

What will you actually find at the end of every rainbow?

Robson Valley Septic

Check out septic tips and info at robsonvalleyseptic.ca
(250) 569-7812

"Your business is our business!" ☺

TWO WEEKS BEFORE CHRISTMAS, AND ALL THROUGH THE SHOP OUR EYES WERE CREATING AND MAKING IT POP. PUTTING GIFT SETS TOGETHER TO MAKE GIFTING A BREEZE. WEARING MASKS, SANITIZING - THERE WAS MARY A SNEEZE. CAFE, TREATS, BREAKFAST, LUNCH AND FOOD MADE TO GO, SPOTS TO SIT AND ENJOY, IN CASE YOU DIDN'T KNOW. FESTIVE AND FRIENDLY WHEN YOU WALK THROUGH THE DOOR.

WELCOME HOME EVERYONE,
YOUR GIFT STORE WITH MORE.

Follow us on Facebook:
[fb.me/youarewelcomelhome](https://www.facebook.com/fb.me/youarewelcomelhome)

Tuesday - Saturday 8:30am to 4:00pm 250-569-0215

Have you seen the Winter Playground Exhibit at the Valley Museum? Come warm up with a latte and see many familiar faces from winter's past. Winter Hours 11 - 4, Tuesday to Friday, until Christmas. (Re-open Jan. 4)

FOREVER PRINTING & SIGNS
Home of The Little McBride Paper
Phone: 250-569-3110 Fax: 250-569-0220
www.fpas.ca email: contact@fpas.ca

ROBSON VALLEY IDA TELEPHARMACY
OPEN Mon.-Fri: 9-5 Sat: 9-3 Sun. Closed
www.robsonvalleyidaharmacy.com
250-569-8811
1136 - 5th Ave. inside the McBride Hospital

Please Note:
Robson Valley IDA Holiday Hours 2020
December 24th — Closed @ 1
December 25th — CLOSED
December 26th — CLOSED
December 31st — Closed @ 3
January 1st — CLOSED

**For any Prescription Refills or Renewals that are due to fall within these Dates, Please plan accordingly and call a few days in advance to avoid waiting until we reopen. **
Thank You!

Delivering Fuel East to McBride & Valemount

CO-OP
Four Rivers Co-operative
Commercial, Farm & Personal

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

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

Robson Valley Livestock Quilting Supplies
All your Quilting and Bag making Supplies Open Thursday and Fridays 11am to 4pm
By Appointment only
Call or Text 250-569-7433
email - valleyquilting@gmail.com



CERTIFIED ORGANIC POTATOES
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Yellow and Red Varieties
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HISTORIC MCKALE HOUSE
421 Main St. 250-569-7176
Christmas Shopping Hours
Wed.-Fri. 10-4, Sat. 10-2
Dec. 21-24 hours tba
Call or email questions or requests
- we can get your order ready!

FREE The Little McBride Paper FREE

Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, December 9th, 2020*



FOOD BANK NEWS

2020 has been a year full of blessings for the Food Bank! Despite the many challenges Covid 19 brought, last spring the Community of McBride responded quickly with many monetary donations and non-perishable goods. Our hearts were warmed by the amazing generosity of this community. We have also been fortunate to receive grants from Reach Ministries of Compassion. The McBride Community Endowment Fund, The McBride Royal Purple / Elks Lodge and the Emergency Community Support Fund. Apples were received from the Elks, the annual Thanksgiving Food Collection brought in 1431 food items and the Salvation Army in Prince George has been regularly sharing surplus food with us. Once again we have been witness to the generosity of this community. Because of your kind donations, our shelves are full as we begin working on Christmas Hampers. If you or someone you know needs help this Christmas please give Julie a call @ 250-569-7436. Thank you for being such a caring community and trusting us to distribute your donations. Wishing you blessings this Christmas and in the Year to come.

-The McBride Seventh Day Adventist Food Bank

THANK YOU

Thank you to the Robson Valley Piece Makers, for the beautiful quilt, it will be a cherished for years to come. The horses are a special touch, in a difficult time with the mudslide experience I've gone through with my neighbors. Thanks to all of you for doing such a kind thing, to bring a smile in such a trying time. Love your special talents. -Michelle Rejman

Thank you to Lock Worth, Gerald Porrier and Tony Vizza for putting up the Christmas Calendar.

HOSPITAL AUXILIARY NEWS

The McBride and District Regional Hospital Auxiliary are busy selling our raffle tickets. You could win our annual Christmas food hamper including a turkey as the 1st prize and the 2nd prize is a Christmas turkey. Tickets are available from members, AG Foods, Advantage Insurance, the Beamer 2 Bistro, the Dunster General Store, and Historic McKale House. Tickets are 3 for \$5.00. The draw date is December 17th, and will be drawn at 2:30 pm. 100% cotton masks made by our volunteers and Christmas jam will also be available at Historic McKale House.

We will also have the Christmas Card and Angel Tree donations available this year again. The Angel Tree will be displayed at the McBride Library, where you can also make donations. Our thanks to Abi and her staff for coordinating this. Please consider giving donations as usual since we are not having the Extravaganza. We too are disappointed but thankful for your understanding. Donations can be made by email transfer to hospaux2020@gmail.com. No password is needed. Thank you again for your continued generosity.

ROYAL PURPLE/ELKS NEWS

McBride Royal Purple and Elks - X-Mas Food Hampers. The Royal Purple and Elks will be distributing Christmas Food Hampers to families and individuals in need again this year. The Royal Purple and Elks' mission as a national, charitable fraternal organization is to support and promote community needs through the volunteer efforts of local Lodges like providing Christmas Food Hampers. This year due to COVID, Christmas Hampers will consist of gift cards to McBride AG Foods and local businesses so families can purchase food items and gifts to help them celebrate Christmas. It would be greatly appreciated if you would like to donate in the form of local business gift cards e.g. McBride AG Foods, Robson Valley Home Hardware, Esso, Petro-Can, etc. or money to purchase gift cards. If you know of a family or individual in need, or have anything you would like to donate, please contact Tanya Phillips at 250-569-7788 by December 11th.

In addition, we are always looking for new members to help provide these services for the community. If you are interested, please call Kathy Molerdyk at 250-569-3239 (evenings). Reminder that there is no longer a membership fee.

Elks & Royal Purple Hospital Bed Available - The Elks and Royal Purple have purchased a hospital bed to be made available to community member's in need. We do require a \$50.00 refundable damage deposit. For more information and/or to book bed, call Flo Myrno at 250-569-3254.

BIRTHDAY WISHES DEC. 9-15

Brynden Nilsson, Eli Clements, Loranne Martin, Taylor Traquair, Brandon Forman, Falisha Kohn, Lania Hutchinson, Jeff Hill, Breanna Barnett, Matt Cousineau, Mohamad Diviali, Jolee Tronson, Carol McClinton, Darin Buck, Glory Vogel, Katherine Martin, and to any we have missed. Happy Birthday!

COMMUNITY ANNOUNCEMENTS

Influenza immunizations available. By appointment only, please call 250-569-2026 to book your appointment. Location: McBride Community Health Services Building.
The Little McBride Paper is now On-Line at our new website www.fpas.ca. Plus check out all the past issues of The Little McBride Paper in the Archives section.
The McBride Community Calendar is available on line at the website <https://calendar.mcbride.ca>

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email: contact@fpas.ca, 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! And check out our website www.fpas.ca.
Scott & Susan (Oscar & Broom)

All articles, and ads are not the expressed opinion of this paper or its owners.

Take a Break in McBride...B.C.'s Friendliest Town?!

Robson Valley Pet Hostel
Grooming & Boarding

Ann Schwartz - Animal Health Technician
250-569-3319
Website with information and galleries: www.pethostel.ca

Meraki Builders
Construction and Renovations
250 569 7885 (Mitch) 250 569 4109 (Brenden)

House of Jasper Silver Studio

We ship gifts Internationally
Gifts from \$20 & up
Buy local!

141 Dominion St. McBride
www.HouseOfJasper.com/directions/

Sat. & Sun. 11:00-3:00
Studio Hours till Dec. 20th:

MONASHEE COMMUNICATIONS
1-877-295-0655
www.monasheecomcommunications.ca
accounts@monasheecomcommunications.ca

WIRELESS INTERNET
McBride / Dunster / Tete Jaune / Valemount

INSULATION & DRYWALL
250-569-0320

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

THE WORLD IS IN CRISIS
Will Christ come on a rescue mission or will Satan counterfeit it first and deceive most of the people?
Contact Bible Truth, Phone 250-569-7077, Box 185, McBride, B.C.

Cougar Den Cabins
250-569-7308
Daily, Weekly & Monthly Rates
1800 Sanson Rd. McBride (bottom of Lucille mountain)

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

UNCLE MARKS CUSTOM MEAT CUTTING
Field to Plate Service, ☺ "Stress free animals humane harvest, custom sausage, make better meat"
\$5 bags of bones and bird suet Mark:Both 250-569-7805

Glass Cutting, Picture Framing, Matting and Framing
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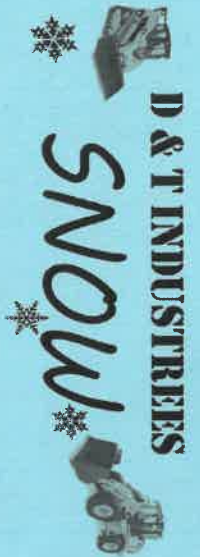
THE HAIR SHOPPE
803 3rd Ave. 778-258-0343
side entrance

Gigglin' Grizzly Pub
Open Thurs, Fri, Sat and Sun from 4pm
dine in & take out
to book your table, tomahawk, special event, call 250-569-0101

We will be closed Dec. 24-25-26-27 for staff to spend Christmas with family, but we WILL BE OPEN DEC. 31-JAN. 1-2-3 for New Year.

BORSESHOEING
Gary Schwartz
Farrier Service
250-569-3319
McBride, BC

NOW AVAILABLE
Eggnog Latte,
Peppermint Hot Chocolate
and Gingerbread Latte
"Stop by and Treat Yourself!"
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Beanery 2 Bistro
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Open-M-F:6a.m.-5p.m. Sat:9a.m.-5p.m. Sun.Closed State:Closed



D & T INDUSTRIES

SNOW

...serving the Robson Valley for over 10 years!

REMOVAL

Darvin 250-569-7758

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BLADE BLOWER BUCKET SANDING DUMP BOX



250-569-7874
McBride, BC
teamrobinsonenterprises.ca
fergie@teamrobinsonenterprises.ca



McBride & District
PUBLIC LIBRARY
McBride, BC V0J 2E0
521 Main Street

WINTER HOURS
Tuesday 10:30-5, 7-9.

Wednesday and Thursday 10:30-5:00.
Friday 1:30-8. Saturday 2:30-5.

library@mcbridebc.org mcbride.bc.libraries.coop

Notice of Lien Sale

STORAGE LOCKER AUCTION
In Accordance with the Warehouse Lien Act, the contents of McBride Self Storage Unit 12 located at 927 Second Avenue, McBride, B.C. rented by **ROBERT LITTLECHILD** will be sold by auction at 10:00AM on Tuesday, December 22, 2020. This will be a cash sale and all contents of the locker must be removed by the successful bidder following the auction.
Rick Thompson
McBride Self Storage
Box 954 McBride, BC V0J 2E0 250-569-7620

Sue & Me Eatery

News from Sue & Me on Main Street

Monday Closed Tuesday Closed
Wednesday 11 - 9 Thursday 11 - 9 Friday 11 - 9
Saturday 11 - 9 Sunday 11 - 5

Take Out & Delivery Available (Tip at The Door or Cash is Still King!)

BBB is now open and waiting for reunions, weddings or just great family fun.

Main St., McBride
250-569-0080



**ROBSON VALLEY
PHYSIOTHERAPY**
Phone 250-569-7995
robsonvalleyphysio@gmail.com

**Santa's Helper
Gift Wrapping Service**

Nothing too big or too small, we wrap all. Husband's too busy, Mom's that just don't want peeking. Includes wrapping paper, name tags and bows. All Covid precautions in place. pm me or call 250-569-7174

SCOTT KEIM
Red Seal Journeyman Carpenter
250-569-7120



HORSESHOE LAKE VENTURES

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McBride, B.C. V0J 2E0
250-569-0075

We are the local WeldCor Cylinder Depot.

We have bale feeders!

8' Slant Bar \$395 7' Tombsstone \$685
• Feed and Farm Supplies • Dog and Cat Food
• Fall Hydraulic Hoses and Fitting Supply
• Agricultural Parts/Repair • Automotive Parts/Accessories

LIBRARY NEWS

McBride library is now on winter opening hours: Tues. 10:30-5, 7-9. Wed and Thurs. 10:30-5. Fri. 1:30-8. Sat. 2:30-5.
Attention Seniors: Digital Christmas Messages! Would you like help sending a digital message to your friends or loved ones this year? We can help you type and send an email, or record and send a video! Surprise your grandchildren with a funny video on Christmas morning, or a teenager in your life with a holiday email. Contact us at the library 569-2411 to book your time the week of December 14th!

Santa is Coming to the Library! We are thrilled that Santa thinks the library staff have been good enough to receive a visit this year! He is coming to see us on Saturday, 12th December. Would you like to wave to Santa and chat to him on the phone? Call us at 250-569-2411 or email library@mcbridebc.org to make an appointment with him. Santa is very busy this year, so book early!
December Story Walk Take part in our December Story walk! Start off at the library, where you'll read the first page of "The Littlest Evergreen" by Henry Cole. You'll read the rest of the pages along Main St. in the windows of our local businesses! Bundle up with your family, enjoy some fresh air, and do some reading!
Last Takeout Soup & Bun of 2020. The final Soup & Bun of this year will be 12-1pm on Wednesday, 16th December, served from the library's meeting room door. We will then take a break for the holidays and resume in January.

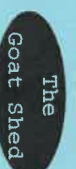
Collection/Delivery Service Still Running. We are still happy to prepare book order for you to collect, or we can deliver your items to you. Please call 569-2411 for details. All items are quarantined for 72 hours upon return to the library. **If you are not feeling well, please don't visit the library, but call us instead. Thank you.**

BUY, SEBL, RENT & MISC.

For Sale-Moen Kitchen Faucet high neck with side spray. Stainless Steel Kitchen Double Sink 8" deep. Various piece Counter Top approximately 25'. \$300 obo takes all. Phone 250-569-7084
For Sale-2010 Flex. seats 7, 241,000km, runs good but needs some work. Open to offers. Pat Powell 250-968-4474
For Sale-2015 Ford Fiesta SE-4 door Sedan. Non Smoker owner. very low mileage. Ruby clearcoat metallic colour. A/C, Sirius Radio, drip rails. Ford Maintenance Program until Nov. 2022. Low Mileage. 6500km. Mounted Snowtires. 6 speed auto transmission, excellent condition. Call/Text 778-258-0064. Asking \$13,500
For Sale-2 Truck Canopies: 1 Regular box & 1 Short Box (comes with 4 clamps) \$150 each or trade 905 3rd Ave. Cliff
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.

CHAURGH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street is open Tuesdays & Fridays from 1 to 3 pm. Clothes and Household Goods•Sunday worship services at McBride Anglican United Church at 10am (4th Sunday of the month at 9am). We celebrate Communion together, usually on the third Sunday of the month. We welcome you to join our community of faith as we gather safely in person for a time of prayer, music, readings, and reflection. All are welcome. Rev. Kim McNamara. 250-569-3206•Dorcas-Adventist Community Center (Dorcas) OPEN Tuesdays from 1-3pm. Due to small space we will limit guest to 4 at a time (unless family group). Contact # Terri 250-569-2479•Foodbank contact number is 250-569-3186. St. Patrick's Catholic Church-Meets Sundays at 11:00am. Ph:250-569-2606. Call to Confirm. Mountain Chapel at Third and Main streets. McBride. is suspending further Sunday services through December until the Covid-19 situation in the Valley is clarified. Members and adherents are urged to worship at home.



The Goat Shed
ADOPTION ASSEMBLY COMMERCIAL CULTRURAL DECEMBER ENUNCIATION ESTABLISHMENT EVENTS EXHIBITS FEMALE GENERAL GLOBAL HUMAN RIGHTS HUMAN RIGHTS DAY PROCLAMATION RIGHTS SOCIAL TENTH THIRSDAY UNITED UNIVERSAL

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

Via-Rail Schedule Phone 1-888-842-7245
Going West - Sunday...2:44pm
Going East - Thursday...12:18pm
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 Comm. Serv. 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
BC BUS.....844-564-7494 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 Finestest Towa!!

MECHANICAL TOWING
Rich boyz
250-569-2470
Light & Heavy Duty Towing
BCAA Provider
Heavy Duty & Commercial Transport Mechanical CVSE Inspection Facility &

LOCAL DAILY FREIGHT SERVICE
McBride AG Foods
250-569-0140
MANDATORY
Face Masks are Required in the Store until further Notice.
Thank You!
**Christmas Sale - Starting this Week! **
Festival Super Saver Book available
ALWAYS CANADIAN

FRESH FISH ON FRIDAYS
Advantage Insurance Services Ltd.
Rosemary L. Hruby, CMAF
250-569-2264
Snowmobile Liability and Coverage available here

The Farm Store
250-569-0425
Great Specials Every Week!
NEW STORE HOURS
Mon.-Tues. 10am-5pm Wed. 11am-5pm
Thurs.-Fri. 10am-5pm Sat. 10am-3pm
Come In and Check Out our WEEKLY STORE SPECIAL
"Now selling locally raised, pork, chicken & beef"

ONG Developments
Certified Salvage Rebuilds
•2015 Chevrolet Trax AWD, air and cruise, back up camera, 99000km, #5669, \$9000.00
•2019 Ford F150 4x4, Excels, 5 liter engine, (only 18000km and has factory warranty), #0877, \$29000.00.
•2017 Ford F150, 5 liter, crewcab, 6.5 foot box, cloth interior, 30,500km, (has factory warranty to 2022), #8515, \$27900.00
For more information contact 250-569-0343
Price indicated does not include applicable taxes. BC DL #31296

ROBSON VALLEY ESSENTIALS
250-569-2415
Variety of Christmas Cards, Chocolates and Christmas Gifts
K-PDS SOLD BY THE BOX
Check Out Our Facebook Page

WHISTLE STOP GALLERY
250-569-7825
We have received a flood of new artwork and crafts at the Gallery. Dave Marchant has the 2021 calendars in, which means that 2020 is almost over - yay!
We have new cozy felt art from the Forest Felters, and we have been invaded by Dome Gnomes! Drop by for a visit, you are always welcome.
Open Daily 9-5 whistlestopgallery.ca

Uncle Mark's Tasty Food
Open Weekdays!!
www.unclemarks.ca
1st Ave - Ph: 569-3003 to order!!



CORPORATION OF THE VILLAGE OF MCBRIDE

The Village of McBride is looking for your feedback!

1. Age-Friendly Survey – go to www.mcbride.ca and click on the green AGE-FRIENDLY SURVEY button at the top left of the page.

Between October 2020 and February 2021, the Village of McBride is carrying out an Age Friendly Assessment and Action Plan to look at age friendly assets, barriers, and opportunities in McBride. As part of the project, the Village will be conducting community engagement with Robson Valley residents to find out McBride's current age-friendly strengths and challenges. The resulting Action Plan will identify opportunities to make McBride more age-friendly including, improvements to existing infrastructure and services. Paper copies available at the Village office and McBride and District Library.

2. Internet Connectivity Surveys for businesses and residents – go to www.mcbride.ca and click on the purple INTERNET CONNECTIVITY SURVEY button at the top left of the page.

The Regional District of Fraser-Fort George (RDFFG), the Village of McBride, the Village of Valemount and the District of Mackenzie together with TANEx Engineering Corporation (www.tanexengineering.com), are conducting a confidential survey of residents, businesses, organizations and institutions to understand more about existing internet and cellular services in McBride, Valemount, Mackenzie and the RDFFG. This research will assist with future planning and strategy development to improve high speed internet service in rural areas. Paper copies available at the Village of McBride office.

RVGS NEWS UPDATE

The 16 Days of Activism against Gender-Based Violence is an international campaign that runs annually from November 25 (International Day for the Elimination of Violence against Women) to December 10 (World Human Rights Day). The 16 Days are an opportunity to unite with partners around the world and reflect on what we can each do in our own communities and in our own lives to eliminate the disproportionate violence faced by women, girls and LGBTQ2 individuals. Starting November 25th to December 10th, show your solidarity by displaying purple décor, lights, hearts, etc. on you, your home or business. Post a picture of you wearing purple, or your decorated house/business, tag us, and use the hashtag #OurActionsMatter to commemorate The 16 Days of Activism Against Gender-Based Violence.

Are you an Elder? The term Elder refers to someone who has attained a high degree of understanding of First Nation, Métis, or Inuit history, traditional teachings, ceremonies, and healing practices and are integral to the preservation, maintenance, and revival of First Nation, Métis, and Inuit cultures. We would like to start an Indigenous Advisory Committee for the Robson valley. We need you to pass your knowledge on to others and to give advice and guidance on future programs and workshops as well as feedback on issues affecting your communities and nations. We

would like to see the participation of Elders in programs that honour the cultural traditions of First Nation, Métis, and Inuit peoples by bringing authentic perspectives, as well as an opportunity to impart your knowledge and wisdom to up coming generations of First Nation, Métis, and Inuit people in our valley. If you are interested in becoming a part of an Indigenous Advisory Committee, please contact Charlene Jones at 250-569-2266.

Family Drop In Advisory Committee for the Robson Valley. If you are a caregiver, and actively participate, or would like to start participating in some of our Family Focused programming such as Family Place Drop In, then we would like to hear from you! Please contact Charlene in McBride at 250-569-2266 to sign up and get more information.

Dolly Parton Imagination Library. Dolly Parton's Imagination Library is a book gifting program that gifts free books to children from birth to age five. They will receive a new book in the mail every month, until they turn 5! If you would like to sign up your child, or donate to the program so children in the Robson Valley can continue to receive free books every month, call Sharon Darragh at 250-566-9107 or visit online: CA :: Dolly Parton's Imagination Library :: Robson Valley. **Phone Check In Program** - It's pretty easy to feel isolated and lonely this time of year. If you are a senior who would like a phone call wellness check, on a schedule that works for you, or you'd like to volunteer to be a caller, please contact Sheri Gee at 778-763-1341, 1-844-324-2004 or sheri@rvcsbc.org

Tech Café - December 30th from 1-3 PM in Valemount & December 29th 1-3 PM in McBride. Are you needing a little extra help navigating your laptop or device? Not quite understanding how to set up a program? Want to know how to operate Zoom or Word? Maybe you received a new gadget or phone over the holidays and need some help setting it up? Bring your tech-related questions and devices to TECH CAFE For McBride: Call Charlene at 250-569-2266 to book your 15 minute spot. Masks are required. For Valemount: Call Jill at 250-566-9107 to book your 15 minute spot. Masks are required. **Last one of 2020!** "Soup and Bun TO-GO" Wednesday Dec 16th from 12-1PM ... Join us at the McBride Library, in the meeting room off 5th Ave, outside entrance. Come pick up a cuppa soup, bun and dessert for FREE (donation's accepted J) Physical Distancing measures in place. Brought to you by the McBride Library, RVCS - Better at Home Program, and the Community Literacy Task Force. For Questions, or if you would like to volunteer to make a soup or do deliveries, please call Jana at 250-569-2266 or Abi at 250-569-2411.

Pelvic Floor Physiotherapy Presentation with Physiotherapist Vanessa McGibbon, on Dec. 15th from 5-6pm. Join us via ZOOM, for this informative educational session on the importance of the Pelvic floor, strengthening exercises, and when an assessment might be recommended. Contact Sharon Darragh at 250-566-9107 or email sharon.darragh@rvcsbc.org to obtain the zoom link.

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