

ROBSON VALLEY PHARMACY

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250-569-8811

1136 - 5th Ave. inside the McBride Hospital



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**atoma PRODUCTS,
GET 1 FREE**

Get your FREE atoma collector card
In-store and start earning
your stamps today



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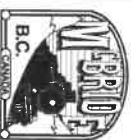


Hot Soup & Build-it-Your-Way
Sandwiches
Bites for every taste and occasion
Gourmet Treats
Free WiFi

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Tuesday - Saturday 8:30am to 5:00pm 250-569-0215
289 Main Street

FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, February 27th, 2019*

COMING EVENTS

McBride's version of the hit CBC Radio show featuring local debaters! A night of FUN - funded by The McBride Community Task Group. 6:30-8:30pm this Thursday, February 28 at Welcome Home! Want to debate? SIGN UP at The McBride & District Public Library. All participants will be entered in PRIZE DRAW for a new ukulele!

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 Hinkleman 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 on-line 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.
The McBride Secondary School Sr. Boys Basketball Team is headed to PROVINCIALS!! We would appreciate your support! Come on out and show your support at our Roast Beef & Pork Dinner with all the fix'n's! Sunday, March 3rd. Silent auction at 5:30pm and Dinner at 6:00pm in the McBride Evangelical Free Church.

McBride and District Hospital Auxiliary AGM - March 11, 2019 at 7:00pm. in the Education Room at the hospital. We welcome you all and encourage new membership!

THANK YOU

A Huge Thank-You to all the Businesses that donated to me "Goody" Bags for the Ladies 2019 Curling Bonspiel. Your generosity is very much appreciated year after year. Thanks also to the Curling Club Executives for all their hard work. The weekend was a huge success. Watch for details on the Loggers Spiel coming up March 23rd. Thanks Again.
Hurry Hard!! Pat Elliott.

GRANT APPLICATIONS

The McBride Community Foundation Committee will be accepting grant applications of up to \$1,000 from registered charities for projects that benefit Robson Valley Community. Applications are available at the Village of McBride office, 100 Robson Centre and must be submitted no later than 4:30pm on Friday, March 22nd, 2019.

OGG

On behalf of the Open Gate Community Garden, we would like to THANK EVERYONE who came out to enjoy and support our 6th Annual Seedy Saturday. What a great turnout once again with over 70 attendees. We couldn't of pulled it off with out our dedicated volunteers, our passionate presenters (Vern, Pete, Dorothy, Sarah, Gary, Wendy, Glen, Sheilaigh, Rosara), kitchen staff, child minding and those that donated goodies, books/magazines to give away, community members that brought their seeds and canned goods and the McBride Library and Home Hardware (McBride) for their displays and donations. Extended thanks goes out to the McBride Community Endowment Fund and the Dunster Community Forest for their generous grant donations. Thank you all, and see you next year. -Penny Rlyard (President)

BIRTHDAY WISHES FEB. 27-MAR. 5

Lexie Elliott, Pat Andrews, George Dawson, Joann Barnes, Laura Johnson, Margaret Aleman, Christa Barnes, Ethan Quan, Irene Twiss, John C Christison, Joshua Reimer, Roger Hicks, Alayah May Jobson, Avehn Morad, Carol Hammar, Logan Chichon, Rose Lucius, Caleb Reimer, Jennifer Ford, Rick Thompson, Stephanie Hooker, Amanda Christensen, Christopher Rejman, Milton Bratzen, Susannah Kirnke, and to any we missed. Happy Birthday!

LIBRARY NEWS

Monthly Book Discussion meets this Thursday at 1:30pm. This month's theme is "books that were made into movies in 2018". All welcome to join in the conversation! Bring a title of your own, or stop by the library for one of ours.

Mother Goose will have two more sessions (February 27th & March 6th). 11am at the library. Join Lotte (RVCS) and Naomi (library) for songs, rhymes, stories and a snack. Aimed at children ages 0-3 and their caregivers, but older children welcome!
Food Bank February will extend into March. Bring in non-perishable items for the food bank with your overdue books, and we'll erase any fines. The food bank is especially looking for beverages (juice, coffee and tea). Thanks for your support!
Don't forget...
Tuesday Night Music Jam, 7-9pm. Want to learn new music? Enjoy playing with others? Just want to sing along? All welcome. Call David Marchant with questions at 250-569-2569.

Fibre Artists Meet, Thursdays from 10-12pm. Bring your stitch project, we'll have the coffee on. All levels welcome.
Ukulele Jam with Melissa, Fridays from 2-3pm. Bring your Uke, but we'll have a few too. All interests welcome. Call Melissa at 250-569-0205 with questions.

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:sgfines3@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 Ghines (Oscar & Brown)
All articles and ads are not the expressed opinion of this paper or its owners.
Take a Break in McBride...B.C.'s Friendliest Town!!

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

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



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Tuesdays and Fridays
Now open 11am to 5pm
3709 Hinkelman Rd, McBride
All other days and times please
call or text Georgie at 250-569-7133

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

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Email: beef@r3acres.com Find us on Facebook.

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

Painting

The Colour Garden

Call Phil 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.

HORSES/BOILING



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



fish-up
your coffee at the
Beanery 2
250-569-0133
(Open M-F: 6a.m.-5p.m. Sat: 9a.m.-5p.m. Sun. & Stats: Closed)

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

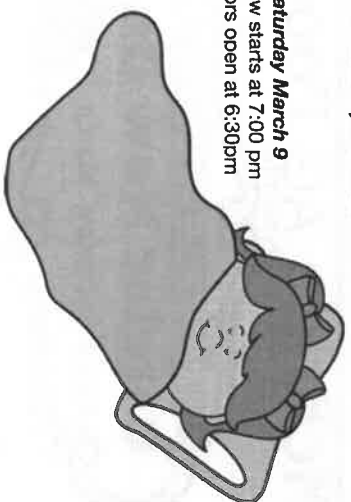
250-569-7308
Daily, Weekly & Monthly Rates
1800 Samson Rd. McBride (bottom of Lucille mountain)

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 (Mitch) 250 569 4109 (Brenden)

Fourth & Main Hair Studio
Open Monday's call or text
Thursday-Saturday by appointment 780-236-4222



*In your
Dreams...*

-Raffle Table
-MFSC Bake Sale
-50/50 Draw
-Raffle Ticket Draw
Concession by Live Different

Saturday March 9
Show starts at 7:00 pm
Doors open at 6:30pm

How many tickles does it take
to make an octopus laugh?
10-tickles

Robson Valley Septic
(250) 569-7812
"Your business is our business!"

Annual Figure Skating Season Finale 2019... Don't miss it!!!

SCOTT KEIM

Red Seal Journeyman Carpenter

250-569-7120

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

Countdown

to the
Figure Skating Carnival.



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?
- Pizzaa?
- Big-A** Cinnamon?
- Apple Pie Cheese Cake?

So Much More & Expanded Evening Hours!
 Sun, Mon & Wed Gam - 3pm
 Tues Closed
Thurs., Fri., Sat. Gam - 9pm
 250-569-0080
 Main St., McBride

ROBSON VALLEY ESSENTIALS
 WE HAVE A GREAT SELECTION OF ESSENTIAL OILS & DIFFUSERS
 *****Kerig K Cup Destination .99¢ & .89¢ each*****
 Check Out Our Facebook Page

Gigglin' Grizzly Pub
 Thursday-Friday-Saturday-Sunday
 Open at 11:00 am



Daily lunch & dinner specials
 Family service to 8:00 pm
 250.569.0101

HORSESHOE LAKE VENTURES
 100 Mountain View Rd.
 McBride, B.C. V0J 9E0
250-569-0075

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LOAD SAFETY LIGHTS AND BANNERS?
 We are the local Weldcor cylinder depot.
 Check out our selection of cylinders and welding supplies.
 - Feed and Farm Supplies
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CHOCOLATE BARS
 107-113 g ~ 2 for ~ \$7.00
LAY'S CHIPS
 180 g ~ 2 for ~ \$6.00
HERSHEY'S
KING SIZE BARS
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 REALTOR
Realtor Mike Moseley
 robsonvalleyrealty.ca

Buyers: Are you qualified?
Sellers: Want to SAVE THOUSANDS?
 FULL SERVICE MILS CALL/TEXT
778-258-0064

JNR
250-569-2666
 After Hours call
 250-569-2726
 or 250-569-7016
AUTO SERVICES 1021 SE Frontage Road
LICENSED AUTOMOTIVE
& DIESEL MECHANICS
 MONDAY TO FRIDAY 8:00am - 5:00pm
 SATURDAY 9:00am - 12:00pm

COMMUNITY ANNOUNCEMENTS

Community Literacy Task Group and RVC's Better at Home Program: Soup & Bun is over for the season! MANY thanks to all of the wonderful volunteers who have warmed our bellies with delicious soup this winter, and to all those who came out to share a bowl.
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 wilfranke@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/amos-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/>

SGMOOL 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 mcbrideschoolreunion2019@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 mcbrideschoolreunion2019@gmail.com or 250-614-4874 (call or text).
STRONG START Fridays for the 2019 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 & MISC.

For Sale - 4 male Livestock Guardian Dog puppies. They were 12 weeks old on February 13. They are a Great Pyrenees, 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 rpki2305@gmail.com. ****For Sale-4 rims for GMC 3/4 ton, 12-16.5 LT, 2 with Discover M/S tires, asking \$125 each, phone 250-968-4370.**For Sale-Electric Recliner.** This capacitors, 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 Studded Tires, M&S 195/65R15. Fits VW \$200.00 Ph:250-569-2234.**For Sale-Acragre.** 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. 80000k, includes winter tires. \$7000, excellent on gas. Ph:250-569-8852. ****For Sale-Sihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.****

CHURGH 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 **TerraFoodbank** 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. **Memontic Church-Meet** Sundays 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.

Important Phone Numbers

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

EMERGENCY 9-1-1
 R.C.M.P. 250-569-2255
 Hospital 250-569-2251
 Health Unit 250-569-2251
 K to 7 School .. 250-569-2721
 High School 250-569-2295
 School District 57 .. 250-569-3186
 1-800-256-7857
 Gov't Serv. BC. 250-569-3760
 Village 250-569-2229
 Reg'l Dist' 1-800-667-1959
 RV Comm. Serv. 250-569-2266
 Food Bank 250-569-3186
 Fire Hall 250-569-3117
 Dental Office .. 250-569-3434
 The Little McBride Paper .. 250-569-3110
 Report Forest Fires - 1-800-663-5555
 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.

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

Gerald Moore
 M4
CONSTRUCTION
 General Construction
 250 569 7147

RENOVATIONS
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 BIG & LITTLE - CABINETRY & FINISHING
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 From "Dome Gnomes" and
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 We have something new for you!
 Located in the Train Station
 WINTER HOURS OPEN 9-5 DAILY, CLOSED 12-30-1:30

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Visit our Gas Bar in Prince George:
 6749 Westgate Avenue - Tel: 250.964.2697

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
 TF: 866.309.2667

Rich boyz MECHANICAL AND TOWING
 250-569-2470
 Light & Heavy Duty Towing
 BCAA Provider

Heavy Duty & Commercial Transport Mechanical
CVSE Inspection Facility
McBride AG Foods
 250-569-0140

FRESH HERB DAY!!!
Caslot Now On
 Until Saturday, March 2
 ALWAYS CANADIAN
 OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,
 Sat. 6:30am-6pm, Sun. 9am-5pm

Apartment in downtown McBride
for rent.
Phone 250-885-6917 for details

A LITTLE THINKER...
 Everything is edible,
 some things are only edible once.

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

LINDA FRY
 PERSONAL INCOME TAX RETURNS
EFILE FOR FAST REFUNDS
 MONDAY TO FRIDAY, 8AM TO 12NOON
 532 MAIN STREET, MCBRIDE
 250-569-0138
ANOTHER LITTLE THINKER...
 Stress is when you wake up screaming
 and you realize you haven't fallen asleep yet.

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.

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

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**FEBRUARY 27 IS
PINK SHIRT DAY**



- ACCOUNTABILITY
- AWARENESS
- BULLYING
- CAMPAIGN
- COERCION
- DOMINATE
- DONATIONS
- HARASSMENT
- HELPLINE
- HOMES
- INTIMIDATE
- KINDNESS
- MOVEMENT
- ONLINE
- PERCEPTION
- PINK
- PROGRAMS
- RESOURCES
- RESPECTFUL
- SCHOOLS
- SOLIDARITY
- SUPPORT
- SYMBOLIZE
- THREAT
- WORKPLACE
- WORLDWIDE