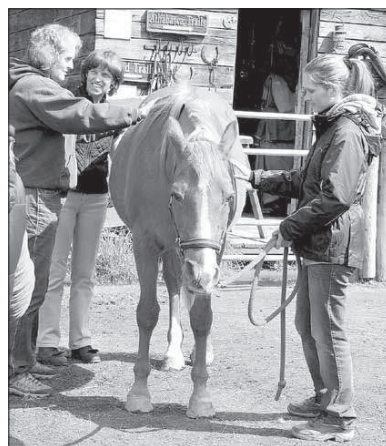


Valley residents study get in touch with mind and body in self-care workshop for horse and rider



Participants practice newly learnt skills during a workshop on integrated bodywork - introduction to mindful self care for you and your horse, at Falling Star Ranch in Dunster, May 18. The workshop was taught by Dunster resident Barb Faust, who is the founder/owner of TouchTherapy International. Faust, who has been working in the health care field for more than 20 years, covered topics such as flexibility and stretching for horses and riders, brain re-education and muscle testing, as well as hands-on bodywork (equi-eights) for self care of horse and human.

Left: Karen Doughty, left, and Nathalie Lerm, right, are getting some tips from Faust.

Centre: Melissa Ford massages a horse during the bodyworks workshop while Elke Vogelpohl looks on.

Right: Barb Faust gets in touch with her equine friend.

McBride visitor centre unveils new Robson Valley website

Special to The Sentinel

McBRIDE — See what's new and exciting in the Robson Valley!

The new website www.visitmcbride.ca is an opportunity for Robson Valley businesses to advertise around the globe what they and our Valley has to offer, to build clientele, to promote upcoming events in a very inexpensive and cost effective way. This project will help market the Robson Valley as a destination for travellers seeking an authentic experience in a spectacular setting.

A little history: when your local McBride and District Chamber of Commerce obtained the contract for the McBride and District Visitor Centre, it seemed like an ideal time to seize the opportunity to use our resources to expand the profile of our valley using the web. In conjunction with the Visitor Centre, we plan to build our valley's profile internationally and what better way than by using a medium that allows billions of people access to accurate information about our area that they may not be able to get otherwise?

Today's travellers use the Internet, social media and mobile technologies to access information and share experiences

before making travel plans.

Baby boomers and emerging market travellers are looking for quality service, authentic personalized travel and meaningful experiences.

The Robson Valley visitor has predominantly come from B.C., Alberta and Europe — with most driving and usually staying one night before visiting other areas. It is time to market the Robson Valley — from Mount Robson to the Ancient Cedar Forest and all points in between — as a visitor destination and increase overnight stays.

Your participation in this website will make a huge difference, as we reach out to the traveller and let them know that the Robson Valley is special, unique and full of great things to see and do.

Advertising spots are limited to businesses that operate in the Robson Valley — defined as Dome Creek to Mount Robson. The site also contains a full directory for the non-tourist business. Non-profits wishing to be listed on the site should contact Clara directly for more information.

The website calendar is looking for listing for any and all functions within the Robson Valley open to the general public, the event can be free or admission can be charged. For more details, send requests to clara.appleby@mcbride-chamber.ca

MP sees future in WestJet flights to Northeastern B.C.



Toronto - Bob Zimmer, MP was at the Bombardier Aerospace de Havilland Plant in Toronto, over the May long weekend. Mr. Zimmer toured the manufacturing and assembly plant to view the Bombardier Q400 where he caught -- a glimpse of the first WestJet Q400! These same aircraft will soon be flying into Fort St. John to provide greater access to Northeastern British Columbia.



Valemount Senior Citizens Housing Society ANNUAL GENERAL MEETING
Wednesday June 12, 2013
at 7 p.m.
Senior Citizens Hall
Everyone Welcome

Valemount Public Library



Adult fiction

Maya's notebook ~ Isabel Allende
 The silence of winter ~ Wanda E. Brunstetter
 Jack of Diamonds ~ Bryce Courtenay
 The hit ~ David Baldacci

Adult non fiction

Frontier Cowboys and the great divide ~ Ken Mather
 The great ocean ~ David Igler
 The healthy home ~ Dave Wentz
 The natural menopause solution

Junior

Farmer's market day ~ Shanda Trent
 Forever Amber ~ Kathleen Winsor
 Lies ~ Michael Grant
 Theodore Boone ~ John Grisham

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