

RICH BOYZ Mechanical Ltd.

Fully licensed Automotive, Heavy Duty and Welding Repairs.
Need a recharge?
 Mobile Air Conditioning Service
 All makes n' models - Automotive/HID
 Mobile and Shop Appointments

Sewing the Robson Valley
250-569-7298



HEAVY HAULING
 -Tridem Tilt Deck -Tridem Drop Deck
Best Rates In Town

- CONSTRUCTION**
- General Construction
 - New Construction
 - Remodeling
 - Drywall
 - Residential
 - Commercial
 - Install Septic Systems, Repair & Removal

BEST PRICES



CONCRETE

- Excavation Road
- Excavation
- Dozer Work
- Ponds, Lagoons & Trenches
- Haul Equipment
- Concrete Slabs
- Ditching
- Finish Concrete
- Delivery Concrete
- Delivery Gravel, Sand & Dnt

30 YEARS OF EXPERIENCE

P.O. BOX 474
 Phone: (250)569-2593
 Fax: (250)569-0178

ROBSON VALLEY CONSTRUCTION RED-MIX CONCRETE

Antiques & Giftware

WELCOME HOME

**SOUP, SANDWICHES & WRAPS DAILY
 TO STAY OR TAKE-OUT**

CANDLES - 20% OFF

OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-0215

Wireless Internet Service

**FOR SALE
 \$175,000**

200+ customers McBride to Valenmount



Irene Berndsen
 cell (250) 569-7397
 ROYAL LEPAGE Prince George

Advantage Insurance Services Ltd.

Rosemary L. Hrubby, CAIB
 250-569-2264

Do You Have

ROADSIDE PLUS

McBride Employment Services Centre

AUGUST WORKSHOPS

Thursday, August 11th 10-12 noon
Marketing your skills.

Thursday, August 25th 10-12 noon
Networking
using your Intel.

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



PEPSI KING CAN
 473 ML ~ 2 for ~ \$2.50

HERSHEY KING SIZE BARS
 62 - 87 g ~ 2 for ~ \$3.50

AQUAFINA & BRISK
 6 x 710 ml ~ \$2.99 each
 or 2 for ~ \$5.50

569-2441

FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, August 3rd, 2016

BLUFF TRAIL READY

Five kilometre Looped Trail Ready for Public Use. The Robson Valley Mountain Bike Association (RVMA) is pleased to announce the completion of THE BLUFF TRAIL, a multi-use trail built for hiking, trail running, horseback riding, mountain biking, dog walking, snow shoeing, and ungroomed cross-country skiing. Approximately five kilometres in length, the Bluff Trail is named for the stunning rock bluffs situated on it. The trail is part of the McBride and Tearse Mountain Bike Trail Network, a trail system planned for the community of McBride by professional trail builder Joel Pirnke. The trail head is found on the west end of the parking lot at kilometre one on Rainbow Road. Day-use equestrian riders can access the trail from a staging area at the Northeast corner of Koeneman Park, as Rainbow Road is not recommended for horse trailers. This will add an additional four kilometres to the journey. The Robson Valley Chapter of the Back Country Horsemen have installed hitching rails and a kiosk at this location. The trail follows an existing skid road to a junction that will climb through a mixed forest of pine, cedar and fir before looping back. The trail is rated easy, but there is approximately 100m of elevation change through the middle section. Two viewpoints are located on the trail. The lower viewpoint is approximately one kilometre from the parking lot on the left hand branch at the junction. The top viewpoint is approximately half way around the loop, just below the highest point of elevation. Watch for blueberries, huckleberries, thimbleberries, hawks, and fresh hoof prints. The Robson Valley Mountain Bike Association established a non-profit society in 2012. Their mission is to promote an active lifestyle, community involvement, and inspire fun times through the creation and maintenance of recreational trails in the Robson Valley. The RVMA will continue to build new and refine existing trails to the required standards this season. Contact rde.in.mcbride@gmail.com for more information about club activities. Construction of the trails would not have been possible without the hard work and effort of all of our volunteers - both on the trails and behind the scenes. The RVMA is grateful to the Robson Valley Chapter of the Backcountry Horsemen of BC, who have invested funding, effort, and expertise in the construction of the Bluff Trail. A special shout out to Glen Hooker of Happy Hooker Construction for the donation of materials, expertise, and machinery to build the parking lot, as well as Chris Fry, Rex Hatchard, and Gary Moore for transporting the gravel. Funding for the McBride and Tearse Mountain Bike Trail Network have been made by the following generous donors: Recreation Sites and Trails BC, the Regional District of Fraser-Fort George, McBride Community Forest, Omineca Beetle Action Coalition, Northern Development Initiative Trust, Back Country Horsemen of BC, and BC Horse Council. In addition to completing the Bluff Trail this summer, the RVMA has also built a pump track in the Village of McBride in hopes of creating and inspiring youth to mountain bike. This project would not be possible without the support of D & T Industries who supplied the machinery, Joe Walker Jr. and Barry Waline who volunteered to run the Bobcat, and LDM who supplied the materials and the mechanical compactor.

YARD SALES

Yard Sale - Saturday, August 13 & Sunday, August 14 from 9am-3pm, rain or shine. 3120 Mountain View Road. 3 family sale, lots of everything from household to furniture and misc.

LIBRARY NEWS

Outdoor Play & Learn, Tuesdays at 10:30am. Ages 2-5, bring your adult and join us for yoga, crafts & outdoor exploration. Indoors weather-dependent.

Minecraft/Lego/Wii/Pokemon, Wednesdays at 3pm starting July 13th.

Fun Fridays, Friday 2-4pm. Themed activities aimed at ages 6-12. Join us for games, crafts, experiments and fun! "Book a trip" with us, read often, and earn your SRC medal!

Robson Valley Explorers, pick up your map from the library! Participate in fun activities, earn badges and see all the cool places in our Valley. Master Mowers, drop by Spindrift during open hours. If not open you can tell Martina at the Market about the mowers you know to pick up your badge. Bonus badge: "Game Slayer". More info at the library.

Cozy by the Campfire, Friday, August 5th @ 7:30pm. Join us for stories, poetry and music. Bring your instruments and your words to share!
 Drop by the library to learn about our teen and adult reading contests! Read around the world this summer and enter a draw for great gadgets!

Via-Rail Schedule vianrail.ca Phone 1-888-842-7245
 Going West - Sunday, Wednesday & Friday...2:44pm
 Going East - Monday, Thursday, Saturday...1:46pm
 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 Home Support 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
 Report Forest Fires - 1-800-663-5555

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

McBride AG Foods

569-0140

FRESH FISH FRIDAY!!!
 • Steelhead • Sole
 • Salmon



OPEN Mon.-Thurs. 6:30am-9pm, Fri. 6:30am-7pm,
 Sat. 6:30am-6pm, Sun. 9am-5pm

ID & T INDUSTRIES

GETTING FRUSTRATED WITH THAT CHORE LIST?



BRUSHMOW,
 DIG, LIFT, AUGER,
 TILL/CONDITION



REMOVE, PLANT,
 CARRY, DELIVER,
 HAUL, SPREAD



CALL DARVIN
 250-569-7758 or 7050



A&B HANDYMAN SERVICES

250-968-4370

Quality Workmanship at a Low Price!

- Carpentry • Flooring • Painting
 - Roofing • Specializing in Residential Fencing
- We also have backhoe service to do septic tanks, ditch digging, etc. Rate: \$75/hr. with operator.

Three Ranges



The Valley's
 Locally
 Brewed Beer!!

Open Wednesday - Saturday 3-8pm
 and Sunday 12-6pm
 Downtown Valenmount across from the IDA
250-566-0024

<https://www.facebook.com/ThreerangesBrewingCompany>

NOW HIRING!

North Country Lodge
 is looking for a
 part-time housekeeper.
\$13/hr to start.

Please bring your resume
 to the front desk.



Vanderhoof and Districts
 Co-operative Association

Commercial, Farm & Personal

Our equity allocation based on members' 2015 purchases totalled over
 \$6.2 million being returned to members in equity and cash back

Prince George: Tel: 250-564-3488 TF: 866-309-2667 Fax: 250-564-3433	Valenmount Cardbok: 1500 - 9th Avenue Valenmount BC TF: 866-309-2667	McBride Cardbok: 2130 Zaldier Road McBride BC TF: 866-309-2667	Vanderhoof: Tel: 250-572-4488 TF: 866-309-2667 Fax: 250-567-4890
--	---	---	---

LEVANT ELECTRIC

Serving the Robson Valley
250-569-7286

Dome Creek, BC
 Blair Levant FSR #106311

SHAWN'S

SMALL ENGINE REPAIR

Lawn & Garden • Chainsaws
 Quads • Snowmobiles
 Dirt Bikes • Boats

Sales-New & Used

1098 NE Frontage Road
 McBride, B.C.
250-569-2901
 VOJ ZEO

DNG Developments

FOR SALE

- 2006 Chev Equinox, AWD, leather, automatic, 95000km, #6521 \$7500.00
 - 2008 Ford F350, Crewcab, Diesel, 4x4, leather, low engine hours, 86000km, #6980, \$21000.00
 - 2013 Ford F350, Crewcab, LongBox, Lariat, leather, diesel, 70000km, #5140, \$29995.00
 - Canopy with boat rack to fit short box Ford, \$600.00
- Call 250-569-0343 for more information. DL13296
Prices shown do not include applicable taxes.

ROBSON VALLEY PHARMACY



1136 - 5th Ave. inside the McBride Hospital
OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. 10-3
250-569-8811

BUY 10 atoma® PRODUCTS, GET 1 FREE!

1	2	3	4
5	6	7	8
9	10	FREE	

Per 100 ml Price



Minimum qualifying purchase of \$199 per atoma® products (excluding applicable taxes). Excludes codine products, paper products and water. On Buy 1 Get 1 FREE promotion, the collector stamp will be issued on the maximum retail value of \$150 per product. One product is a choice for FREE. Earn and redeem all the same earnings indicated on card. At participating Garden, IDVA and Pharmacy. Pharmacies only. Must be presented at time of sale. See in store for details. No cash value. *At certain products, an equivalent to the FREE product. Wellness and hygiene needs.

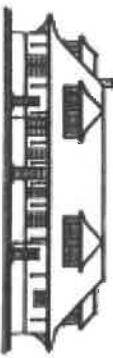
Why do dogs wag their tails?
Because nobody
will do it for them!

Robson Valley Septic

(250) 569-7812
"Your business is our business!"
OPEN for the season.
Give us a shout, we'll come on out!

WHISTLE STOP GALLERY

250-569-8891



Friends visiting? Drop by the Whistle Stop and amaze them with the quality craftsmanship and fine artwork produced right here in the Robson Valley.

OPEN DAILY AT THE TRAIN STATION

NOW OPEN LATER FOR YOUR BROWSING PLEASURE!

R3 ACRES

Farm raised beef, naturally.

Camper's special: **NEW**

Steak, Pepperoni, Burger patties, Smokies, Sausages & Lean burger

3 lbs of ea/\$155.00, 6 lbs of ea/\$300.00

Our products are All-beef & Gluten free

Visit www.r3acres.com for a full list of packages.

Call: 250-569-7203 Email: beef@r3acres.com

HORSESHOE LAKE VENTURES

DID YOU KNOW WE CARRY THINGS LIKE BULK OIL

Agricultural Parts & Service
Call 250-569-0075

E-MAIL

horsehoelakeventures@hotmail.com

ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5-30

We have McBride Souvenirs

Thinking About When School Starts???

~ We have School Supplies in Stock

Gluten free And Organic Products Available

Ozalerka Alpine Club

Seven Sunday shipped & sogged salubriously up to cozy Kristi Glacier. The Good News: it wasn't overly hot and dry!! August 7 will be a strenuous hike along Lucille peaks, led by Clayton Lorenz & Jesse Spangler. Meet at Koenenman Park at 8 a.m., or contact Al Birnie at 569-4101.

BIRTHDAY WISHES AUGUST 3 - 9

Gordon Molandyk, Jayde Wilstie, Denika Lipke, Georgina Kenzie, Jordan Neal, Kaylee Beer, Nakalia Robertson, Samantha Phillips, Laurent Roussel, Reuben Froese, Theresa Lewis, Cassandra Molandyk, Noreen Sadiwmyk, Blaze Lirtechild, Derek Jones, Donna Hampson, Maria Vogel, Prentis Traquair, and to anyone else we missed. Happy Birthday!

THE COMMUNITY MARKET

Fridays, in the Pavilion at Main and 2nd, McBride, from 11am to 2pm. Browsers are welcome to perform near, but not inside the Market, and only acoustic instruments are permitted, with no electronic assistance. Market goes until September 2. For more detailed information please contact D. Simpson at 250-569-3343. We look forward to seeing you again this year.

COMMUNITY ANNOUNCEMENTS

"Better at Home" is looking for VOLUNTEERS AND CONTRACTORS who are looking for a special rewarding time connecting with seniors and spending time with the elderly in our community.

"Unless someone like you cares a whole awful lot, nothing is going to get better its not." -Lorax-
Opportunities Include:
• Driving / Friendly Visits
• Light Housekeeping / Cleaning
• Home Repairs / Maintenance
Please contact: Jody Keim 250-569-2266 (McBride), Marion Parguhatson 250-566-9107 (Valenmount).
The Grad Class of 2017 will be doing a bottle drive in September to fundraise for our Dry Grad trip to Alaska. If you have bottles you would like picked up before then, call or text Aurora Uhl at 250-569-7347 or Ryan Moore at 250-569-7290.
The Grads of 2017 have decided to go on the dry Alaska Cruise for their grad trip. If you have any odd jobs you want done give Christine Monroe a call at 250-569-0090 and she will take care of the details. Thank you from the GRADS OF 2017!

SECOND HELPINGS is offering home cooked meals for seniors in our community two days a week. If you'd like more information please contact Jody Keim at RYSS 250-569-2266.

BUY, SELL, RENT & MISC.

For Sale-Beautiful 7' Cedar Picnic Table. Square 50" top and features easy "walk in" seats with backs. Seats 8 people comfortably. Also accepts standard umbrella. Asking \$650. Phone 250-968-4322•FREE-1 large and 1 small Fish Tank. No cracks or leaks. Phone 250-569-2349•For Rent: 2 Bedroom Apartment across from Hospital, N/S, N/P, fridge/stove included, available August 1st, \$600 a month plus hydro. Ph:250-569-7510•For Sale: Craftsman 1032 Snowblower. 8hp Tecumseh engine. \$500. Coleman Powermate 5000 watt generator (10hp motor, 1 240V and 2 120V outlets), \$500. Both in fine running condition. Ph. 778-258-0353•For Sale-Merlin LCD Electronic Desktop system for magnifying reading, writing, etc. Excellent condition. \$1500. 250-569-3380•Wanted- Looking for Old Farm for Rent-to-Own or Long-term Rental, monthly payments approximately \$800.00, for my wife and I, in Dunster or McBride Area. I can repair & fix any old house and more because I am a good carpenter, plumber and electrician and many other trades. If you do have anything, no matter the amount of work, please call Andre or Brenda at Ph:250-968-4370•Square Bales For Sale, we will offer a variety of bales containing straight Alfalfa, Alfalfa Orchard mix, Reed Canary and Fescue. Bales available when weather permits. \$5 each off of the field, \$5.50 each in the barn. Call the Scarescow Farm at 250-569-0351. •For Sale- Ithaca 12 gauge Featherlight model 37 shotgun. Gun is in very nice condition. \$400. 250-569-0078•For Sale-Miele Vacuum, Canister style. Never been used. \$700 Ph:250-569-2420•For Sale-Air Hockey Table \$100.00. 3 piece 4x8 pool table \$500.00. Ph:250-553-2300•For Sale-Electric commercial 5 loaf bread slicer. \$150 OB/O. Phone 250-569-3446. No Saturday calls. •For Sale-1999 Ford Escort, needs work on motor. \$800 o.b.o., Ph:250-569-4334•For Sale-Just outside of McBride in a quiet trailer park, 1978 14x2 trailer, bathroom redone with new sink, counter, flooring & soaker tub. New laminate flooring in living room & hallway. 3 Bedrooms, propane heat, 2 storage sheds, addition, deck. Comes with fridge, stove, washer & dryer. Asking \$22,000 o.b.o. Please call 250-569-2338 or 250-997-1378•For Sale or Rent:Lawn Mowers Ph:250-569-7249•Coats for sale: Nannie with twin doelings (5 weeks old) \$275, and milk goat (not currently in milk) \$175. All four for \$400. 250-569-7800.

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 July & August. Will reopen September 6. Contact # Terri 250-569-2479. •Foodbank contact number is 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am, and Wednesdays at 7p.m. Phone: Ph: 569-3370•Memorite 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.

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425
Depart to East - 2:45am Daily (Valenmount, Jasper, Edmonton)
Depart to West - 7:40am Daily (Prince George)

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:selines3@telus.net, P.O. Box 441, McBride, B.C. V0J 2B0 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). All articles and ads are not the expressed opinion of this paper or it's owners.

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

MOBILE WEAR PROCESSING

Field to Plate Service "Stress free animals for domestic and Game make better meat"
Mark Roth 250-569-7805 "Serving the Robson Valley"

Alaina Chapman RMT

Registered Massage Therapist
Monday

Ph: 250-566-1040 To book an appointment

Frankie and Sons Automotive Ltd.

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

REALLY NICE STONEMORKIII

Call Adam Roth Stonemasonry
250-569-6809 adamrothventures@gmail.com
"Rocking the Robson Valley!"

CLIFF'S 250-569-7249

BIKE SALES AND SERVICE
905 3RD AVE. - RESONABLE RATES.

Order & pre-pay by phone for pickup in McBride at Sears
Infinity
Valenmount
1 855 566 4225
Vitamins, Specialty Foods & More
office@telus.net

Cougar Den Cabins

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

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

M4 CONSTRUCTION
Gerald Moore
(250) 569-7147

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

Espresso yourself before
School Shopping
M-F:6a.m.-5p.m. - Sat.&Sun.:9a.m.-5p.m.
250-569-0133
Beanery & Bites

CLIMB
HELICOPTERS LTD.
250-793-8911

THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

Robson Valley
Pet Hostel

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

PAINTING
Call Phil @ 250-569-0205

ROBSON VALLEY PHYSIOTHERAPY

New location in the
Community Health Services Building
in McBride
McBride - Tuesday & Thursday.
Valenmount - Wednesday
Phone 250-569-0053

DRYWALL SERVICES

Meraki Builders

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

HISTORIC MCKALE HOUSE

421 MAIN STREET 250-569-7176
Candy Cards Puppets Puzzles

Quality Used Books: New Selections Daily
WED-FRI 10-5 SAT 10-4

