

1 L ~ 2 for ~ \$4.00 COCA COLA

JACK LINK'S BEEF STEAK  $50 \text{ g} \sim \$3.49$  each CADBURY

Buy One Get One for  $\sim \$1.00$ REGULAR BARS ~ 33-60 g DENTYNE ICE GUM





Pre-packaged and Frozen fresh.
NOW AVAILABLE at The Farm Store (Healthy Pet Food Cuts also available)
OPEN 10-5 Monday - Saturday.

Phone: 250-569-0425



**☆** BLADE **会** BUCKET **会** BLOWER **会** DUMP BOX TRAILER **会** 

WE CAN'T STOP IT FROM COMING, BUT WE CAN KEEP IT OUT OF YOUR WAY!

**DARVIN OR TOVI 569-7758 OR 7050** 



250-569-2666

or 250-569-7016 1021 SE Frontage Road After Hours call 250-569-2726

#### LICENSED & DIESEL MECHANICS AUTOMOTIVE

MONDAY to FRIDAY 8:00am - 5:00pm SATURDAY 9:00am - 12:00pm

#### Antiques Giftware 1

#### NEW STOCK HAS ARRIVED

SOUP, SANDWICHES & WRAPS DAILY
TO STAY OR TAKE-OUT
OPEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569-021

Wireless Internet Service FOR SALE

200+ customers McBride to Valemount

\$175,000



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

Advantage Insurance

Services Ltd. Rosemary L. Hruby, CAIB

Changes to Excess 250-569-2264

McBride Employment Services Cen-MARCH WORKSHOPS

Thursday, March 16th 10-12 noon Centre

Choices

Choosing a Career Path

Understanding the Labour Market
Robson Valley Support Society · Everyone welcome!
Just follow us on Facebook @ rvssmcbride-valemount March 23rd 10-12 noon

> FREE The Little FREE

### McBride





### SCOTIABANK NEWS

Serving BC's Friendliest Town and Area since 1996!!! For the week of Wednesday, March 15th, 2017

the auction table. Whether you are a crafter, home-based business, store-front business or an individual, every donation will be truly appreciated. We are now collecting items for the auction, and we will be collecting items until April 28, 2017. Silent auction will be from April 3rd to April 28. For more information please stop by the Scotiabank McBride Branch, or call 250-569-0135, Ext.: 4300. Thank you in advance for your generosity and support. We are busy once again planning our annual B.C. Children's Hospital Silent Auction. We are asking for donations of items for

# DOWNTOWN THRIFT STORE

We will be having Dollar Bag Days again, to start on Tuesday, 
•March 21st, •Friday, March 24, •Tuesday, March 28, •Friday, 
March 31. Time 1-3. We will be closed April 3 - 8, to put out our 
summer stock. We will be Open again Tuesday, April 11. Hope to 
see you there. "Thank You" everyone for your support.

- McBride Ang./United Church.

#### SOFTBALL

are hoping to have 3 age groups (depending on #'s and coaches). The Youth Slo-Pitch this year is by grade so we can have possible games against Valemount. They are grades 1-3, 4-6 and 7-10. Robson Valley Youth Softball Registration. The cost is being waived for this year. If there is enough interest we would like to start end April and run Grades 1-3 Mondays 5-6 p.m., Grades 4-6 Wednesday's 4:30 - 6:00p.m. and Grades 7 - 10 Wednesday's 6:00 - 7:30p.m. until the end of June. To have these groups run we need coaches and parent support. If you can help, please let Kathy know when you pre-register. You can pre-register your child by dropping off your registration to the McBride Secondary School before Friday, March 30th before 3:30p.m. Reminder school is closed until March 27th for Spring Break. Any questions, please call Kathy Molendyk @ 250-569-7201.

#### GOMING EVENTS

All members and supporters are urged to attend the 2017 Annual General Meeting of the Fraser Headwaters Alliance, to be held at the Dunster Hall, Saturday, March 18 at 1 p.m. The documentary Intelligent Trees will be shown, featuring the author of The Hidden Life of Trees.

The Fish & Wildlife Club Meeting will be at the Beanery 2 on

The Fish & Wildlife Club Meeting will be at the Beanery 2 on March 20th, at 7:00p.m. Everyone Welcome.

NEW DATE: Celebrate World Storytelling Day with us a little later. Friday, March 24th at 7pm. Bring a story to share - true, local, fairy or fiction - or come for a good listen.

March 29, Wednesday. 7pm. Annual General Meeting of Mountain Chapel. Members and adherents are encouraged to attend.

McBride Figure Skating Club AGM will be Thursday, March 30, 2017 at 4:30 in the curling club lounge. We encourage all parents to attend If your child has skated or is wanting to skate in

March 31, Friday. 3pm. The Public is invited to join in World Day of Prayer. A unified appeal for peace and brotherhood. Everyone is welcome, whether churchgoers or not. Hosted by Mountain Chapel, Third Avenue and Main Street, McBride. Service programmed by the church of the Philippines.

"Save this Date - May 13, 2017".

Dome Creek is celebrating its centennial this year with a Heritage Days Event on July 22 and 23, 2017. We would like to invite vendors, buskers and local artists to help us make this a memorable event. If interested please call Laura @778-349-5710 or send an email to domecreek100years@gmail.com.

# BIRTHDAY WISHES MARCH 15-21

Charles Simpson, Kim McNaughton, Nicholas Quam, Quinn Barnes, Luella Long, Danielle Levac, Emilia Roth, Jock Worth, Kayden Bassani, Aiden Jackson, Dawn Phillips, Jamie Street, Jordan Forman, Mellany Ford, Patience Rhodes, Ray Johnson, Rex Hatchard, Ryan Vizza, Wolf Werner, LecAnna Taphorn, Linda Hodgin, Nate Savarella, Paislee Hickerty, and to anyone else we missed, Happy Birthday!

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

Important Phone
EMERGENCY ...... 9-1-1
R.C.M.P.... 

Report Forest Fires - 1-800-663-5555
Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers this Number 1st and ask operator to connect you to provincial depart

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

#### WANTED

Small Acreage or House around or in McBride to rent or lease with option to purchase.

Please Contact Dustin or Quinn 250-793-4002.

Robson Valley Langum



Quilting Supplies

Weekly Specials Tharsdays and Fridays 10am to Apm Other times or days please call 250-569-7433

McBride B Foods

FRESH FISH FRIDAY!!! • Sole Steelhead · Cod 9

OPEN Mon.-Thurs. Sat. 6:30

#### INCOME TAX PREPARATION



250-569-0138 LINDA FRY

532 Main Street, McBride BC

EFILE - Basic Personal Returns \$65

Remember to set up for direct deposit

Robson Valley Septic Why should you never iron a four leaf clover? z you shouldn't press your lu your luck!

Emergency calls only until May "Your business is our business:

Now Closed for the season

11 -1. -nnhl 1 (250) 569-7812

### PS

246 Main Street (McBride Trading Co.)

Friday, March 17th

Celebrate St. Patricks Day with us!

Watch for new vendor surprises in Aprill You will not want to miss this announcement!!! Open Thursday and Friday from 10-2

### WHISTLE STOP GALLERY



250-569-8891

Heather Zahn, gallery:

Come on from our local
OPEN 9-5 DAILY A CO-OP and crafters.
TRAIN STATION

Delivering Fuel
East to McBride &
Valemount

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

Serving the Robson Valley 250-569-7286

Dome Creek, BC

Blair Levant FSR #106311

#### MCKALE HOUSE

421 MAIN ST.

We're back!! Opening Fri. March 17 Check out our Easter Ideas!

Wed-Fri 10-5, Sat 10-4 569-7176

### a Little Thinker...

do fish live in salt water?
e pepper makes them sneeze!

#### ROBSON VALLEY PHARMACY

OPEN Mon.-Fri

Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed www.robsonvalleyidapharmacy.com 250-569-8811 136 - 5th Ave. inside the McBride Hospital



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See inside this months flyer
for more savings on our exclusive brand! SWITCH and SAVE

BRING IN YOUR SMART PHONE OR TABLET AND SHOW US THAT YOU HAVE THE \*\*\*\*\*

IDA APP DOWNLOADED TO BE ENTERED IN A \$25 GIFT CARD DRAW SEND US YOUR NEW RX OR REFILL REQUEST USING OUR NEW APP AND BE ENTERED IN A MONTHLY DRAW FOR A \$25 GIFT CERTIFICATE

ROBSON VALLE ESSENTIALS We have McBride Souvenirs VALLEY

\*Baby Photo Albums - \$25.99 / Now \$22.09
'Kerig K Cup Destination .66¢ each eck Out Our facebook Page



#### A&B HANDYMAN SERVICES

250-968-4370

uality Workmanship at a Low Price!
Carpentry • Flooring • Painting • Roofing
Plumbing • Specializing in Residential Fencing
Cattle Fencing Repair • Chimney Cleaning

CURLING CLUB 461 Columbia Street

Come on down and try curling or just enjoy watching a game. Open Fridays at 7. Licensed lounge.

Bring clean shoes if you want to get out on the ice, the curling club has everything else you need

Enjoy our U-Serve Food Counter

OPEN Daily 6am to 6pm

Hot or Cold - Eat In or Take Out!! at The Farmer's Kitchen
In the morning - U-Toast - Cereal - U-Build Sausage, Cheese & Egg Bunner - Fresh Cimnamon Buns - Good Strong Coffee - Tea

A little later in the day...

Sausages & Smokies on a Home-made bun! U-Build - Just \$4!!
...or bring your own lunch and picnic indoors!! REALLY!!
FRESH BAKING... You have to try Adam's fresh-ground Organic Whole Wheat bread and buns!! 9-Grain - Heavy Rye Sesame Seed Buns, Awesome Cinnamon Buns and Cookies!!

At Uncle Mark's Meat Shop

**Fair Trade GREEN MEAT!!** 

shots, NO powders, NO steroids, NO pour-ons, NO boluses and NO medicine of any kind!!

Raised like Moose!!:)

Beef Jerky, Fresh Sausage, In-house Smokies, Ground Beef
and morell NO Nitrates, NO Sulphites, NO AIM (Alberta
Industrial Mustard), NO GDL (Glucono Delta-Lactone),
NO Celery Extract, NO Sodium Ascorbate, NO Sodium
Erythorbate, NO Sodium Citrate, NO Liquid Smoke,
NO Phosphates, NO Maltodextrin, NO Etc, Etc!!
Our meat is all valley-raised & inspected @ the local abattoir!!
Stop In and say "Hello"!! See what we're up to and let us know
how we can help you!! 926 - 1st Ave, McBride (250) 569-3003

#### LIBRARY NEWS

Scrabble's On! Saturday, March 25th at 2:30pm. All welcome to stop by for a game or two!

Monthly Book Discussion. Thursday, March 23rd at 1:30pm. This month's theme is "biographies". All welcome to stop by the library to pick up a title or bring your own. Come chat with us over coffee and tea (4th Thursday of every month).

Free Legal Advice. Tuesday, March 28th at 7:30pm. Legal questions? Come chat with Barrister Jesse Stamm via Skype. Free, private 15 minute sessions available on first-come, first-served basis. Hosted together with Penny, Stopping the Violence Outreach Program at RVSS. Contact her at 250-569-2266 or the library at 250-569-2411 with questions about the program.

Geek Squad. Mondays at 3pm. Aimed at ages 9-13. Limited spots, so please let us know you're coming. We'll be programming using Scratch, and delving into robotics.

Fibre Artists Gather. Thursdays at 10am. Everyone welcome to bring your knitting/crocheting/stitch project and work away while visiting over coffee and tea!

Music Jam. Tuesdays at 7pm. Want to learn new music? Tired of playing alone? Bring your instrument and join neighbours for blue grass, blues, rock, & country. All welcome!

# GOMMUNITY ANNOUNCEMENTS

McBride and District Chamber of Commerce and The McBride Curling Club bring you "The Community Loggers Bonspiel". Mixed open with dinner and dance. March 31 - April 2. Contact Kristine Drader to register your team by March 15 - krisdrader@gmail.com or text 250-569-7907. \$200/keam, includes dinner and dance. Business Challenge - Put in a team and/or sponsor one, donate a prize or sponsor an event. Come and watch your team play and enjoy the dinner and dance with your team. Everyone is a winner when we work together! Community Challenge - Join a team or cheer on the curlers at the curling club, enjoy the dinner, and dance the night away. "B" a part of this community event!

Old Time Music Gathering. A family event at Dunster Schoolhouse First and Third Friday of Each Month from 7:00pm to 10pm. Bring your fiddles, guitars, mandolins, keyboards, accordions, dancing shoes, etc. Bring a snack of some finger food for a short break at 9pm - coffee, tea and juice will be supplied. An evening of Old Time Music playing and dancing! (learning new music, learning how to play together, learning the old-time dances, just having fun, etc.) Admission by donation to pay for the school rental. Please bring inside shoes for dancing in the gym. Any questions - contact Pete Amyoony at 250-968-4334.

To all an invite to Living Water Fellowship @ Jim & Cheryl Boos Place in Dunster. For more info contact us jimcherylboos@yahoo.ca or 250-968-4321. Service starts 10am Sunday's.

The Regional District is pleased to offer TEEN REC SPACE. Grades 7+. FREE! Public skate, skate rental, Convert-a-Court for basketball, walleyball, squash, racquetball, ping pong, Wii Bowling & dance. Parents welcome. Hosted by the McBride Youth Committee. Community basketball season continuing every Thursday unless notified. 6-8pm. Ages 12+.

# BUY, SELL, RENT & MISC.

Guinea fowl for sale. Hatched summer 2016. Pearl, white, and pied. \$15 each. 250-569-7019 Monica•For Sale-Purebred Red Angus yearling bull, \$2200. Purebred Red Angus yearling heifer \$1500. Hand raised. Excellent conformation and quiet personalities. Call 250-569-0053.•For Sale-640 Universal Diesel Tractor, front wheel assist, Loader, 3 point hitch, 1004 hours, excellent condition, \$17,500.00. 3 point hitch Snowblower, \$1750.00. D7 Angle Dozer with winch, good condition, \$22,500.00 Ph:cell-250-862-8340 or 250-566-1017•For Sale-HD Motorcycle coat-Men's Medium FXRG Nylon Jacket - removable liner, Chest 38" - 41", Kevlar reflective material, slightly used., 4 Drawer Locking File cabinet with keys, DU Print "A day to Remember" by Peter Corbin (1987) 4318/4500, Ph:250-569-3188•For Sale-1 BF Goodrich Radial LongTrail, brand new, 100% tread, on 5 bolt rim, R255/70R16. \$80 firm. 47 inch Toshiba Flatscreen TV, beautiful picture. \$500 obo. 4 Summer tires, Momentum 215/65/R16, 75% tread, \$150 firm. Ph: 250-569-0221•Wanted To Buy - Acreage with or without a house. Ph:250-569-4025•For Sale-Approx. 42' of 5' Green Chain Link mesh with privacy slats and most parts to install. Offers. Call 250-569-3110•For Sale-Brand New Galvanized Steel Chainlink Fence, 5ft tall, 250ft in length, includes everything you need for installation. Call 250-569-7812•For Sale-13" open side thickness Sander. Floor model, power feed, 220 volt single phase. Includes spare sanding belts. \$950 firm. Call Jim Manton 250-569-2334•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.

### **GHURGH NEWS N'THINGS**

Anglican United Church - Downtown Thrift Store on 3:00 & Fri. 1:00-3:00•Dorcas reopens Tues., Sept. 6, 1-3. Ph: 569-3:00 & Fri. 1:00-3:00•Dorcas reopens Tues., Sept. 6, 1-3. Ph: 569-2479 Terri, 569-2527 Esther•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•Memonite 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 Prec Church-Worship Gathering at 10:30am. Ph:569-2378•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 (Valemount, Jasper, Edmonton) Depart to West - 7:40am Daily (Prince George)

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-110, Fax:250-569-0220, email:sglines3@telus.net, P.O. Box 441, McBride, B.C. VOJ 2E0 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!

Franke and Sons Automotive Ltd Repairs - Tires - Windshields 975 Airport Road - 250.569.8830

UNCLE MARK'S CUSTOM MEAT CUTTING

Field to Plate Service "Stress free animals"

for domestic and Game make better meat Mark Roth 250-569-7805 "Serving the Robson Valley ©

**Gerald Moore** 

REALLY NICE STONEWORK!!!

REALLY NICE STONEWORK!!!

Get Adam Roth Stonemasoury 3

All Styles Call Adam Robson Valley!"

"Rocking the Robson Valley!" M4 CONSTRUCTION (250) 569-7147

Order & pre-pay by Pranty Prantins, Phone for pickup in Infinity Specialty Foods & More McBride at Sears Valemount ioffice@tclus.net 1 855 566 4225 Vitamins,

Cougar Den Cabins
250-569-7308

Daily, Weekly & Monthly Rates
1800 samson rd. mcbride (bottom of lucille mountain) Cabins

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

R3 ACRES, Farm raised beef, naturally Grain fed beef now available year round.
Visit www.r3acres.com for a full list of packages.
Call: 250-569-7203 Email: beef@r3acres.com

THE 1 3 3rd Ave. HAIR SHOPPE 778-258-0343





PAI 250-793-8911 NIING

Call Phil @ 250-569-0205 Robson Valley **Pet Hostel** 

250-569-3319 Ann Schwartz -Grooming & Boarding

n Schwartz - Animal Health Technician

seg-3310 Website with information and gallerie

PHYSIOTHERAPY
Phone 250-569-0053
Serving McBride and Valemount

Dog Bones © at Uncle Mark's Meat Shop & Bird Suet \$5.00 Bags

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Therapist

Monday
Ph: 250-566-1040 To book an appointment

RICH BOY

Fully licensed Automotive, Heavy Duty Mobile and Shop Appointments

Serving the Robson Valley Mechanical and Welding Repairs

250-569-7298

### Sandman Hearfland 250-569-0032 RESTAURANTED HELP WANTED

We are getting ready for Summer and are looking for \*Part Time: Servers \*Dishwasher/ Prep Please apply with Resume Tuesday - Friday Mornings NO Phone Calls Please.

### Open 6:00am-10:00pm Daily

### National Health Month

Changing everything at once usually leads to cheating or giving up on your new eating plan. To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps - like adding a salad to your diet once a day-rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices. Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled fish) will make a positive difference to your health. Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy. Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated-causing tiredness, low energy, and headches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

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

EQUAL



