



250-569-2666

After Hours call  
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or 250-569-7016

1021 SE Frontage Road

## LICENSED AUTOMOTIVE & DIESEL MECHANICS

MONDAY to FRIDAY 8:00am - 5:00pm  
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## Sue & Me EaterY

Sue & Me Would Like To Ask...

- Have You Tried Our Korean Sticky Ribs?
- How About Crispy Fried Chicken?
- Home-Made Lasagna?
- Bison Burgers?
- Thai Tom Yum?
- Tika Eggs Benny?
- Pizza?
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Main St., McBride



250-569-2411  
McBride & District

521 Main Street McBride, BC V0J 2E0

### REGULAR HOURS

Tuesdays: 10-5pm, 7-9pm

Wednesdays and Thursdays: 10-5pm

Fridays: 2-9pm Saturdays: 2-5pm

library@mcbridebc.org mcbride.bc.libraries.coop

## ROBSON VALLEY ESSENTIALS

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

NEW ~ WOLF & PUPPY  
MICRO MINK TROWS

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We are the local Weldcor cylinder depot.

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33-34 g ~ 2 for ~ \$2.50
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473 ml ~ 2 for ~ \$6.00
GATORADE
950 ml ~ 2 for ~ \$5.00



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## McBride

### Paper



Serving BC's Friendliest Town and Area since 1996!!!

For the week of Wednesday, February 20<sup>th</sup>, 2019

### COMING EVENTS

Open Gate Community Garden presents their 6th Annual SeedY Saturday, February 23<sup>rd</sup>, 2019 at the Dunster School from 10am - 3pm. Free admission, child minding, Lunch by donation. Come on out and listen to guest speakers talk about Back to Basic gardening and much more.

LAST Soup & Bun at Beaverview. Tuesday, February 26<sup>th</sup> at 12pm. By donation! Bring a friend, and enjoy a warm bowl with neighbours. Hosted by RVCS's Better at Home Program and the Community Literacy Task Group.

Robson Valley Chapter of the Back Country Horsemen of BC potluck chapter meeting, Thursday, February 28, 6:30 p.m. at Eileen and Brian Wallace's place at 3760 Hinkelman Road. We have a fun year of events, trail rides, and trail projects planned. We will be presenting our 2019 events, monthly rides, and work-bee schedules at the meeting as well as discussing our latest project plans for Bell Mountain. Bring a potluck item to share. New members welcome. Memberships can be purchased online at www.bchorsemen.org or in person from our treasurer Gary Schwartz. For more information contact Pat Powell at 250-968-4474 or visit www.bchorsemen.org. McBride and District Hospital Auxiliary AGM - March 11, 2019 at 7:00p.m. in the Education Room at the hospital. We welcome you all and encourage new membership!

### DATE CHANGED

Fish and Wildlife Meeting will be Monday, February 25<sup>th</sup> in the Beanery 2 Bistro at 7:00p.m. for the Month of February due to Family Day Long Weekend on the 18<sup>th</sup>. Everyone Welcome.

### BIRTHDAY WISHES FEB. 20-26

Alex Mercuri, Sheemah Kjos, Tracey von der Gonna, Travis McKae, Janice Mercuri, Keith Berg, Lina Roth, Debbie Kohn, Emmalee Chingka, Lolly Sansom, Carol Barnet, Nicholas Franke, Mia Desfosses, Rueben Williamson, Eric Johnson, Linda Niblett, Norma Wheeler, and to any we missed, Happy Birthday!

### ELKS & ROYAL PURPLE NEWS

WE NEED YOUR HELP - EASTER IS COMING. Over the past several years the McBride Elks and Royal Purple in conjunction with the Valley Museum and Archives have hosted the Annual Easter Egg Hunt for 0-9 year olds. They have sponsored and provided supplies, treats and prizes for approximately 40-60 children each year. The children look forward to making their basket, collecting the candy, getting their picture with the Easter Bunny and a chance to win 1 of many prizes. We do not want to see this annual event not happen, but due to the lack of member's, we would like to pass this event on to another individual or group to organize. The Elks and Royal Purple would continue to provide the funding up to \$500.00 and the Valley Museum and Archives are willing to help with crafts. If you or your club or organization would like to organize the Annual Easter Egg Hunt (doesn't have to be the same format), please contact Kathy Molendyk at 250-569-7201 as soon as possible as Easter will be here sooner than you think!

### LIBRARY NEWS

Ukulele Jam with Melissa is back! Fridays at 2pm. All interests welcome. Bring your Uke and we'll have a few.

Mother Goose in McBride is back. Wednesdays at 11am at the Library. Join Lotte (RVCS) and Naomi (Library) for songs, rhymes and stories! Aimed at ages 0-3 but all welcome!

Don't forget! We've got Tuesday Night Music Jam with David Marchant, 7-9pm. All welcome to bring an instrument or your singing voice. Also, Fibre Artists Meet, Thursdays at 10am. Bring your project and stitch with neighbours over coffee and tea.

Questions about anything at the library? Call us at 250-569-2411 or email Naomi at library@mcbridebc.org.

### A COUPLE LITTLE THINKERS...

It's so simple to be wise.  
Just think of something stupid to say  
and then don't say it.

The knack of flying is learning  
how to throw yourself at the ground and miss.

Via-Rail Schedule [viarail.ca](http://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 .....	250-569-2229
Hospital .....	250-569-2251	Reg'l Dist' .....	1-800-667-1959
Health Unit .....	250-569-2251	RV Comm. Srv.	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.C.'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 Health Event

Feb. 24, 2019 from 11:30am-2:30pm  
at the Robson Valley Community Centre  
Free lunch at 12:00 noon  
prepared by the Seventh-Day Adventist Church

1:00 Advanced Care Planning

Clinical Education talk by Dr. Taylor Martin  
Legal education talk by Linda Fry

Health Information Tables:

RVCS - RVCS information and  
health equipment lending library

Library - information

Health Age by Phyllis Krueger

Northern Health - Blood Pressures.

Blood sugar levels and a wide range of

health information provided by

Susan Umstot, Primary Care Nurse

Northern Health - Depression and Anxiety

## WHISTLE STOP GALLERY



250-569-8891

Have you been to the Whistle Stop lately?

From "Dome Gnomes" and

"Forest Fairies" to

Dr. Tom's mountain wildflower honey.

We have something new for you!

Located in the Train Station

WINTER HOURS OPEN 9-5 DAILY, CLOSED 12-30-1:30

Delivering Fuel

East to McBride & Valenmount



Four Rivers  
Co-operative

Commercial, Farm & Personal

Visit our Gas Bar in Prince George!

6749 Westgate Avenue - Tel: 250.964.2697

Prince George:	Valenmount Cardlock:	McBride Cardlock:
Tel: 250.564.3488	1500 - 9th Avenue	2130 Zaidler Road
TF: 866.309.2667	Valenmount BC	McBride BC
Fax: 250.564.3433	TF: 866.309.2667	TF: 866.309.2667

## Rich boyz MECHANICAL AND TOWING

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Light & Heavy Duty Towing

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Heavy Duty & Commercial Transport Mechanical

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## McBride AG Foods

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

Apartment in

downtown McBride

for rent.

Phone 250-885-6917 for details

ANOTHER LITTLE THINKER...

If you must choose between two evils,  
pick the one you've never tried before.

## SHOPS ON MAIN

246 Main Street (McBride Trading Co.)

Thursdays and Fridays 10-2

Watch Facebook

for vendor updates.

Show your love for local!!!

Want to be a Vendor? Give us a call at 250-569-7460





**Advantage Insurance Services Ltd.**  
Rosemary L. Hubby, CMB  
250-569-2264

*Good Luck to the*  
**Senior Boys Basketball Team**  
*at the Zones*

**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

**In store SPECIAL**

**10-25% Off**  
on selected items.  
*While supplies last.*

Valid February 20-26, 2019

A GREAT BIG THANK YOU TO ALL WHO JOINED US FOR OUR FIRST ANNIVERSARY CELEBRATION!

Thanks to Roadside Splinter (Dale, Bob, Arlene, Kevin and spouses!) for filling the shop with music since our first day. Thanks also to Athena and Taylor for performing! Thanks to Athena and Pierce for helping out last minute - it's great to have you both as part of the family. Thank you to everyone who messaged/called/emailed, brought cards, flowers, chocolates and wine and stopped by to wish us well. Thanks to everyone who stepped through our doors yesterday and over the past year. We are blessed and humbled. Congratulations to Kathy Molenkyk for winning our \$100 Gift Certificate Draw!



**Welcome Home**  
GIFTS & MORE

Sat. Feb. 23rd thru Tues. Feb. 26th. Back to regular hours on Wed. Feb 27th.

Follow us on Facebook - fb.me/youarewelcomehome  
Tuesday - Saturday 8:30am to 5:00pm 250-569-0215



**The Farm Store**  
Great Specials Every Week!

**SHORT ON HAY?**

This Weeks Special  
**500kg Totes of ALFALFA CUBES**  
Open Mon.-Fri. 10am-5pm Sat. 10am-3pm  
1011 Frontage Road 250-569-0425  
**LAUNDROMAT NOW OPEN**

I'm super friendly with 25 letters of the alphabet.  
I just don't know why!  
**Robson Valley Septic**  
(250) 569-7812  
*"Your business is our business!"*

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**Home of THE LITTLE McBRIDE PAPER**  
• Signs • Magnetics Banners • Sandwich Boards • Vehicle Decals • Window Decals  
• Business Cards • Memorial Cards • Posters • Binding • Address Labels • Full Color Laser Photo Copies • Invitations • Brochures • Trophies • Engraving • T-shirts  
for more information please contact  
Scott or Susan at 250-569-8110,  
fax: 250-569-0220, email: sgliness3@telus.net

**COMMUNITY ANNOUNCEMENTS**

**Invitation to Agricultural Producers.** Are you interested in working with other agriculture producers to increase production opportunities in the Robson Valley? A small group of producers have been exchanging ideas and would like to include others in their discussion. One of the ideas is a CSA (Community Shared Agriculture) box, which is a box of produce that a consumer purchases from a farmer or group of farmers. There have also been discussions regarding increasing access to markets in places such as Jasper or Prince George. Community shared food processing equipment is also possibility. Where: Dunster Fine Arts School - Gymnasium. When: Monday, February 25, 1pm-5pm. How can we work independently but interdependently to create options, increase profitability and get our products to consumers that need access to our abundance! \*\*No need to register - just come with your ideas and an open heart and mind\*\*\*

**Youth Softball - Spring** is coming and so is softball! We are looking for coaches who are willing to commit a few hours per week to help kids develop skills, while having fun playing a team sport! Tentative age groups are: grades 1-3, 4-6, and 7-10 although this may change depending on the number of kids interested, and availability of coaches. If you can help out please call Lisa Franke at 250-569-0345 or email wifranke@telus.net. Registration will take place in early April.

**Wondering just how cold it is outside?** Thanks to Prof. Peter Jackson at UNBC's Environmental Sciences Department, we've got a weather station at 521 Main Street. Check out the link via the library website at mcbride.bc.libraries.coop or directly at: <http://weather.umbc.ca/weather/temos-mcbride/>

**Are you looking for some fun?** Are you looking for some exercise? Or are you looking to learn a new game? Community Volleyball is back on Tuesday nights, 6:30-8:30, grade 8 and up in the McBride Secondary gymnasium. So dust off your gym shoes and join us for some fun.

**The McBride Curling Club** welcomes anyone who would like to come out and curl. If we get enough people dropping in, we'll get a regular game going or if not, try the NEW game of Doubles curling. All you need is a clean pair of shoes to change into for on the ice. We have the rest of the equipment if you don't have any. All ages welcome. The bar will be open. Come out and meet new friends on any Friday night at 7:00 pm. McBride Curling Club, 461 Columbia Street, McBride, BC V0J 2E0.

The McBride Community Calendar is available on line at the website <https://calendar.mcbride.ca/>

**SCHOOL NEWS**

**MCBRIDE SECONDARY SCHOOL REUNION** is quickly approaching. The event will be held on Saturday, June 1st at the McBride Community Hall. Tickets are available to purchase directly from Robson Valley Essentials, \$50/ticket, cash or cheque. E-transfers are also accepted to mcbridesecondaryreunion2019@gmail.com, use password REUNION. Tickets will not be sold at the door and can not be guaranteed after April 30th. The reunion is open to anyone who either attended or graduated, staff included, during the years 1975-1990, and a guest. This is a 19+, non-formal attire, event. For more information, contact Charlene at mcbridesecondaryreunion2019@gmail.com or 250-614-4874 (call or text). **STRONG START Fridays** for the 2018-19 school year; newborn - 5 year olds + their caregivers; drop-in (except non-instructional-day weeks when the programme will be on Wednesdays) 8:45-11:45am.

**BUY, SELL, RENT & MISSG.**

**For Sale - 4 male Livestock Guardian Dog puppies.** They were 12 weeks old on February 13. They are a Great Pyrennes, Maremma, and Kangal cross. They have been vet checked, had first shot, and been dewormed. Parents are working dogs. Contact Phyllis at 250-968-4493 or email rpk12305@gmail.com. **For Sale-4 rims for GMC 3/4 ton, 12-16.5 LT, 2 with Discovr M/S tires, asking \$125 each, phone 250-968-4370.** **For Sale-Electric Recliner.** This capacious, fully upholstered recliner will, at the touch of a button, lower you gently from a standing position to a sitting position. It will also lift you slowly back to a standing position at the touch of a second button. It is ideal for someone who has difficulty rising from a seated position. Call 250-569-2334 for any further information. **For Sale-4 Arctic Cat Snudded Tires, M&S 195/65R15, Fits VW \$200.00 Ph:250-569-2234.** **For Sale-Acreage.** Ph: 250-569-7518. **For Sale-US 1000 watt Quartz infrared heater, continuous heat, remote, \$465. Phone 250-569-2466.** **For Sale-2011 Ford Fiesta, loaded, 88000k, includes winter tires, \$7000, excellent on gas. Ph:250-569-8852.** **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.**

**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-Adventist Community Center. Open Tues: 1:00-3:00. Contact Number 250-569-2479 **Terris-Foodbank** contact number is 569-3186 • **Seventh-day Adventist Church** meets on Saturday for Sabbath School at 9:30am and Worship service at 11:00am, and meets on Wednesday for Prayer Meeting at 7:00pm. • **Mennonite Church-Meet** Wednesdays 11am and 7:30pm & Wednesdays at 7:30pm Ph: 569-7297 • **Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am.** Services-11:10am. Ph:569-3350 • **Anglican United Church-441** Dominion Street. 1st and 2nd Sundays in the month - Worship 9:00 am, 3rd and 4th Sundays Worship 11:30 am. Youth Group Wednesdays 3:00 to 4:30 pm. Contact Student Minister Kim McNaughton, phone 250-968-4467 or leave message at 250-569-3206 • **Evangelical Free 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.

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:sgliness3@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 inform the public about it! Scott & Susan Gliness (Oscar & Broom) All articles and ads are not the expressed opinion of this paper or its owners.

**Take a Break for McBride...B.G.s Friendliest Town!**

Dog Bones & Bird Suet \$5.00/Bag. Now carrying Smoked Bones and Smoked Liver at Uncle Mark's Meat Shop

**Meraki Builders**  
Construction and Renovations  
250 569 7885 (Mich) 250 569 4109 (Brenden)

**Fourth & Main X Hair Studio**  
Open Monday's. Call or text Thursday-Saturday by appointment 780-236-4222

**Alaina Chapman RMT**  
Registered Massage Therapist  
Monday, Wednesday & Thursday  
Ph: 250-566-1040 To book an appointment

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

**UNCLE MARKS CUSTOMMEAT CUTTING**  
Field to Plate Service © "Stress free animals for domestic and Game make better meat"  
Mark Both 250-569-7805 "Serving the Robson Valley"



**Robson Valley Dogcare**  
Quitting Supplies  
Tuesdays and Fridays  
Now open 11am to 5pm  
3709 Humboldt Rd, McBride  
All other days and times please call or text Geovigie at 250-569-7433

**INSULATION & DRYWALL**  
250-569-0320  
Glass Cutting, Picture Printing, Matting and Framing  
call Bill Arnold 569-3381

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\*BLADE \*BUCKET \*BLOWER \*DUMP BOX TRAILER \*  
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**DARWIN 250-569-7758 or T0V1 7050**

**R3 ACRES**, Farm raised beef, naturally. Grain fed beef available year-round.  
Call/text: 250-569-7203 Mon-Fri 9-4.  
Email: beef@r3acres.com Find us on Facebook.

**THE HAIR SHOPPE**  
803 3rd Ave. 778-258-0343  
side entrance

**Painting**  
The Colour Garden  
Call Phill 250-569-0205 or 7731

**McBRIDE CURLING CLUB**  
461 Columbia Street

The McBride Curling Club welcomes anyone who would like to come out and curl. If we get enough people dropping in, we'll get a regular game going or if not, try the NEW game of Doubles curling. All you need is a clean pair of shoes to change into for on the ice. We have the rest of the equipment if you don't have any. All ages welcome. The bar will be open. Come out and meet new friends on any Friday night at 7:00 pm.

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

**Come Stay Warm with Family & Friends at the Beanery 2.**  
Open-M-F:6a.m.-5p.m. Sat:9a.m.-5p.m. Sun.&Stats:Closed)  
250-569-0133

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

**Cougar Den Cabins**  
250-569-7308  
Daily, Weekly & Monthly Rates  
1800 Samson Rd. McBride (bottom of Lucille mountain)



# A Dinner Invitation to Feed Your Plant-based Curiosity

Could eating more plant-based foods help? What would you do if you found out you had **type 2 diabetes**? Then found out you had **serious heart problems**? Then were diagnosed with **sleep apnea**? And to top it all off - diagnosed with a rare, no cause-no cure **terminal illness and eventually becoming blind and on 24 hour oxygen**?

Find out what Kate McGoey-Smith, a mother of three school age kids, did to live and thrive despite being given only 2 to 5 years to live. And in the process, released 120 pounds (she doesn't say "lost" cause who wants to find unwanted weight!!!!) Find out more about the healing powers of whole plant-based foods and what they could do for you!



Why cook tonight? Come join us on **Sunday, March 3rd at 4:30 pm** at the **McBride Seventh-day Adventist Church** for a delicious free dinner buffet with lots of friendly folks, and stay to hear Kate's story, and get your questions answered. This will be a SKYPE interview!

Please **RSVP** by **Saturday, March 2nd at 6:00 pm** so we can save you a spot! Contact Phyllis at 250-968-4493, or email her at [rpk12305@gmail.com](mailto:rpk12305@gmail.com).

O G A V Y A C U D D L E A L V  
D R O H H Q P H A M D D H B V G A L Z  
C O O K E L A G W Q R R T Z M E P C T O N L  
U O O M O L A A Z C Q R O N N E I E C T O V  
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S D T E P S V T N O N I R E C T E S O L O S  
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Take a Break in McBride...B.G.s Friendfest Town!!



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