Potluck cakes, cookies, squares, brownies, and lots more. Not to mention the Ice Cream in dozens of flavours. Dance all night to Roadside Splinter (A Donation box will be available to help cover the cost of the band.) Everyone Welcome! Adults \$8.00, Kids 6-10 \$6.00, and 5 and under FREE.

GARAGE SALE

Multi family garage sale Friday, June 14 from 9am-1pm at Dominion Street. Everything from baby stuff, clothes, material more. No early birds please. 760 l and

GOMING EVENTS

Climate Change: Summer evening discussion at Welcome Home on Main St. Wednesday, June 12th. Doors open at 6:30pm, 7-9pm Beverages and snacks available for purchase. Public event. It's for those that believe climate change is here. And, how do they feel about it; what adaptive strategies are available, etc. Facilitated by Russ Purvis.

ey Piecemakers Quilt Show Friday, June 14th and Saturday, 15th, 2019 at the Elks Hall McBride from 10am to 3pm each

Robson Valley Caregiver Support Group - Where: Community Health Building, McBride. When: Tuesday, June 18, 2019 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.

The Robson Valley Fiddlesticks and String Ensemble will present a Concert on Sunday, June 23rd, at 5 pm in the Evangelical Free Church. Our program is a mixed selection of Fiddle, Pop, Jewish cultural, Russian 20th Century and Baroque music. Mr. John Van Leeuwen will be joining us to perform as soloist with our Baroque selection. We would love for you to join us. Refreshments will follow.

AGM

Yellowhead Ski Club AGM. The Yellowhead Ski Club Annual General Meeting will be held on Thursday, June 20, 4pm in the McBride Library meeting room. All are welcome. For more information, please contact Glenda Thompson, Brenda Monroe, or Terri Jensen.

Email yellowheadskiclub@hotmail.com.

Notice of Annual General Meeting - The McBride Roundhouse
Theatre Society will be holding their Annual General Meeting
Tuesday, July 2, 2019 at 7 p.m. Location: 433 Main Street Advantage Insurance. All past directors and interested individuals are
encouraged to attend.

BIRTHDAY WISHES JUNE 12-18

Quinto Vizza, Ray Thiessen, Shelley Kallin, Ashlynn Desfosses, Don Froese, Prossy Froese, Connie Gainer, Maya Hulka, Stella Littlechild, Vincent Desfosses, Kia Barton, Bob Puckett, Dale Ford, Diane Roth, Elijah Ray Jobson, Aldrine Barton, Suzanne Mazerceuw, and to any we missed, Happy Birthday!

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)

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

Dog Bones & Bird Suet \$5.00/Bag.

Now carrying Smoked Bones and Smoked Liver
at Uncle Mark's Meat Shop

Fourth & Main % Hair Studio

Open Monday's, Thursday-Saturday call or text 780-236-4222

CLIFF'S BIKE SALES & REPAIR

905 - 3rd Avenue REASONAble RATES.

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

UNCLE MARK'S CUSTOM MEAT CUTTING Field to Plate Service "Stress free animals

Field to Plate Service make better meat make Noth 250-569-7805 "Serving the Robson Valley"

McBride & District

PUBLIC LIBRARY

McBride, BC V0J 2E0

HOURS

Tuesdays: 10-5pm, 7-9 Wednesdays and Thursdays: REGULAR HO 7-9pm 10-5pm

Fridays: 2-9pm Saturdays: 2-5pm

Glass Cutting, Picture Printing,

Double Czech Carpentry Matting and Framing call Bill Arnold 569-3381

Pavel Bendl • 250-617-0263

Renovations, new construction

• Exterior and interior finishing

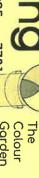
• Cabinetry, kitchen remodeling

Call or email pavel.bendl@gmail.com

R3 ACRES, Farm raised beef, naturally.

THE HAIR SHOPPE 778-258-0343









250-569-3319

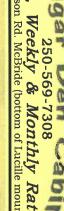


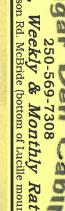
Robson Valley

Robson Valley
Pet Hostel
Grooming & Boarding
Ann Schwartz - Animal Health Technician

250-569-3319 Website with information and galleries www.pethostel.ca Cabins









Wind

Mitch/Brenden 250-569-7885/569-4109 New Construction
 Now Offering Financing

Building with passion

Main Street (McBride Trading Co.)

Father's Day gifts available! Happy Father's Day!

Show your 1 ve for local!!

ue & Me Eatery

News from Sue & Me on Main Street

OPPORTUNITY AVAILABLE!

Sue and Me are looking to hire a kitchen Apprentice. Professional cooking experience is not necessary. are the most important requirements. A hard-working and positive attitude

Drop by with a resume. No phone calls or emails please

Sun, Mon & Wed Jam - 3pm Tues Closed
Thurs., fri., Sat. Jam - 9pm
250-569-0080 Main St., McBride

MCKALE HOUSE

421 Main St. 250-569-7176
Father's Day! Toys for Dad to share...
Games, Kites, Yoyos; Books to Read Aloud!
No Ties (3) but We Have Marvellous Socks!!!
And Great Ideas for Grads, too!

ROBSON VALLEY

ESSENTIALS SAL 9-5:30

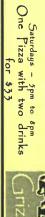
Keurig Pods 24pk NOW AVAILABLE
Check Out Our facebook Page

Jigglin' Carizzly P du

Daily Lunch Specials Friday-Saturday-Sunday Open 250.569.0101 at llam

Thursdays - 5pm to 8pm Burger & Beer \$20

sys - happy hour 4:30pm to 5:30pm \$5 Tap Beer and wells





HORSESHOE LAKE VENTURES

100 Mountain View Rd. McBride, B.C. V0J 2E0

250-569-0075

Do you know that we carry

FENCING PLIERS?

We are the local WeldCor cylinder depot.

Check out our selection of cylinders and welding supplies

-Feed and Farm Supplies

-Dog and Cat Food

-Full Hydraulic Hose and Fitting Supply

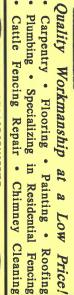
Agricultural Parts/Repair

-Automotive Parts/Accessorie



A&L HANDYMA

250-968-4370 SERVICES

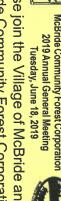


VILLAGE OF MCBRIDE

McBride Community Forest Corporation

2019 Annual General Meeting

Tuesday, June 18, 2019



Please join the Village of McBride and the McBride Community Forest Corporation on Tuesday, June 18th at 7:00 pm in the Robson Valley Community Centre at

7:00 pm for the 2019 Annual General Meeting For more information please contact the Village Office at (250) 569-2229, or the McBride Community Forest at (250) 569-7644 or (250) 569-7050.

GOMMUNITY ANNOUNCEMENTS

COMMUNITY GAMING GRANT APPLICATIONS CONTINUE TO BE A SUCCESS! The McBride Elks and Royal Purple are happy to announce the successful Community Gaming Grant applicants for the 2019 year. This year, there were 7 clubs or organizations that applied for a total of \$31,500.00. Between both the Elks and Royal Purple we received in Community Gaming Funds \$22,000 to help support the following groups: Valley Piecemakers Quilters, McBride Secondary PAC, McBride Centemial PAC, Robson Valley Youth Softball, McBride Figure Skating, Seventh Day Adventist Food Bank and the Dunster Station Museum. We will be applying for a new Community Gaming Fund Grant for 2020. If you think that your club or organization will need help with funding, please provide the following information: complete description and delivery of program including community benefit, accessibility, sustainability and community support; what level of grant funding you are requesting; describe in detail how the grant funds will be used; how many people will participate in, or benefit from the program. A part of our grant application requires, that we document volunteer hours that your members put in. This volunteer time can include meetings, programs, coaches, drivers, and projects, etc. For every dollar that we receive in gaming funds, we need to show a minimum of 25% volunteer time (converted to money), so for example for every \$1000, we need to show \$250 in volunteer time (which results in 12.5 hours volunteer time). The more volunteer hours that you spend delivering your program, the higher our chances of obtaining more funding as it shows a greater "buy-in" from the community. Applications are due in by no later than June 30, 2019 to McBride Royal Purple Box 336, McBride, BC V0J 2E0.

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

LIBRARY NEWS

Scrabble's On! Tuesday, June 18th at 2pm. Drop by for a game

Natural History Speaker & Movie Series: Hidden Life of Trees (movie). Friday, June 21 at 7pm. Free! Hosted together with the Museum, Library, and Community Literacy.

Monthly Book Group meets Thursday, June 27th to discuss books voted "best historical fiction of 2018" from the Goodreads Choice Awards. Bring your own title, or drop by to borrow one of ours. All welcome to join the conversation over coffee and tea!

Getting garden ready? Check out the McBride Seed Library!
Our supplies are a little low right now. All donations welcome!
Questions about the Seed Library? Stop by 521 Main St. or talk to Coordinator, Rosara Buck.

Fibre Artists Meet. Thursdays at 10am. All welcome to bring your stitch project and visit. We'll have the coffee pot on!
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.

BUY, SELL, RENT & MISG.

3110••For Sale-Fridgedaire stackable washer and dryer. Heavy duty dryer, heavy duty 5 cycle washer. \$400 for the pair. Call 250-569-7893••For Sale-2005 Chevrolet Venture 8 passenger mini van. Cruise, remote start, CD cassette combo. \$1,000 obo. Ph: 250-569-2521 cell 7763 Wayne Zimmerman••For Sale-50 inch, heavy duty roto tiller, three point hitch. Good condition., Panel/ dry wall hoist. Has done only one ceiling since new.. Three point hitch post hole auguer... new condition. Three point hitch rotary cutter, used but in good condition. Ph:250-569-2334••FSBO Updated home in friendly McBride, B.C. One level living with 3 bdrm, 1 bth. Go to www.Sign2Web.com & call up 956 4th Avenue for details. Phone 250-921-4342 for appt to view.••WANTED: Nice Hair Sheep Ram. Cash or Trade. Ph#250-569-4123••For Sale-1 BBQ. \$100 o.b.o. Great condition. 905 3rd Ave., McBride, B.C.••WANTED-to rent pasture. Will fix fence if needed. Stan 250-569 7575••For Sale-1974 Caterpillar 950 Loader, new tires, \$20,000. Phone Tony 250-569-2491••For Sale-6000 gallon potable Water Tank. \$5000 obo. Phone 250-569-7024••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. For Sale-Makita LXT Blower. Comes with 2 - 18V 3ah batteries and a dual charger. Only used a handful of times. Phone 250-569-3110•For Sale-Fridgedaire stackable washer and dryer. Heavy

GHURGH NEWS N'THINGS

Tues. 1:00-3:00. Contact Number 250-569-2479 Treis-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:569-2606. Call to Confirm. 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

Take a Break in McBride...B.G.s Friendliest Town!! -569-3434 25 Report Forest Fires

250-569-2666

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

LICENSED & DIESEL MECHANICS AUTOMOTIVE

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

WHISTLE STOP GALLERY



250-569-8891

from the Robson/Canoe Valley. Bring your visiting friends and family down to OPEN 9-5 DAILY IN THE TRAIN STATION There is alway something amazing to see! e Whistle Stop to share the amazing talent of the 100+ artists and crafters

VISIT, local, award-winning

House of Jasper Silver Studio

Thurs. Fri. Sat. & Sun.

www.HouseOfJasper.com/directions/

141 Dominion St. McBride

Delivering Fuel
East to McBride &
Valemount

(CO-OP)

Four Rivers

Commercial, Farm & Personal

Visit our Gas Bar in Prince Georgel 6749 Westgate Avenue - Tel: 250.964.2697

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

Valemount BC
TF: 866.309.2667
TF: 866.309.2667
TF: 866.309.2667
TOWING boyz

250-569-2470

Light & Heavy Duty Towing

BCAA Provider

Heavy Duty & Commercial Transport Mechanical

CVSE Inspection Facility

McBride AG Foods

FRESH FISHS FRIDAY!!! Cod

Steelhead

SPECIAL: Striploin Steak
\$9.98/lb. for the Summer

6:30am-7pm, -5pm

The Jarm Store を変え

Great Specials
Every Week!

This Weeks Special...

Hann:

12" Hanging Baskets & Chick Grower

Mon.-Fri. 10am-5pm Sat. 10am-3pm

1011 Frontage Road 250-569-0425 LAUNDROMAT IS OPEN

ROYAL LEPAGE

MIKE MOSELEY REALTOR®

Buying or Selling in the Robson Valley?

Helpful, friendly, Professional Advice

CALL/TEXT

778-258-0064

mmoseley@royallepage.ca



of McBride, as of June 21, 2019, a

the Village of McBride, as of June 21, 2022, the Village of McBride, as of Village of McBride, as of Village of

ICBC Customer Service at: 1-800-910-4222. Thank you to everyone for your patronage over the year: ICBC Driver Licensing services at the Village of McBrid office will remain unaffected. For further information pleas contact the Village office at 250-569-2229.

PIONEER NEWS

Thank you for sponsoring, organizing and volunteering. Event Results: Rock, Paper, Scissors - Kevin Taphorn, Snowshoe Power, Robson Valley Home Hardware, Happy Hooker Cont., Milton Braaten, Mol Cap Investments, D & T Industrees, JF Logging, Adrenaline Services, Crazy Horse Logging & Thunder Valley Towing, and thank you to all those that helped. Logger's Sports - Wes, Wade & Tanya Phillips, Walker Taphorn, Jeff McNaughton, Thomas Bressette, Lori Bressette, Ben Hunter, Rylan Moore, Skyline Resources Ltd., Warren McLennan, Milton Braaton, Rick Thompson, Carol Hammar, R&V Pepper Holdings, Optimum Resource Management Ltd., McBride Community Forest, Kris Arneson, Shawn's Small Engine Repair, JNR Auto Service, Robson Valley Home Hardware, Irene Berndsen, Terry Raymond, and all those who helped make this event flow smoothly. Parade - Deb and John Traquair & The Farm Store. Thanks to the "plane performance" and to the pooper scoopers and most of a really BIG thank you to everyone that participated in the parade. This year was better than ever and we are looking forward to see if we can outdo it next year. Load of Logs - Kevin Taphorn, Cedar 3 Products and McBride Community Forest. Horseshoe Tournament - Warren McLennan, Rita Aspeslet, Ken and Kim McNaughton, Val Logan & Brandon McLennan. Various other events & Supporter's - Bob Balcaen, Dome Creek Community Association, Mona Schultz, Village of McBride, Regional District Fraser Fort George, McBride Community Forest, Brian Shawara, Gigglin Grizzly Pub, Linda Fry, Lyn Smith, Two River's Art Gallery, McBride Volunteer Fire Dept., McBride Secondary School, Forever Printing & Signs, Robson Valley IDA Tele Pharmacy (Children's Signs), "By Request" - Keith Monroe & Fiddlers, Boulianne McBride Elks/Royal
- Thank you for Purple Days

Valley Museum and Archives, McBride & District Public Library,
Legion Auxiliary, McBride Model Railroad Society, E-Free Church
Group, Lakes District Maintenance crew, Lakeside Concession & TiMini Donnis, & "Roadside Spinierie", The Farm Store, Robson Fut Valley Bike Association, "Tuesday Night Jam", Fiddlesticks, Gordy
Peters Drunken Midnight Howlers, Cat & John Crowley, McBride
20 Visitor's Centre, Pete Berndsen, Jock Worth, Uncle Mark's Meat
act Volong, Lakes District Maintenance crew, McBride Secondary
Visitor's Centre, Pete Berndsen, Jock Worth, Uncle Mark's Meat
Cole, Laurella Gabert and E-Free Church Crew, McBride Act
Foods, Open Gate Garden, Elaine & her husband (cotton candy)
Centennial Meats, PeterLisa Hulka and the basketball/volley-bill
Splayers, all those involved in the Ecumenical Sunday Service. We
hope we haven't missed anyone but if we have, we really appreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Pappreciated
your help, Also, a HUGE thank you to the many individuals that
responded to our "CRY FOR HELP" in The Little McBride Paper,
your help, Also, a Bean and success! Proncer Days/Adventure
Weekend Winning Results: Logging Truck load of woold
the hard happened and be such a success! Proncer Days/Adventure
Weekend Winning Results: Logging Truck load of woold
believed to the su

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

The Village of McBride, Shareholder to the McBride Community
Three (3) MCFC Director positions. Nominations will be called for at the Annual General Meeting held on Tuesday, June 18, 2019. To be nominated you must live within the footprint of the MCFC area (bounded by Ptarmigan Creek and Holliday Creek).

All voting will take place at the MCFC AGM.
The Director positions are for a two (2) year volunteer term and

Ist Ryder Cole, 2nd Cody Pepper. Lady's Farmer Carry 1st Tress Cole, 2nd Lacey Cole. Kids Farmer Carry 1st Thomas Bressette, 2nd Seth. Volunteer Fire Dept. Bucket Brigade 1st place - Kolby Whelpton, Hunter Clinton, Jeremiah Alspaugh, Raymond Lin & Daniel Lin. Slo-Pitch Team Results: 1st Deep In the Box, 2nd Shawara Team, 3rd Scared Hit List. MVP Girl/Guy - Sponsored by Beer Family, Cheese & Beer Barb/Ryan, Loaded Braxtyn/Koltin, Scared Hit List Jen/Travis, Deep In The Box Alex/Tommy, Plan B Ashley/Gabe, Incrediballs Judy/Cody, Bounty Hunter Dawn/Quenton, Big Bore Batter Billy/Gerald.

AWARD

Bverywhere we look we see someone volunteering their time and efforts to help make the Robson Valley the best place to live, work, and play. Let's give them a shout out to recognize the hard work and effort they put in. The Robson Valley Visitor Centre is organizing the Cheryl Sansom Award this year and we need your help! Please nominate a special volunteer who you would like to see recognized. Whether they volunteer in McBride, Dunster, Tete Jaune, Dome Creek and all points in between, we want to cheer them on and celebrate their community spirit. The process is simple: Write a short letter telling us who it is and why you are nominating them (you can even write it in crayon!) - send the letter by email to: come2mcbride@telus.net, regular mail to: PO Box 107, McBride BC, V0J 2E0, or you can drop it off at the Visitor Centre in the train station. Staff may follow up with you to get more information so please include your name and contact information. The Cheryl Sansom Bell will be presented on Canada Day, where we will celebrate all the nominees. Questions? Call 250-569-3366 or email us at come2mcbride@telus.net.

JERKY DAY



X	2	Ш	K	Ħ	ы	Ħ	0	Н	A	Q	Н	Н	Н	\triangleright
Ы	×	K	\bigcirc	ス	Z	K	Ч	Q	Z	0	H	ᆫ	Н	Ш
Н	A	Д	U	刊	H	님	刊	Н	Д	Д	0	\bigcirc	H	Ħ
田	M	Н	R	\bowtie	Н	Ħ	Z	以	×	Ч	U	0	\Box	ß
\square	W	Ŋ	刊	团	Z	0	Н	Д	Д	0	<	ス	田	Н
U	\bowtie	Z	U	Ŋ	ß	Н	X	Z	ß	Н	Ħ	Н	Ъ	ß
<	<	Z	A		Н	禸	Z	日	Z	U	Ч	口	Н	U
Н	Ы	0	ĮŦJ	Ø	\vdash	0	Ħ	A	G	刊	0	<	A	×
X	Ш	ß	田	M	ß	Н	U	<	Z	Н	U	Z	Н	A
田	Z	Н	Д	Н	\bigcirc	\square	0	H	H	Ħ	U	U	ス	Ħ
d	ᄪ	Z	Щ	田	Н	10	V	Q	\Box	Ū	Ħ	0	ス	ㅈ
Н	Ч	刊		Ø	ス	ス	\triangleright	Щ	Z	ス	\bigcirc	ᆈ	10	Ħ
×	円	\vee	W	刊	Ω		Н	日	H	U	N	Q	A	<
田	Z	Ъ	Н	Д	ㅂ	К	щ	К	U	\bigcirc	M	N	Ŋ	\bowtie
Н	Н	田	江	Ч	Ø	以	\prec	2	0	Щ	\vdash	\Box	W	\subseteq

SHO-TAL

Sho-Tai is returning on July 8. Evan Dougherty, Class 2 Sho-Tai Practitioner, will be resuming his practice in McBride on Monday, July 8. Evan has travelled & practised with Terry Bell, the founder of Sho-Tai, for more than a decade. Sho-Tai utilizes examination of color changes & markings on the eyes, tongue & teeth to determine health changes in the body, past & present. 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. Even if a person is taking a herb or vitamin recommended for a particular condition, if it is not what their particular system needs, then the body must cleanse that item out, rather than utilizing it. 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.

BOAR E L K KILISHI BISON BILTONG BAKKWA ALLIGATOR FLAVOUR DRIED DENDENG CURED COPPIETTE MEAT YAK TRIMMED VENISON TURKEY STRIPS STORAGE SEASONING SALTED PRESERVED PIONEERS OSTRICH