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LICENSED AUTOMOTIVE & DIESEL MECHANICS

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



REGIONAL DISTRICT of Fraser-Fort George

ROBSON VALLEY RECREATION CENTRE

The Regional District of Fraser-Fort George is seeking experienced Caterers (who have a current catering permit issued by Northern Health) that would be interested in providing concession services at the Robson Valley Recreation Centre on an "As Required" basis.

Caterer would have full use of the concession area, appliances and equipment contained therein, owned by Regional District, for which they would be charged a rental rate.

Caterer would be required to:

- meet all Northern Health food regulations:
- provide proof of liability insurance in the amount of \$5,000,000 with the Regional District shown as an additional insured on the certificate:
- meet all labour codes and provide WorkSafeBC coverage for their employees.

Caterers would supply food and labour to provide food services from the concession at dates and times as requested by the Regional District.

Services would be required for events such as, but not limited to:

limited to:

* special events.

* special events.

therefore should send a letter outlining their catering redentials, previous experience and three references. The egional District will review and contact short listed candidates

e email your proposal to:

SSIGN ESSENTIALS NG

VALENTINE'S DAY
CARDS, CANDIES, CHOCOLATES
AND MUCH MORE
Kerig K Cup Destination .66¢ & .89¢ each
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FREE The Little FREE









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!

MGBRIDE MOTEL NEWS

Triathalon Results: 1st place - Penny Rivard & Wayne Isbister, 2nd place - Sharon Glover & Wes Chorney, 3rd place - Deb Kelly & Matt Slaney. It was a lot of fun! A huge thank you to Marty & Deb for helping organize this event, and to all that came out. Thanx for your patience seeing as how this was a first time experiment. We will definitely do it again!!

Super Bowl/Pool Tournament Results: 1st place - Stacey Schock, 2nd place - Marty Kelly & 3rd place Howard Logan! It was a small crowd but thank you to all who braved the cold to play watch & have some chili. Thanx to Howard & Val for their expert score keeping, Wes & Lanny for making popcorn. So very glad Sonnia & Hal could join us, we miss them!

DATE GHANGED

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

BIRTHDAY WISHES FEB. 6-12

Adele Ford, Lorna Hallwas, Paula Taphorn, Karen Craigue, Roger Wiltsie, Rave Casutt, Mabel Wilcox, Brandon J Andrews, Dwayne Flynn, Georgie Blackburn, Kevin McCarty, Sara Olofsson, Walker Taphorn, Garry Moore, Lara Junek, Ron Westlund, Sabrina Lacombe, Sara Friesen, Wesley Andrews, and to any we missed, Happy Birthday!

GOMING EVENTS

Valley Piecemakers Quilt Guild next quilt weekend is Fe 8, 9, and 10. Guild meeting is at 12:00pm on the 9th for this February this month

Fabric and Sewing Notions Rummage Sale at the Elks Hall McBride on Saturday, February 9th from 1pm to 4pm. Great de to be had. Please no early birds.

Legion Bingo February 6, 2019 - Bingo will be the

Legion Bingo February 6, 2019 - Bingo will be the 1st Wednesday of the month only.

Community Futures - The Leadership Challenge A Wiley Brand - Leadership is Everyone's Business! Are you interested in developing your leadership skills? Or enhancing your team? If so the Leadership Challenge Workshop is for you! This FREE workshop has limited seating so register today! Pre-Registration is required, deadline February 11th. (Dinner will be provided, please notify us of any food allergies.) Valemount: Wednesday, February 20, 2019. Evening Session: 3p.m.-9p.m. -Valemount Learning Center. McBride: Thursday February 21, 2019. Evening Session: 3p.m.-9p.m. -McBride Library.

Robson Valley Music Society Presents: KYM GOUCHIE LIVE IN CONCERT!!!! Saturday, February 9th at the Dunster Schoolhouse. Doors @ 7:00pm, Music @ 7:30pm. Singer/Songwriter Kym Gouchie is from the Lheidli Tenneh Nation in Prince George, B.C. Canada. One of Northern BC's fastest growing recognizable Indigenous Artists, Kym Gouchie is fostering change through her music and art. Her voice can be heard around First Nations and woman's issues, the Highway of Tears, Red Dress Campaign, using her music for reconciliation, education and awareness. \$15 @ the door!!!

ittps://www.kymgouchie.com

EGION BINGO - Bingo has started, 6:30p.m. Early Bird.

Singo is the 1st Wednesday of the month until June 2019. Everyone

Via-Rail Schedule
Going West - Su
Going East - M
Discounts for

| Via-Ran | Going West - Sunary | Going East - Monday, Thursury | Going East - Monday | Going 1-800-256-7857 250-569-343 Report Forest Fires -guiry B.C.-1-800-663-7867 - For Toll F

downtown McBride **Apartment** in for rent.

Phone 250-885-6917 for details

A LITTLE THINKER...

SHOPS ON MAI Efficiency is a highly developed form of laziness.

246 Main Street (McBride Trading Co.) rsdays and Fridays 10-2

Grand Re-opening of SHOPS
on February 7th and 8th.
Welcome back to all our vendors and community.
Come on in and have a look at the renovations!
Show your I ve for local!!

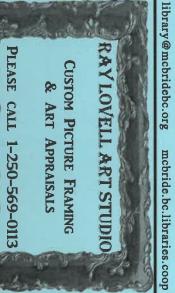


n Street McBride, BC V0J 2E0

Free February

Fines

Bring in items for the Food Bank and we'll clear your fines!
All non-perishable items welcome, especially beverages.



WHISTLE STOP GALLERY



Have you been to the Whistle Stop lately?

From "Dome Gnomes" and

"Forest Fairies" to

"Tom's mountain wildflower honey.

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

Robson Valley Caregiver Support Group
Where: Community Health Building, McBride
When: February 19, 2019 from 2-3 pm

For those caring for spouses, family or friends

- exchange information and friendship with oth affected by dementia.
- Access the most current information.
 Learn and share practical tips for coping with

change.

• Decrease feelings of loneliness and isolation

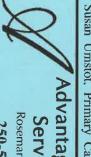
• Express feelings and be reassured that these feelings are normal.

• Find a sense of hope

Supporting a person with dementia, can be incredibly

People in this situation experience a variety of feelings. The demands of the disease can make it difficult to stay in touch with friends and family, and can lead to loneliness and isolation. Come and join us!

Contact for more information:
250.569.2018
Umstot, Primary Care Nurse, McBride



Advantage Insurance Services Ltd.

250-569-2264

CURLERS, OLD TIMERS HAVE A GREAT TIME BASKETBALL PLAYERS

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1136 - 5th Ave. inside the McBride Hospital

AND HAVE FUN GOOD LUCK

HOCKEY PLAYERS LADIES CURLING AND TO ALL THE **OLD TIMER** TO ALL THE

Help us celebrate our



1 YEAR ANNIVERSARY!

JOIN US FOR - LIVE MUSIC, AND TREATS AND ENTER FREE REGULAR COFFEE

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LAUNDROMAT NOW OPEN

She was a mathemachicken

(250) 569-7812

I had a hen who could

Robson Valley Septic

GOMMUNITY ANNOUNCEMENTS

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.unbc.ca/weather/cmos-mcbride/

John Dunn: Ellesmere Light Expedition. Lecture & multimedia presentation on a summer crossing of Canada's northernmost island. Monday, February 11th at 7pm at the Roundhouse Theatre. By donation. Dunn is a National Geographic published photographer. Join us for an adventure of 750km in 50 days, as Dunn brings Ellesmere Island to life with stories and images from his 2010 expedition. For more information, check out www.arcticlight.com.

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 VOJ 2E0.

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

OPEN GATE GARDEN NEWS

Open Gate Garden Annual Seedy Saturday, February 23, 2019 More information will follow. Thank you, OGG.

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.

McBride Basketball - Colin Axelsen Classic. February 8 & 9, 2019 at the McBride Highschool Gym. McBride Sr. Boys play on Friday, 2:00p.m. and 5:10p.m. and Saturday, TBA. Full Concession. 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. Etransfers 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 2018-19 school year; newborn -5 year olds + their caregivers; drop-in (except non-instructional-day weeks when the programme will be on Wednesdays) 8:45-11:45a.m.

BUY, SELL, RENT & MISG.

For Sale-Nintendo Switch with extra controllers and games. \$240. Phone 778-989-7649••For Sale-4 Arctic Cat Studded 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: Used items from renovation - all in working condition water softener - offers; oil furnace - reconditioned - offers; furnace fuel tank - \$300; 2 toilets - good condition - \$35 each; double stainless steel sink - \$20; 150 gal. fuel tank - \$100. Call 250-968-4370••For Sale-2011 Ford Fiesta, loaded. 80000k, 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.

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 Terri•Foodbank contact number is 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph: 569-3370•Mennonite 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.

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Robson Valley

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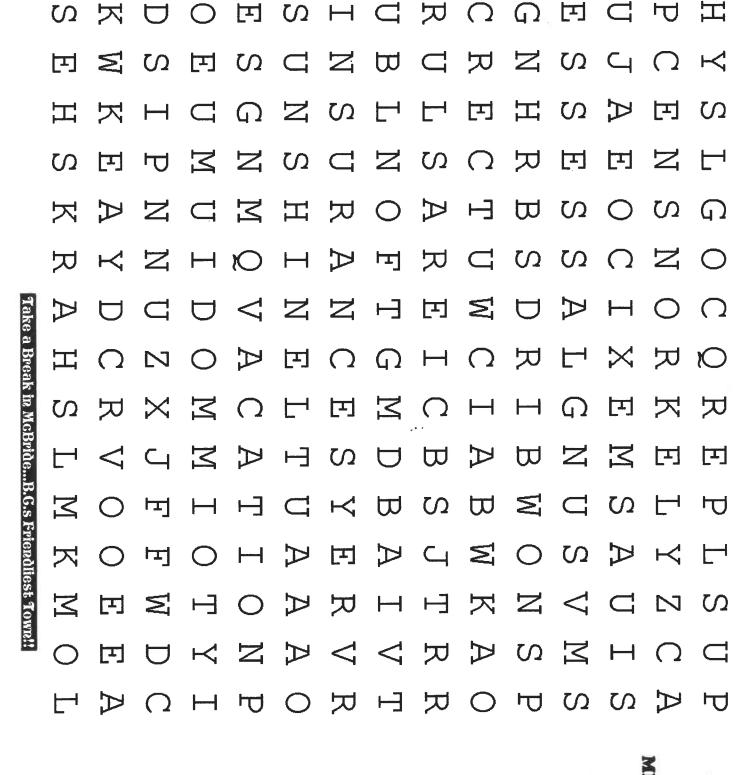
Painting



Call Phil 250-569-0205 or 7731

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 clear 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.



ROBSON VALLEY RO

SUNHAT SUNSCREEN SUNSHINE BEACH CARIBBEAN TROPICAL VACATION SURF SAND MEXICO PASSPORT CRUISE TOWEL SWIMSUIT SWIMMING SNOWBIRDS SUNGLASSES SUNBURN SNORKEL SHARKS SEASHELLS SANDALS PARASAILING INSURANCE IMMODIUM