Services Ltd.

250-569-2264

Respect the Winter Road Conditions DRIVE CAREFULLY



HORSESHOE LAKE VENTURES

100 Mountain View Rd. McBride, B.C. Vol 2E0

250-569-0075

We are the local WeldCor cylinder depot. Check out our selection of cylinders and welding supplies.
-Feed and Farm Supplies -Dog and Cat Food -Full Hydraulic Hose and Fitting Supply -Agricultural Parts and Repair -Automotive Parts and Accessories



COCA COLA & PEPSI
2 L ~ 2 for ~ \$5.00

5x the Points

1L-2 for - \$3.00 **AQUAFINA** 

PRINGLES 139-182g
2 for ~ \$5.00 or 3 for ~ \$7.00
10x the Points when you buy 3

569-2441

SCOTT KEIM

Red Seal Journeyman Carpenter 250-569-7120



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

### **PARVIN 250-569-7758 or TOVI 7050**



250-569-2666

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

your truck needs at great prices LED lighting in stock for all We have a large selection of

Antiques Giftware

16 SHOPPING DAYS LEFT - TIMES TICKING
SOUP, & SANDWICHES SERVED DAILY
TO STAY OR TAKE-OUT
OPEN MONDAY-SATURDAY 10:000AM-5:00DM 250-569-0215 MORE STOCK HAS ARRIVED.

MECHANICAL **boyz** 250-569-2470 TOWING

**Light & Heavy Duty Towing BCAA Provider** 

Heavy Duty & Commercial Transport Mecha **CVSE Inspection Facility** 

### The bittle MGBride FREE Delivering Fuel East to McBride & Valemount







# ROUNDHOUSE THEATRE

The Roundhouse Theatre Society Presents the 14th Annual Canadian Country Christmas Tour on Monday. December 11th, 7pm in the Roundhouse Theatre. Featuring Award winning artists Sean Hogan, Thomas Wade, Jay Semko and Craig Moritz. Tickets are \$25 and available at Robson Valley Essentials, Advantage Insurance Services, and in Valemount at Infinity Office and Health.

SENIOR'S GHRISTMAS DIMNER

Scotiabank is once again doing a raffle to help supply funding for a Christmas Dinner for the Seniors of the Valley. The Raffle Draw will take place at the Christmas Dinner on December 6th at the Elks Hall. Dinner is at 12 noon. Get your raffle tickets from the Bank or from OAPO members Thelma, Flo, Phyllis, Sandy, Dawna Val or Dorothy. Thank you for your support.

-Signed Scotiabank and Valley Seniors.

# McBride and Area Active Living Gaide

The McBride Healthy Communities Committee is a partnership between the Village of McBride and the McBride and District Hospital. This committee was established in 2014 through a grant from Northern Health. The purpose of the committee is to work collaboratively with community residents and stakeholders, to create and live in a community that fosters health and wellness. With that in mind, the McBride Healthy Communities Committee is planning on developing a 'McBride and Area Active Living Guide'. The purpose of the guide will be to promote, in one convenient publication, the many activities, events and groups that make McBride and area a healthy place to live. The intent is to produce a Fall and Winter Guide and a Spring and Summer Guide. The publications will include dates and venues for ongoing community events, contact information for the many groups that support healthy living and activities and will provide residents and visitors with handy information regarding things to do while in McBride. The Fall and Winter Guide will include events and activities that are scheduled to occur in November or early December, we still want to list your events from that time period. There are so many active groups in McBride and area and we want to help everyone to promote the great work that is done by all. The committee will gather relevant information over the next few weeks. We can only make this a success with your help. If you organize, or are involved in any group that promotes healthy living in McBride and area, then please send an e-mail to Rick Thompson at 250-569-7620 with your group information or to schedule a discussion. Thanks in advance for helping with this initiative. McBride Healthy Communities Committee.

### GOMING EVENTS

The McBride Figure Skating Club presents...our annual Christmas Skating Show on Wednesday, December 6, starting at 6pm in the Robson Valley Recreation Centre. Come on out and see our Canskaters. Jr. Stars and Star Skaters. Admission by Food Bank donation. Everyone Welcome!

Tomorrow Night: Thursday, December 7, 2017: McBride E-Free Church Annual Ladies Christmas Tea. Doors open at 6:00p.m., Refreshments and Door Prizes at 6:30p.m., Program at 7:30p.m. Come out and enjoy an evening of Good Food, Christmas Songs, and Celebration. All Ladies Welcome.

"Holiday Songs That Don't Suck Too Bad" Chili & Music Fundraiser. Live music with Samson's Delilah Trio featuring Scott Duncan on fiddle. Chili, bun, fixings and hot drinks. Desserts by donation! Wear your favorite "ugly" Christmas sweater for a free dessert. Friday, December 8th @ Dunster Schoolhouse. Doors @ 6:00 pm. \$20/Adult, 6-13 years \$10, Under 6 Free. Babysiting will be available! Proceeds going to RVMF and Dominica Hurricane

Relief.

The Robson Valley Fiddlesticks & String Ensemble will be presenting a Christmas Concert Sunday, DECEMBER 10, at 4:30 pm in the E-Free Church with refreshments to follow.

Sunday, December 10. Come join Mountain Chapel at our annual Christmas Concert. 7pm at the church, 3rd and Main Street.

Everyone welcome.

Blue Christmas: A sacred time of Music, Prayer, Silence & Reflection. December 20 at 6:00 pm, McBride Anglican United Church. This special service is offered to those who may find this season of lights & decorations, of Christmas parties & festive music, of memories and traditions overwhelming and challenging for different reasons. As we move towards the Longest Night, we gather in community to support one another in our shared pain, loss, and

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 Gov't Serv. BC .250-569-3760
R.C.M.P. 250-569-2255 Village 250-569-3760 

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



Four Rivers Co-operative

### Commercial, Farm & Personal

Our equity allocation based on members' 2016 purchases totallea over \$6 million being returned to members in equity and cash back

Prince George: Tel: 250.564.3488 TF: 866.309.2667 Fax: 250.564.3433

Valemount Cardlock: 1500 - 9th Avenue Valemount BC TF: 866.309.2667

McBride Cardlock: 2130 Zeidler Road TF: 866.309.2667

### Robson Valley Acupuncture Book an appointment today!

Gift Certificates available!
Give the gift of health and relaxation.

Merry Christmas!!

Chelsea Roth R.Ac.

250-569-7638



Robson Valley Longarm
Quilling Supplies
Featuring Wide Batting and Backing fabrics
Asserted 45' fabrics and Battics
Large assortment of cotton thread
Quilt Patterns and books

## DRYWALL SERVICES

McBride AG Foods 250-569-0320 FRESH FISH FRIDAY!!!

 Steelhead · Cod

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

Why sould you never trust trees?
Cuz they're shady!

Robson Valley Septic

Proudly serving the Robson Valley Since October 2012 For emergencies call 250-569-7706 "Four business is our business!" © NOW CLOSED FOR THE SEASON. Thanks for your business!



Christmas Decorations 20% OFF!!~

"The Feed Store With Bulk Prices In A Bag"
Open Tues, to Fri. 10am to 5pm Sat. till 3pm Closed Monds
Phone: 250-569-0425

246 Main Street (McBride Trading Co.

This week we celebrate our ONE YEAR Anniversary! Thursdays and Fridays for the month of December 10-2 up to 10 vendors each day! Special Door prizes for 5 lucky Shoppers! 6th and 5th Days of Christmas!

## WHISTLE STOP GALLERY



250-569-8891

Bring them down to the gallery and share the stories of the Robson Valley told by the over 90 artists and crafters whose work is on display.

OPEN DAILY IN THE TRAIN STATION Friends and family visiting?



ENGINEERING & WELDING
Aluminum Stainless Steel Cast Iron
www.flatheadcity.ca
Dave Ryckman Dunster, B.C. Ph. 250-968-4340

## ROBSON VALLEY PHARMACY

OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed www.robsonvalleyidapharmacy.com 250-569-8811

1136 - 5th Ave. inside the McBride Hospital

CONGRATULATIONS TO THE WINNER OF THE \$25 IDA GIFT CARD FOR USING THE IDA APP IN NOVEMBER CARA PETERS

For every \$50 you spend in store through Dec. 1-23 you are entered into a surprise Christmas hamper.

Draw at 4:00PM on December 23

一一一

### KOBSON ESSENTIALS VALLEY

have McBride Souvenir

NI MON

Lined DAWGS & SLIPPERS

Check Out Our Facebook Page

### M4 CONSTRUCTION EXCAVATOR Gerald Moore (250) 569-7147

Food Bank

Thinking of all the wonderful people who make up the communities of McBride and Dunster, and wishing Gods blessings on both those who gave and received in 2017. The Pathfinder Thanksgiving food collection brought in 1007 food items which will be used in Christmas hampers and the Elks & Royal Purple have donated apples and funds to help with the ongoing food bank program. We have also received funds from Mazon Canada, Reach Canada, Brookfield Renewable and the Regional District Community Grant In Aid program, to used towards our food bank program. Food items/funds have also been collected by McBride and District Library, Welcome Home Gifts (accepting cash donations all year), Robson Valley Home Hartdware, The Beanery 2 Bistro/Hammar Thompson Enterprises (the National Food Bank Day collection), The St. Patrick's Catholic Church and Parishes in Prince George, The McBride Figure Skating Club, The Senior Men's Hockey, The Robson Valley Mountain Bike Club, Salvation Army in Prince George (for food donations). We would also like to recognize Lyle Kinnee for faithfully shoveling our walk way these last 4 years and the Robson Valley Home Support Society for their encouragement. And to everyone else not mentioned who have contributed in one way or another. Thank you to all! Because of you we were able to distribute 251 hampers last year, which helped 126 adults and children living in the Robson Valley. If you or someone you know could use some help this Christmas please give us a call. If you would like to make a monetary donation to the food bank, cheques must be made payable to The McBride Seventh Day Adventist Church and be received before Dec. 29th to be issued a 2017 tax receipt. Please send donations along with name, address and phone number to Box 603. If you would like to donate food items there are collection boxes located at McBride AG Foods and Canada Post and the Beanery 2 Bistro. The contact number for the food bank is 250-569-3186 or 250-569-7436. Thank you for your faithful support of this service. Wishing

Council and the Community Literacy Task Group invite you to create Christmas tree ornaments for the giant tree in the library. We have all the materials for painted mandala ornaments but if you have other ideas for the tree, please bring them along. Tuesday, December 5th from 1:30 to 3:30 at the Library Annex And Tuesday, December 12th from 10:00 to 12:00 at the Beaverview Lodge. Everyone is welcome! Contact: Nancy Taylor: 250-968-4358 nancy@dunsternancy.ca December 17, Sunday. McBride Christmas Bird Count. The Bird Count will be glad for your help in reporting birds seen in this area (Beaver/Holmes in the east to McIntosh in the west). Feeder birds can best be counted by spending 10 mins. outside to get an idea how many individuals are being seen. (Chickadees are the hardest!). If you would enjoy driving/skiing/walking in some area other than your yard, let us know your interest. Your tally can be phoned to Elsie Stanley 250-569-2596 or Elaine Gillette 250-569-2643. Thanks! Down Town Thrift Store - We will be open until Tuesday, December 19th, then we will be closed until after the New Year. To open again on January 2, 2018, 1-3. Thank you everyone who has supported us in different ways. We wish you all a Very Merry Christmas and a Happy New Year with your family and friends.

### SCHOOL NEWS

McBride Centennial Elementary School Christmas Concert - Emmet Otter's Jug-Band Christmas, Tuesday, December 12 at 6:00 p.m. (Please note the time change.) Wednesday, December 13 at 1:00 p.m. Please phone the school at 250-569-2721 to reserve your seating as each concert has limited seating.

Kids' Christmas Shopping Day Sale - To all who made donations to the sale - Thank you so much for your generosity! The sale generated over \$500 for the school's swim programme. The priceless part was all of the students' smiles and their joy while

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

## Alaina Chapman RMT

Stock up on BIRD SUET for the winter! aturday by Special Appointment Onl Text for appointment

\$5.00 Bags at Uncle Mark's Meat Shop

MCKALE HOUSE

Wed-Fri 10-5, Sat 10-2 569-7176

20% Off: Build-It-Yourself Toys,
Art Adventure Packs, Wooden Signs
40% Off: Adult Colouring Books
..Sit down and relax in our backroom and enjoy FREE coffee or tea this week!

Frunke and Sons Automotive Ltd.

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

UNCLE MARK'S CUSTOM MEAT CUTTING

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

time for better things available to give you

Diana 867-876-0402

REALLY NICE STONEWORK!!!

REALLY Adam Roth Stonemasonny 3

5ty 250-569-6809 adamtothventures@gmail.com
"Rocking the Robson Valley!"

1 855 566 4225

Ntamins,
hone for pickup in Infinity Specialty Foods & Mon
holde at Sears Valemount inffice@telus.ne

Cougar Den Cabins
Daily, Weekly & Monthly Rates
1800 samson rd. mcbride (bottom of lucille mountain)
Glass Cutting, Picture Printing,
Matting and Framing
call Bill Arnold 569-3381

R3 ACRES, Farm raised beef, naturally.

Grain fed beef now available







Pet Hostel

Grooming & Boarding

Animal Health Technicia **Robson Valley** 

Ann Schwartz - Animal Health Technician

250-569-3319

Call Phil @ 250-569-0205

PHYSIOTHERAPY
Phone 250-569-0053

Serving McBride and Valemount

Dog Bones & Bird Suet \$5.00/Bag.

Now carrying Smoked Bones and Smoked Liver

Meraki Builders at Uncle Mark's Meat Shop

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



The McBride Community Forest Corporation (MCFC) is establishing a Select List of prequalified Contractors and Suppliers specializing in all service areas (ie: Logging, Road Construction, Grading, Road Maintenance and Deactivation, Tree Planting, Regen Surveys, Brushing), who may be invited to participate in subsequent direct invitation or select invitation solicitations on upcoming contracts and/or projects. Only prequalified contractors will be invited to participate on these contract solicitations.

The purpose of this pre-qualification is to establish a Select List of eligible contractors who are most suitable and available to compete, at a later date, on the described project or activities. The Select List is being established for use on more than one contract competition, so the MCFC reserves the right to select contractors to compete on a rotational basis.

New contractors may be added to the Select List at any time throughout the year and will be evaluated in the same manner as contractors already on the list. The MCFC does not guarantee evaluation and resulting shortlisting of contractors wishing to compete on issued tenders.

Submission of a response does not guarantee inclusion on a resulting select list of prequalified contractors. The MCFC reserves the right to limit the number of prequalified contractors invited to compete on a subsequent contract. Contractors submitting responses will receive fair and uniform treatment and submissions will be given due consideration.

Contractors interested in being evaluated for inclusion on the Select List are invited to submit a response with the Desirable Criteria:

- 1. Resume containing education, relevant employment history, skills, designations and references, show that Locally based, Demonstrate/outline Service Area Expertise
- 2. Hourly fee rate(s)
- Limited Liability Insurance (with Forest Fire Endorsement of \$5,000,000 and MCFC as additional insured), Worksafe BC, SAFE Certified (or demonstrate that can be obtained if needed).

Please note that this advertisement and the information provided is for viewing purposes only and is not an Official Invitation to Tender. Submissions for this process will be accepted up to Friday, December 15, 2017 at 4pm local time. Paper format, fax or email submissions are acceptable.

For any questions on the advertisement contact:

Eugene (Gene) P. Runtz, General Manager, 250-569-0262/7644 - Email: gm@mcbridecommunityforest.com



### R3 ACRES.com Farm raised beef, naturally.

Raised in the Robson Valley without the use of antibiotics or steroids. Our processed products are All-beef & Gluten free. Grain fed our own naturally ripened Barley. Processed at a licensed class A abattoir.

		<u>Christmas</u>	<b>Special</b> 35 <i>lbs</i> \$315	- 1								
<u>Add ons</u>	6lbs steak, 10lbs roast, 10lbs lean burger, 3lbs stir-fry,											
*Pepperoni		7 80										
• •		4										
*Smoked	Acres Choice Pack	50 lbs	\$400									
sausage	12lbs steak, 12lbs roasts, 16lbs lean burger, 5lbs stew, and 5lbs stir fry.											
*Fresh	BBQ Pack	35 lbs	\$315	- E - E - S								
	10lbs steak, 6lbs roasts											
sausage	Classic Pack	25 lbs	\$240									
*Burger	5lbs steak, 10lbs roast, 5lbs burger, 5lbs stew											
+5	Variety Pack	18 lbs	\$180									
*5oz	3lbs steak, 4lbs roast, 4	ribs										
patties	The Sampler	9 lbs	\$ 99									
*Stir-fry	2lbs steak, 3lb roast, 4lbs lean burger											
J. 1. 7. 7	Lean Burger	25 lbs	\$150									
	I .											

### **Gift Certificates**

Do you have someone on your Christmas list that is hard to shop for, has everything or needs nothing? Why not give them a R3 Acres gift certificate and let them customize their own package. Certificates are available in \$50 and \$100 amounts.

### **Sides of Beef**

Do you have a large family or group to feed next year? If so, consider buying a side of beef. We have grain fed beef ready to be custom cut to your specifications. \$4.65 lb (hanging weight) delivered to you cut, wrapped and frozen.

Visit: <u>www.r3acres.com</u> email: <u>beef@r3acres.com</u> call/text: 250-569-7203(Mon-Fri)



	工	Z	()	Z	Н	H	江	$\bigcirc$	Н	щ	H	X	لتا	Ħ	$\bowtie$
ACTION AGAINST AWARENESS CANADA DAY DECEMBER ECOLE	$\nabla$	0	Z	H	Z	С	H		Н	Ħ	П	刊	Z	μj	山
N ST NESS NESS	Н	Н	<b>(O</b>	H	S	Н	H	$\supset$	$\bigcap$	Z	Z	H	工	$\bigcirc$	Ħ
	2	H	$\Omega$	Z	Н	$\nearrow$	$\Box$	$\nearrow$	山	Н		Z	Z	$\Omega$	A
FEMINIS FIGHTIN FLAGS FOURTEE HALF INJURED	Z	$\bigcirc$	M	Z	H	$\Omega$	S	国	Z	[I]	Ħ	$\triangleright$	M	$\bowtie$	0
FEMINISM FIGHTING FLAGS FOURTEEN HALF INJURED	刊	$   \exists $	Щ	Z	G	W	H	$\vdash$	0	Н	Ħ	Z	Н	Ч	田
	Н	<	ス	H	A	Ħ	S	U	$\times$	Ш	Z	A	$\Omega$	H	$\bowtie$
P( MI MI NI	$\vee$	X	Н	Z	$\Box$	Z	U	X	Z	Ы	$\bigcirc$	Н	$\times$	H	M
MASSACRE MAST MEMORIAL MURDERED NATIONAL POLYTECHNIQUE	2	$\bowtie$	Д	0	H	$\prec$	$\vdash$	山	$\bigcirc$	田	Z	Н	0	$\Box$	口
RE AL ED AL CHNIQ	U	Ы	H	Ħ	Н	M	Z	M	Ħ	A	$\Omega$	0	H	Щ	二
U H	$\Box$	$\triangleleft$	S	Н	$\vdash$	H	Ħ	Z	<b>(</b> )	口	Z	Z	$\Omega$	M	
	A	0	Ы	A	Ħ	N	Z	刊	Ч	口	U	abla	$\prec$	K	$\square$
REMEMSITE SIXTH TEN VIOLE WOMEN	S	Ы	二	Н	Z	$\subseteq$	0	$\bigcap$	$\bowtie$		Н	Н	U	M	又
REMEMBRANCE SITE SIXTH TEN VIOLENCE WOMEN	Н	0	X	Ы		Ħ	Z	刊		Н	0	$\bigcirc$	工	A	Q
UC E	$\bowtie$	$\vdash$	Z	$\Box$	$\Box$	Ħ	囯		Н	Щ	H	S	Щ	$\vdash$	口