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REDI-MIX CONCRETE

McBride Employment Services Centre
AUGUST
WORKSHOP

Aug. 22 - Dealing with Stress
Stress can make finding and keeping a job more difficult. Learn how to manage your stress.
Robson Valley Support Society
Everyone welcome!



Vanderhoof & Districts
Co-operative
Association

DRIVERS SALES REPRESENTATIVE
For Commercial and Farm Personal Contact
where high level of customer service is Job One.
Delivering Fuel East to McBride

Greg Belshaw
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Prince George, B.C.
Toll Free 1-866-309-2667
Home 250-963-9011
Vanderhoof Head Office
Phone 250-564-3488
Fax 250-567-4490
Cell 250-565-8436

THANK YOU!

Many thanks to those who participated in the wild food survey. The community of McBride will be kept informed of the results. For more info contact Thea: zuiker@unbc.ca.



241 Dominion Street McBride, BC V0J 2E0
Phone: 250-569-2411

Tuesdays: 10-5pm & 7-9pm
Wednesdays & Thursdays: 10am-5pm
Fridays: 12pm-9pm Saturdays: 2pm-5pm
library@mcbridebc.org
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I hope those stress pills kick in soon!!!



McBride Paper



Serving BC's Friendliest Town and Area!!!
For the week of *Wednesday, August 14th, 2013*

IN LOVING MEMORY

I came to a garden at evening. As the sun was sinking low. I paused at a quaint old wicket gate. And looked at the flowers below.
I saw some flowers were nodding. As the breeze their petals fanned. And others seemed still and silent. As if held by an unseen hand. The beauty of the garden. Was enhanced by the different plants: By the rays of the sunshine here and there. And the shade of the wicker's slant.
So like the people who fill the world. They all feel the sunshine's heat:

But some who placed by the Gardener's hand. Line the pathway around His feet.
Trouble as blight can come and dim. A flower as well as a life; And the head can droop and the heart grow faint. With the fear of some unknown strife.
And a flower can wilt and die. you know. And the beauty be lost in a day.
And something be changed in a garden's glow. With the coming of darkness, I say.
And the petals can fall and be crushed under foot. Or the Gardener can pick them and say,
"In life they are glad, in death they are sad. But their purpose is mine every day."
I turned from the gate. the hour was late. I had struggled to understand.
I will rest by the way and hope for the day. When the Gardener opens His hand.
But the Gardener's will leads the Gardener till, He knows what to do with each flower.
And the rising sun will reveal what He's done. In the morn of His glorious power.
We would like to thank the Community of McBride for the outpouring of love and support to our family during this extremely difficult time. All the words of encouragement, the tears you shed with us, and the prayers you prayed helped us through our darkest hours. To everyone who sent cards, food, and more. Thank You. It was greatly appreciated. We would like to say a special thank you to Nathan Fox, Monica Zeiper and Ray and Dori Miller, for their kind and compassionate care of our mother, and for being with her, and supporting her until we could all be together. Leon will always be remembered for his sense of humour, his captivating story telling, and most of all for the great love he had for his family and grandchildren. He will live on in our hearts forever.

-Betty, Wes & Helena, Gary, Tammi, Liam and Cailley.
BINGO - TODAY!!!
Special Summer BINGO - Legion Hall, August 14. Early Bird 6:30pm. doors open a 6:00pm. Regular Legion Bingo begins Sept. 4th (every 1st, 3rd and 5th of every month). See You There!

THANK YOU

Vince and Wendy Lorenz would like to give a big Thank You to the Ambulance and Hospital staff in McBride. We are very grateful to all of you for the TLC you gave our son, Troy. And Thank You "Pete the heat" for responding so quickly.

YARD SALES

Moving Sale - Saturday August 17th 9-4pm. - Air Cond., fans, some furniture, tools, etc. 502 Main Street.
Yard Sale - Friday, August 16 from 9am-12pm and Saturday, August 17 from 9am-2pm at 102 Dominion Street.

O.A.P.O. NEWS

Hope that all members are having a good summer. Birthday Tea is August 14th. There will be a meeting @ 3pm after the Birthday tea regarding the train trip to Prince Rupert. To go on this trip you must be at least 60 years old and a current O.A.P.O. member. A deposit will be required for rooms. Trip will be leaving from McBride September 29th and returning to McBride October 3rd. See you at the meeting.

INVITATION

To ALL community members who know ROCKY & ELLEN EVANS: Please come and join family and friends as we remember and celebrate ROCK & ELLEN'S 50th WEDDING ANNIVERSARY with them, at a salad potluck on Sunday, August 18th, 2013 at 1pm. in the Evangelical Free Church.

Via-Rail Schedule viarail.ca Phone 1-888-842-7245
Going West - Sunday, Wednesday & Friday...2:44pm
Going East - Monday, Thursday, Saturday...1:48pm
Discounts for 1 or 3 days advance booking.

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3760
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'l Dist'	1-800-667-1959
Health Unit	569-2251	Home Support	569-2266
K to 7 School	569-2721	Food Bank	569-3186
High School	569-2295	Fire Hall	569-3117
School District 57	(250) 569-3434	Dental Office	The Little McBride Paper
1-800-256-7857		Report Forest Fires - 1-800-663-5555	569-3110

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.C.'s Friendliest Town!!!

70th Anniversary

Seventh-day Adventist Church and School
You are invited to join us in Celebration August 16 - 18!
Eat, Sing, Visit and Worship together.
On Friday, Oscar's Museum will be open 4:30 - 6:00.
All other activities at the SDA Church on Laming Pit Rd.
Programs Fri. at 7 PM; Sat 9:20 to 12:00; Sat 7 PM
Meals together Fri. 6 PM; Sat at 1 PM; Sat at 6 PM
Sunday Pancake Breakfast 8 to 9:30 AM by Hagens--by donation for their work at an Orphanage in Tanzania.
Come when you can. We'll be glad to see you!

DNG Developments

For Sale
2008 Pontiac Torrent
AWD, air, cruise,
power locks, #1063,
\$12,000.00
Call 250-569-0343 for more information.

POPIESTS

Lunch Stop/Chalkboard Menu
Mon. - Fri. 11:30am - 1:30pm
246 Main Street
OCCASION CAKES
WPOP REQUEST

Chef Valerie Marcoff
Combat Catering/Rent-A-Chef
250-569-0113 marcoff@telus.net

MARS KING SIZE BARS
2 for ~ \$3.00
ROCK STAR
355-471 ml ~ 2 for ~ \$4.00
SKITTLES & STARBURST
56 & 61 g ~ 2 for ~ \$2.00
HUSKY
569-2441

McBride AG Foods
569-0140

OPEN DAILY 6-15pm
FRESH FISH FRIDAY!!!
THIS WEEK
• Arctic Char • Cod
Friday & Saturday
"Duchman Special"
12 oz. Ribeye Steak \$7.99 each
ALWAYS CANADIAN
EARLY RISERS? We are OPEN at 6:15am Daily
OPEN Mon.-Thurs. 6:15-6, Fri. 6:15-7, Sat. 6:15-6, Sun. 6:15-5

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Rosemary L. Hruby, CAIB
250-569-2264
Please a
Place a
Great Summer
and please drive carefully.

Crochet & Knit Classes
at Odd 'n Ends...with Margaret Griffiths
August 15, 22, 29 1-3:30 Thursdays
Bring this coupon in and sign up!

3 classes = \$35
2 classes = \$30
1 class = \$25
Classes include everything you need to complete the project, successfully.
*First 10 paid receive a prize (valued \$5)

FOREVER PRINTING & SIGNS

• Signs • Magnetics • Banners
• Sandwich Boards • Vehicle Decals • Window Decals
• Binding • Posters • Business Cards • Address Labels
• Laser Printing • Color Photo Copies • Invitations
• Brochures • Trophies • Engraving • T-shirts & more
17 years experience
for more information please contact
Scott or Susan at 569-3110, fax: 569-0220
email: sglines3@telus.net



So what do you think of
my new look?
Do you think I can start my
own reality TV show?



Home of McBride's
certified
Coffee "Poi" activist.
We have the "Cure"
for your "munchies" and
a secret brownie recipe too!!

Open M-F:6-5pm. Sat. & Sun.:9-5pm. Closed Stats 250-569-0133

A LITTLE THINKER

Broken pencils are pointless.

Sale at Quiet Breeze Creations #6.
SUMMER CLEARANCE!!!
Come to **Robson Valley Indoor Market** to see the

JOB OPTIONS BC PROGRAM
Opportunity for 8 unemployed Non EI persons 18 & older to take a 6 to 10 week program starting Monday, September 29, 2013 (you will receive \$260 per week if eligible)
Check out the poster at
Robson Valley Support Society or
E-mail marion@employment-action.bc.ca or
contact 250-566-0015 for more information and
to see if you are eligible.

ANOTHER LITTLE THINKER
Venison for dinner? Oh deer!

Sandman Inn
889-2226

LOOKING FOR ROOM ATTENDANTS

APPLY WITHIN

Why did the pirate go on holidays?
He needed some Arrr n Arrr!

Call us, we'll sail on over!!!

Robson Valley Septic

Proudly serving the Robson Valley
Since October 2012!
"Your business is our business!"

DOWNTOWN THRIFT STORE

Dollar Bag Days •Friday, August 16 - times like always 1-3. *Anything you can put in a bag for \$1.00 ~Sorry, NO Kitchen ware in the dollar bags this time, as there is not much in stock at this time. Thank you all for your donations and support.
-Ang/United Church Women

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 the summer. Will be open again in Sept. If you have any needs call Terri Spangler 569-2479 or Carol Barnett 569-4031•**Foodbank** contact number is 569-3186•**Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph:569-3370•**Memnonite 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. Meet Sundays at 10:00 a.m. Phone 569-3206 or 569-3386. •**Evangelical Free Church-Worship** Gathering at 10:30am. Ph:569-2378 or 569-8845 Pastor Dan Carlaw•**Robson Valley Christian Centre-Meets** in home Sundays 11am, Dunster Ph:968-4335•**St. Patrick's Catholic Church-Meets** Sundays at 11:00am. Ph:569-2606. Call to Confirm.

COMMUNITY ANNOUNCEMENTS

The first annual AGM for the Robson Valley Mountain Bike Association will be on Tuesday, August 20 at 4:00 at 420 Mountain View Road. Please feel free to attend. For more information about the club or the meeting, call 250-569-0046 or e-mail ride.in.mcbride@gmail.com. We are looking for more directors if you are interested.

COMING EVENTS

Unlock your Funding Potential: Grant Writing Workshop. August 21, 2013, 99 Gorse Street, Classroom, Valemount, BC, 9:00a.m. to 12:00p.m. Discover the Seven Keys to Successful Grant Writing in this free grant writing workshop focused on fundraising from foundations. Provincial government grants, and Federal government grants in British Columbia, Canada. Our goal is to empower you with specialized funding proposal writing and grant application knowledge and techniques. The Workshop is being provided free of charge by Northern Development Initiative Trust. To confirm your seat or for more information contact: Katy Fabris-Village of Valemount Office. Tel:250-566-4435.

Scrabble's On! at the Library on Saturday, August 17 at 2:30pm. **Hot Summer Reads** Round-table. Thursday, August 22nd at 2:30pm. Come share and compare your favourite summer titles!

Poetry Coffeehouse. Friday, August 23rd, 7pm. Back by popular demand ... brush up on your favourite poem to recite at our evening of coffee, tea, and poetry!

French Conversation Classes, 12 noon. Come bring your lunch and join Carol Hammar, beginners to bilingual welcome!

Tuesday Night Jam, 7pm. Bluegrass, rock, folk, country and blues ... meet other musicians and learn new music. Call David Marchant for info at 569-2569.

Lego Club, Tuesdays at 2pm at the Library. Drop by to build with other Lego Lovers!

Yoga Tales, Wednesdays at the Library. Ages 2-5 10:30-11:00 & Ages 6+ 11:00-11:45. Hope to see you there!

Chess! Wednesdays at 3pm at the Library. Kids and adults of all levels are welcome to come try their hand at a game or two.

Fun Fridays. Themed activities at 2pm at the Library. Dust off your wings and strap on your jetpacks as we explore ours and other worlds. Join us for crafts, games and other crazy activities.

Game Zone, Fridays at 7:00pm. Board games, Xbox, tournaments and fun. 13+.

BIRTHDAY WISHES AUGUST 14 - 20

Dave Kraby, Michael Koldta, Nicole Beer, Randy McFarland, Lisa Cowburn, Rhonda Bosley, Dutch Molendyk, Kyle Blangy, Jillian Hunter, Jodi Littlechild, Paige Molendyk, Catherine Blouin, Jessica Aspelst, McKinley Hicks, and to any one else we missed, Happy Birthday.

COMMUNITY MARKETS

McBRIDE COMMUNITY MARKET in the Pavilion at the Park. Fridays until Sept. 6, Noon to 3p.m. For info: Phone Joyce 250-569-2427 or Dorothy 250-569-2436.

Dunster Farmers Market At Dunster Community Hall every Saturdays until September 28th, 11am-1pm. There is no fee for sellers, but you must bring your own table to sell from and your own canopy if you want to be in the shade. Locally made burgers are available for lunch as well as coffee, pop and juice. Everyone welcome.

BUY, SELLS, RENT & MISC.

Free-approx. 35 moving boxes to give away. 2 and 4 cubic. Call Barb @ 778-258-0068•**For Sale-Boston Terrier.** male, black/white, purchased, no papers, not fixed, gentle dog. \$250 obo. Elliptical Machine, comes with manual, \$350 obo. Phone 569-7627•**For Sale-Homelite Generator** 5500 watts with Briggs & Stratton motor, \$1350. Mastercraft 12-1/2 inch thickness planer with steel stand, lightly used, \$225. Phone 569-2444•**For Sale-Approx.** 3 lifts of MFI type logs 8'/long to build small cabin & 3 6x6 16' pressure treated beams for skids. \$400 o.b.o.. 16' sq. end hd polyethylene canoe with side motor bracket \$300. 2 horse Honda 4 stroke motor, new, \$450. Older wood cook stove with water jacket \$300 o.b.o.. Electric 2 wheel bike with extra large seat \$200 o.b.o.. Ph: Bob Craigue 250-968-4461•**For Sale-1999** Chevrolet Blazer. Standard shift, push button 2 & 4 wh drive, AT tires. All the bells and whistles. As is. \$5,000 firm. View at Mountain View Mobile Home Park #4. •**For Rent-1** bedroom main floor of house, laundry, N/S, No Pets, McBride Crescent. Ph:250-566-1971 or 566-1427•**For Sale-1998** Toyota 4-Runner SR5, V6, auto, cass/CD, rear heat & a/c, never smoked in. \$5500 obo, Claude or Lilly Hill 250-968-4459•**Hay,** small square bales for sale. Hay baler for sale, old but working well, for small square bales. 569-0351•**For sale/trade-LH** standard white porcelain/steel bathtub, offers or w.h.y.? tub in great shape. Perfect for suite, cabin or livestock feeder. View @ 834 3rd Ave. •**For Sale-Antique** sofa and chair circa 1900 which has been restored with high quality cream brocade upholstery. Sofa has horse hair on back and sides. Frame is very sturdy all no stains and very clean. Price Reduced to \$650. Will consider all serious offers. 250-569-0078•**For Sale-Maytag** electric ceran-top range \$250 obo. New 48"x60" round-top vinyl opener window \$400. Heavy plywood chest of drawers for shop or garage \$100. Fir. 8'x2' double bevel picture window for a gable end wall \$50. Phone 569-7504•**To place an ad call 569-3110, Fax 569-0220 or drop info at 455 King St.**

Greyhound Bus Schedule The Farm Store 569-0425
Depart to East-11:15pm Daily • Valemount, Jasper, Edmonton
Depart to West-6:10am Daily • Prince George

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax: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 write about it!! -Scott & Susan Glines - Oscar & Broom All articles and ads are not the expressed opinion of this paper.

Take a Break in McBride...B.G.'s Finestest Towa!!

Cougar Den Cabins
250-569-7308
Daily, Weekly & Monthly Rates

1800 samson rd. mcbride (bottom of lucille mountain)

THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

Robson Valley Pet Hostel

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Serving locally for 28 years

Ann Schwartz 569-3319 animal health technician

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REGISTERED ACUPUNCTURIST

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SCARE CROW FARM B&B ☎ 569 0351

Camping, Weekly rates, WiFi Bed and Bale

It's peaceful here and very beautiful!

email: scarecrow@mcbridebc.com 15km West of Highway 16

YET ANOTHER LITTLE THINKER

Earthquake in Washington obviously government's fault.

It PAYS to Recycle

Your Beverage & Milk Containers

McBride Bottle Depot: 569-7760

It's Worth It. OPEN: Thur, Fri, Sat, 10 am - 5 pm - 552 Main St

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Jennette Chuipka Certified Esthetician.

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Professional products available in salon!!!

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Registered Massage Therapist

Alaina Chapman

McBride Mon/Wed 250 566-1040

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in association with

Caputo & Sons Contracting

We take care of all your plumbing needs.

10% Discount to all senior citizens.

Only 1/2 hr. minimum charge.

DRYWALL

250-569-0320

Wahoo Enterprises

Relaxation Massage

Closed for August and will take Wednesday /

Thursday appointments beginning Sept. 11th

Meivis Engelhardt 250-569-2341

Glass Cutting, Picture Printing,

Matting and Framing

call Bill Arnold 569-3381

R. B. HATCHARD CONT.

3/4 Grish Gravel

3" Grish Gravel

Concrete Gravel

Screened Pit Run Gravel

Drain Rock

250-569-2493

D & T INDUSTRIES - Darwin and Tovi

Bobcat Services

299C CATERPILLAR COMPACT TRACK LOADER

WITH ATTACHMENTS:

*AUGERS - 6, 9, 12, 18, 24 OR 30IN.

- POLES, POSTS OR FOOTINGS - TO A DEPTH OF 12FT.

*BRUSHER - 78IN. CUTTING WIDTH HIGH FLOW

*DUMP BOX TRAILER - 7X14FT. - DELIVERY/REMOVAL.

*BLADE AND FORKS - 11.5FT. REACH -

CAN LOAD DUMP TRUCKS - MACHINE LIFTS +5,000LBS.

*BRUSH GRAPPLE - 84IN.

*STUMP BUCKET-CAN REMOVE JUST ABOUT ANY SIZE

*SOIL CONDITIONER - 84IN. *TREE SPADE - NEW, OLD MAX

GIN, BUTT *BUCKET - YARD AND HALL

*25FT. TANDUM DUAL GOOSENECK TRAILER

24 HOUR ON CALL SERVICE 250-569-7758 OR 7050

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Bring your friends for an exciting journey through the seven days of creation!

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- ✓ Creative Crafts
- ✓ Bible Stories
- ✓ Health Adventure
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- ✓ Science Experiments

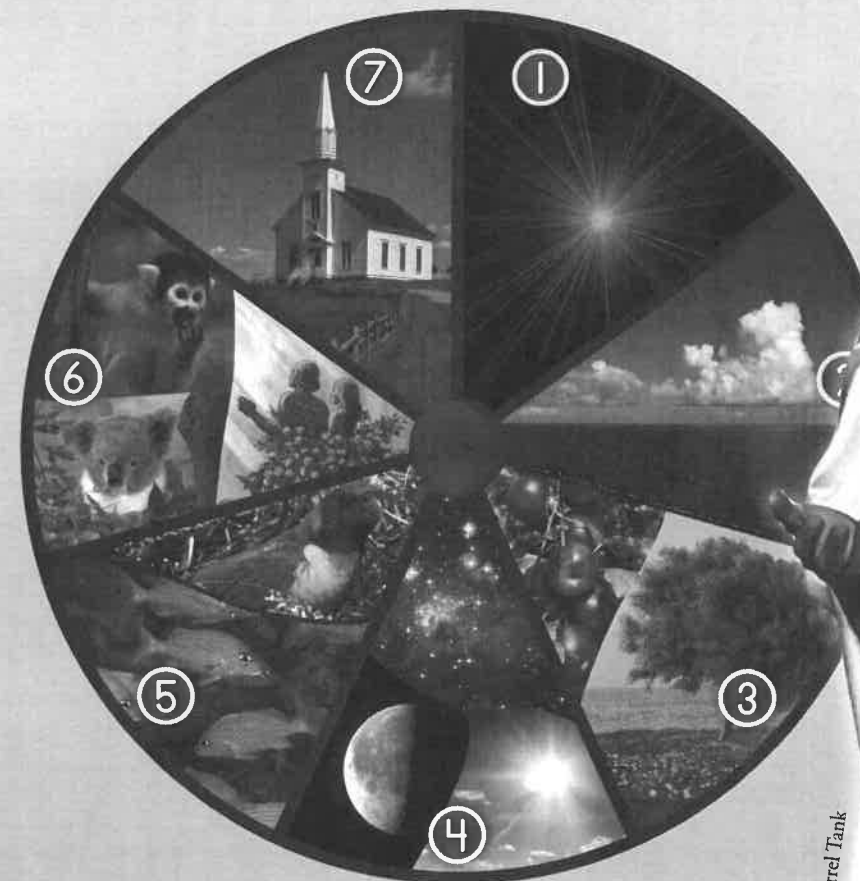
Date: August 19 thru August 23

Time: 5:30 PM to 8:30 PM

Place: McBride 7th Day Adventist Church

Ages: 4 years through 13 years

Contact: Annie at 566-0098 or Julie at 569-3186



© Darrel Tank