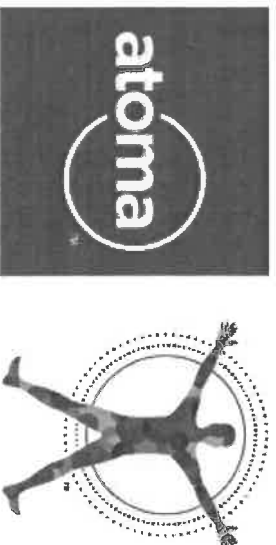


# ROBSON VALLEY PHARMACY



OPEN Mon.-Fri. 9-5, Sat. 9-3  
250-569-8811

1136 - 5th Ave. Inside the McBride Hospital



All atomama products.  
**SCRATCH & SAVE**  
**10% to 100% OFF**  
on all atomama purchases.

McBride Employment Services Centre  
**FEBRUARY WORKSHOP**  
Thursday, February 26<sup>th</sup>  
10-12 noon

## Interview Skills

**Making a Good Impression.**

Robson Valley Support Society - Everyone welcome!  
Just follow us on Facebook @ rvsbcmbridevalemount

## MORRIS TRIVIA NIGHT

Every Tuesday at 7:30pm  
Host: Andrew Hryhrychuk  
Everyone Welcome, all ages!  
-Prizes, Drink Specials-  
Come in just to watch the fun!  
Teams from 1 person to 6 people!

Why is it that  
noses run and feel smell?

## Robson Valley Septic

(250) 569-7812  
"Your business is our business!"  
Now Closed for the season.  
Emergency calls only until May.

Advantage Insurance  
Services Ltd.

Rosemary L. Hruby, CAIB  
250-569-2264

*Daffodils are coming!*  
*Tea - April 2nd*  
*Watch this ad for more details.*

## Country Chic Beauty Salon

Looking for 18 people to demo our  
Seacret Skincare  
before March 11!

••• Salon will be closed March 12-16 •••

Open Monday-Friday (unless otherwise posted).  
250-569-2344 Follow us on facebook!  
www.countrychicbeautysalon.com

**Home Housewares**  
250-569-2415  
Open Mon-Thurs 9-5 Fri & Sat 9-5:30

~Now In Stock~  
A selection of  
**ORGANIKA**  
Vitamins and Supplements

## FREE The little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area!!!  
For the week of *Wednesday, February 25th, 2015*

## THANK YOU

A big thank-you to the McBride "Bank of Nova Scotia" for their generous donation of \$1000.00 to our Robson Valley Chapter of "Backcountry Horsemen of B.C." It was donated to us because one of their employees, Melany Ford, did a minimum of 50 hours of volunteer time in the community. Thank-you to the bank and thank-you to our Backcountry Horseman member Melany!

## Pioneer Days needs your help!

The tentative date is June 5-7. Thank you to the individuals have volunteered to organize and run various events. However, due to lack of membership the Elks and Canadian Royal Purple need community volunteers to help with cooking in the food booth and at the pancake breakfast as well as people to work at the dance either selling tickets, bar duties and set up and clean-up. If you are interested in helping, please contact Kathy Molendyk @ 569-3239 or Angela Traquair at 569-0211. Unfortunately, if we can't get enough help these activities won't be able to happen.

## TODAY!!!

McBride Fish and Wildlife meeting will be held on Wednesday, February 25, 7:00pm at the Beary 2 Bistro. Everyone is welcome!

## COMING EVENTS

The next monthly meeting of the McBride Snowmobile Club will be held on Wednesday, March 4th, 7:00pm at the Giggin' Grizzly. Meetings are open to all.

**Crafts For Wee Ones** - A free event bringing together families with 2 year olds for crafts, snacks and activities. The event will be held at the McBride Health Unit on March 3rd, 9:30am-10:30am and 11:00am-12:00pm. Please call to book your apt. (Must be two by February 28, 2015). Siblings welcome.

**Here Comes The Sun** - Mixed Media Art Workshop. Sunday, March 1st, 2015, 10:00 a.m. to 2:00 p.m. Dunster Fine Arts School. Let's decorate our school for spring events like Seedy Saturday on March 7th and the Drunken! Midnight Howlers Family Dance on March 14th. Bring your unique ideas for creating the spring sunshine and a variety of materials (wood, fabric, cardboard, etc.) to create them. Together participants will decide the best way to display their art in the school. Paint, paper, glue, brushes and collage materials are available at the school. r.s.v.p. to Nancy at 250-968-4358 or email at nancy@dunstermancny.ca for more information.

There is no charge for this workshop. Please bring a bag lunch.  
**Open Gate Garden** - Saturday, March 7th, Dunster Fine Arts School, 10:00a.m. to 3:00p.m. Seed exchange, workshops, displays, children's activities, lunch featuring locally produced food, and lots of visiting with gardeners from the entire Robson Valley. -Everything about seeds & How to grow them. •Call if you need a ride!  
Carpooling available. Contact Pete: 968-4334 or Email: peteam@telus.net  
**McBride Grizzlies Hockey Team** - Home Tournament Rescheduled for March 14 & 15 Weekend - Come Cheer On Your Home Team!!!

## LIBRARY NEWS

**Book Discussion Group:** Banned Books! Thursday, February 26th at 2:30pm. It's Freedom to Read Week in Canada. Check out a challenged title and come discuss why it was banned (over coffee & tea). Huck Finn? Harry Potter? To Kill a Mockingbird? Should they stay or should they go?  
**Movies during the month of love...**  
**Movie Night:** Gnomeo & Juliet. Friday, February 27th at 7pm. Tickets \$2.

**Movie Matinee:** Forbidden Love (NFB). This feature documentary delves into the rich history of Canadian queer women's experiences in the mid-20th century. Saturday, February 28th at 2:30pm. Free!  
**Free Legal Advice** via Skype. Tuesday, March 3rd at 7:30pm. Legal questions? Chat with Barrister Jesse Stamm over the internet. Free, private 15 minute sessions available on first-come, first-served basis. Contact Penny at RVSS at 569-2266 or Naomi at the library at 569-2411 with questions.

**Thursday Night Jam.** 7pm in the Annex. Like to play rock, bluesgrass, folk and more? Come meet with local musicians and learn new music. Contact Dave Marchant at 569-2569 with questions.  
**Mother Goose** on the Loose Wednesdays. 11am - 12 noon. Join Martha for fun-filled session of rhymes, songs, instruments, puppets and more!

**Mini Game Zone.** Wednesdays at 3:00pm. Board games, WiiU, Minecraft, Lego and more! Ages 5+.  
**Fibre Arts Group.** Thursdays at 10am. The group that previously met at Odds & Ends is now meeting in the Annex. Bring your knitting, crochet or needlework project and come hang out!  
**McBride Parent-Child Play Group** meets Fridays at 10am in the Annex. Drop by for play time and to meet other families in the area! Questions? Contact Emilia Roth at 569-6809.  
**Game Zone.** Fridays at 7pm. WiiU, board games, tournaments and competitions. Ages 13+.

**Greyhound Bus Schedule** The Fern Store (Closed Sun.) 569-0425  
Depart to East - 11:45pm 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:sglines@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 or it's 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

Would a God of love send people to a never ending hell or to heaven to see the sorrow & pain on earth?  
For Bible answers call 250-569-2471



250-793-8911

## PAINTING

Meraki Builders

Meraki  
In Greek is the essence of yourself that is put into your work, to do something with soul, creativity, or love.  
Now offering Construction and Renovations  
In the Robson Valley

Call the Lamming Boys  
250 569 7885 (Mitch) 250 569 4109 (Brenden)  
or email at merakibuilders@outlook.com

**It PAYS to Recycle!**  
McBride Bottle Depot: 569-7760  
HOURS: Thursday, Friday, and Saturday  
10 am - 12 pm and 1 pm - 4 pm  
It's Worth It.

The Depot will be closed  
February 26 - 28.  
Open for business again on  
March 5th.

## Maina Chapman RMT

### NEW HOURS

Starting April 1  
Massage Therapy will be available  
Mon., Wed. AND Thurs.!

## DRYWALL SERVICES

250-569-0320

## Frankie and Sons Automotive Ltd.

Automotive Repairs  
Windshields - Tires

975 Airport Road - 250.569.8830

Glass Cutting, Picture Printing,  
Matting and Framing  
call Bill Arnold 569-3381

**REALLY NICE STONEMWORK!!!**  
Call Steve's Call Adam Roth Stonemasonry  
250-569-6809 adamrothventures@gmail.com  
"Rocking the Robson Valley!"

## Cougar Den Cabins

250-569-7308  
Daily, Weekly & Monthly Rates  
1800 samson rd. mcbride (bottom of lucelle mountain)

**SCARE CROW FARM B&B** ☎ 569 0351  
Snowmobilers welcome. Safe parking  
Hot tub - Drying room - Heated shop  
email: scarecrow@mcbridebc.com 15km West on Highway 16

## HORSESHOEING

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

Grounding says 6 more weeks  
of Winter.  
Spend it at the Bearnery 2.  
Bearnery 2 Bisteo  
250-569-0133

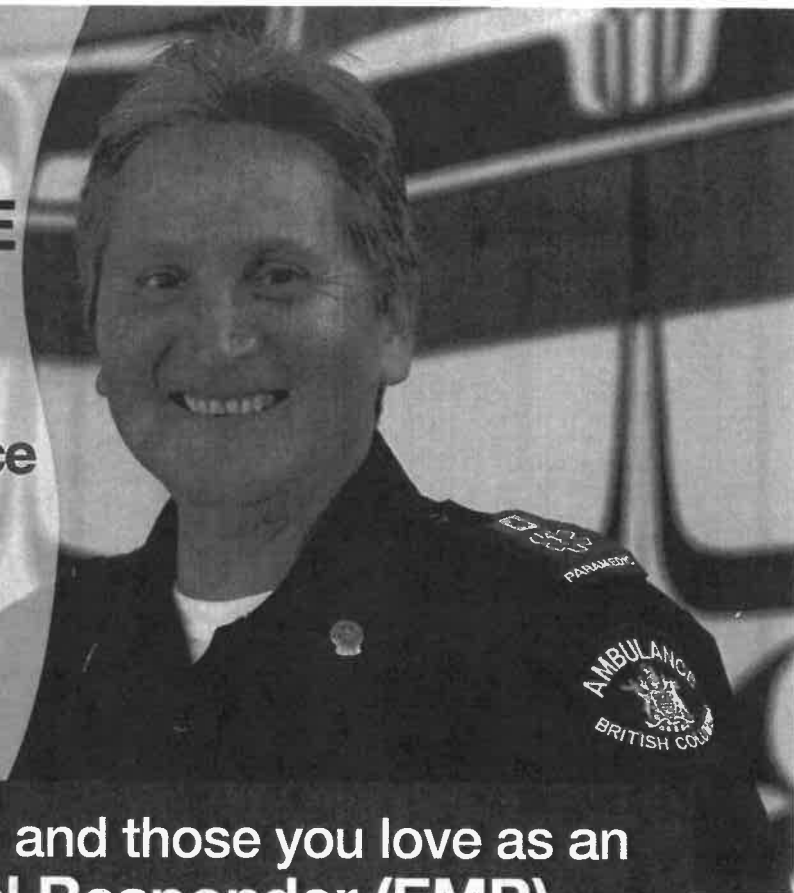
Pickups NOW at Seors in McBride - 433 Main Street  
**Infinity**  
Valemount

Bulk Foods  
Vitamins  
Specialty Products  
• Order and pre-pay for pickups in McBride at Seors  
• You can Special Order Vitamins, Bulk Food Bags / Cases,  
Computer Links & Accessories and more ...  
Toll Free 1 855 566 4225 • email info@infinity@telus.net



# ANSWER YOUR CALLING TO SERVE AND CARE

BC Ambulance Service  
is now hiring at  
McBride, Valemount  
and Blue River  
Stations!



## Serve your neighbours and those you love as an Emergency Medical Responder (EMR)

- Part-time EMRs wanted
- All training paid for
- Growth opportunities
- Serve your community
- Jump start your career



**McBride Open House:**  
Feb. 28, 10am - 5pm  
**Location:** Morels Restaurant  
433 Main St.,  
McBride, BC V0J 2E0

**Valemount Open House:**  
Mar. 1, 10am - 5pm  
**Location:** 1450 9th Avenue,  
Valemount, BC V0E 2Z0

### More info:

**Valemount Unit Chief:**  
Jasmine Gasser, 250.566.5457  
**McBride Unit Chief:**  
Rodger Peterson, 250.569.7027

[bcas.ca](http://bcas.ca)  
[BCASCareers@phsa.ca](mailto:BCASCareers@phsa.ca)  
1.877.577.2227



**BCEHS** BC Emergency  
Health Services



**Provincial Health  
Services Authority**  
Province-wide solutions.  
Better health.



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[bcas.ca](http://bcas.ca)  
[BCASCareers@phsa.ca](mailto:BCASCareers@phsa.ca)  
1.877.577.2227



**BCEHS** BC Emergency  
Health Services



**Provincial Health  
Services Authority**  
Province-wide solutions.  
Better health.



# Lifestyle Matters

presents

## Simple Solutions



- Lifestyle Links to
- Reduce stress and depression
- Boost energy and immune health
- Beat lifestyle diseases and weight gain!

Can a healthy diet increase stress, irritability, and risk for depression? How do diet and lifestyle affect immune function and stress system activity? Learn the latest from science on how to cope with stress proactively. Discover how simple lifestyle changes can dramatically affect your health!

**Date:** Tuesday, March 17, 24, 31 and April 7

**Time:** 7:00 am

**Cost:** \$5 per person

**Place:** McBride Secondary School, McBride, BC

Community Centre of the McBride Sikh Church • For more information please 250-868-4493 or email: info@mcbride.ca

## 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 Open Tues.** 1-3, contact number 569-2479 Terri, or 569-4031 **Carol 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 • **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.



ROBSON VALLEY  
SUPPORT SOCIETY

## Lent

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

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

## Vegetarian Cooking Demonstration



- Learn the art of plant based cooking
- Discover foods that are tasty, healthy and easy to prepare
- Samples and recipes provided

featuring

Special Demonstrations by *Chief Valerie Marcoff*

**When:** Sunday, March 8, 2015 from 5:00 pm to 7:00 pm

**Where:** McBride Seventh-day Adventist Church, Lanning Pit Road

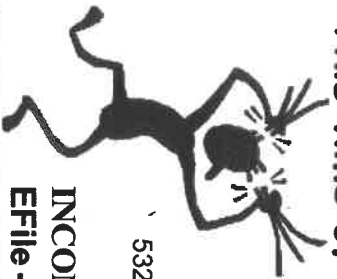
**Cost:** \$5.00 per person to cover costs

Please pre-register by phoning Phyllis at 968-4493 by Mon., March 2<sup>nd</sup>

## This time of year TAXING?

LINDA FRY

569-0138



532 Main Street, McBride BC

INCOME TAX RETURNS  
EFile - Basic Returns \$65

## OFFICE SPACE FOR RENT

Located at 852 2nd Ave, McBride, BC  
Heat & light included with paved parking.  
\$350-\$450 per month.

Contact Judy at 250-569-7717.



241 Dominion Street McBride, BC V0J 2E0

**Fine-Free February is here!**

Support your local food bank  
by donating non-perishable items  
in exchange for your fines and  
overdue items!

Most wanted items:

cereal, peanut butter, canned fish & meat,  
pancake mix & syrup, juice and hot drinks.

Call 569-2411 for more info.

- |            |             |
|------------|-------------|
| ALMSGIVING | EVANGELICAL |
| ANABAPTIST | FASTING     |
| ANGELICAN  | FORTY       |
| ASCETICISM | LUTHERAN    |
| ATONEMENT  | METHODIST   |
| CALVINIST  | PENANCE     |
| CATHOLIC   | PRAYER      |
| CHRISTIAN  | RELIGIOUS   |
| CUSTOMS    | REPENTANCE  |
| DEVOTIONAL | SPIRITUAL   |