Jigglin' Carizzly Pub FREE The Little

Thursday-Friday-Saturday-Sunday

Open at 11:00 am



Daily lunch & dinner specials





MGBride

FREE







For the week of Wednesday. March 20th. 2019

LOGGERS BONSPIEL DANGE

McBride 250

AG 0-569-0140

Foods

Heavy Duty & Commercial Transport Mechanical

BCAA Provider

CVSE Inspection Facility

Light & Heavy Duty Towing

250-569-2470

boyz

MECHANICAL

HORSESHOE LAKE VENTURES McBride & District Chamber of Commerce Loggers Bonspiel Dance will be Saturday, March 23rd at the Elks hall. 9:00p.m. Tickets are available at Robson Valley Essentials and the Visitor

100 Mountain View Rd. McBride, B.C. V0J 2E0

250-569-0075

DOWN TOWN THRIFT STORE

Dollar Bag Days are here again. Tuesday, April 2 and Friday, April 5. We will be closed the following week, April 8-13, to start putting out the summer clothes. Open Tuesday, April 16. Closed Good Friday, April 19. After that it's back to regular days, Tuesdays and Fridays, 1-3. Wishing everyone a happy Easter with family and friends, and again "Thank You" everyone who has supported us by giving and buying. -McBride Ang/United Church

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/Repair -Automotive Parts/Accessorie

BOOK NOW through your

NORTON CUT

Do you know that we carry CUTTING AND GRINDING ABRASIVES?

GOMING EVENTS

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. When: Sunday, March

MONDAY TO FRIDAY, 8AM TO 12NOON 532 MAIN STREET, MCBRIDE 250-569-0138

MASSAGE, OSTEOPRESSURE
50-968-4509 FOR INFO AND TO BOOK APPOINTMENT
EMBER OF NATURAL HEALTH PRACTITIONERS OF CANADA

BARBARA FAUST

PERSONAL

INCOME

TAX RETURNS

Mon.-Thurs. Sat. 6:30a

Fri. 6:30am-7pm. 9am-5pm

INDA

1pm - 5pm.

ve the Date - McBride Ducks Unlimited Banquet Dinner and ction April 27, 2019. Tickets available from committee members.

Sko-Tai is Returning in March

REGULAR

HOURS

BC VOJ

10-5pm,

7-9pm

Saturdays: 2-5pm

PUBLIC LIBRARY

McBride & District

250-569-2411

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robsonvalleyrealty.ca

eye health clinic Optometrists

Direct Billing for many plans

& Frames on site
April 15-16 in Valemount
& 17-18 in McBride

Comprehensive Eye Exams

Local Health Centre

Tai utilizes examination of color changes & markings on the eyes, tongue & teeth to determine health changes in the body. Muscle testing (Kinesiology) is utilized to determine the weakest & most damaged organs & glands which are causing health issues. Kinesiology is also applied to determine which foods are negatively impacting the body & which herbs will aid the body in healing. We are all unique, like a snowflake, so a food that may be healthy for one person, may actually be detrimental to another, because of our genetic make-up & other causal factors throughout our lifetime. The system follows the principles of Cleanse, Repair & Maintain to achieve optimum health. If you are a client of Sho-Tai or would like to be, please contact Kelly or leave a message at 250-968-4400. Kelly also maintains a local supply of Sho-Tai herbs for clients.

The sole purpose of a child's middle name, so they can tell when they are really in trouble

421 Main Street 250-569-7176
20% off Select History/DIY Books
Puppets 10-20% off
New Stock Arriving Daily!
Wed-Fri 10-5, Sat 10-2

MCKALE HOUSE

778-258-0064

Sue

& Me

Eatery

Have you tried the...

Beef Bulgogi

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. 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 2019 school year; newborn -5 year olds + their caregivers; drop-in (except non-instructional-day weeks when the programme will be on Wednesdays) 8:45-11:45a.m.

Stir fry Moodles and Consomme

The Always Popular KfC! (Korean Fried Chicken)

BIRTHDAY WISHES MARCH 20-26

Don't forget the Amazing Rib Breakfast!

See You There!

, Shrimp, L.

Blackened Sticky Chicken

Ryan Vizza, Wolf Werner, Ashley Ramsay, Linda Hodgin, Nathan Savarella, Justine Thiel, Ole Quam, Rachel Kent, Teresa Caputo, Mark Ondang, Omar Morad, Hailey Savarella, Kaycee McLennan, Carsten Hooker, Darius Lewis, Shawn Desfosses, Amanda Mercer, Chantal Swets, Darian Niblett, Elysha DeRose, Peter Gredling, and Carsten Hooker, Darius Lewis, Shawn Desfosses, An Chantal Swets, Darian Niblett, Elysha DeRose, Peter to any we missed, Happy Birthday!

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.

So Much More & Expanded Evening Hours! Sun, Mon & Wed Jam - 3pm Tues Closed Thurs., fri., Sat. Jam - 9pm 250-569-0080 Main St., McBride ROBSON **ESSENTIALS** VALLE Important Phone Numbers EMERGENCY 9-1-1 Gov't Serv. BC. 250-569-3760 EMERGENCY R.C.M.P. 250-569-2255 Village 250-569-2229 V Hospital 250-569-2251 Reg'l Dist' 1-800-667-1959 V Health Unit 250-569-2251 RV Comm. Srv. 250-569-2266 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

EARTH LUXE PRODUCTS 250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30 IN STOCK Health Unit 250-569-2251 RV

K to 7 School ... 250-569-2721 Foothigh School 250-569-2295 Fire School District 57 Dental Office 1-800-256-7857 250-569-3434

NOW AVAILABLE - Keurig Pods 24pk

Check Out Our facebook Page

80 **AUTO SERVICES**

250-569-2666

LICENSED AUTOMOTIVE

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

WHISTLE STOP GALLER



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 &
Valemount

CO-OP

Four Rivers

Visit our Gas Bar in Prince George!

Commercial, Farm & Personal

6749 Westgate Avenue - Tel: 250.964.2697

Valemount Cardlock: 1500 - 9th Avenue McBride Cardlock 2130 Zeidler Road

Fridays: 2-9pm Tuesdays: 10-5pm, 7-9pm Wednesdays and Thursdays: 10-5pm

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

New vendors welcome

Call

250-569-

7460

Show your I ve for local!!

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

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

DIESEL MECHANICS

Report Forest Fires - 1-800-663-5555 Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to Provided this Number 1st and activated the Provided Pro

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

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

Dunster Schoolhouse Request For Bids

- "Cleaning at the Dunster Schoolhouse."

 We are looking for a person or persons who would be available on an "on-call contract basis" to do deep cleaning at the Dunster Schoolhouse. The first priority is the playroom.

 Tasks that need to be completed include:

 * walls washed

 * windows washed inside and out

 * floors washed; carpet vacuumed and cleaned

 * Shelves wiped down and toys sorted

 * toys sanitized

 * children's clothing exchange sorted and folded with winter clothes stored away

 All cleaning supplies will be provided.

 Cleaning to be completed by Thurs., April 11, 5:00 p.m.

 "The lowest or any bid not necessarily accepted"

 Bids to be submitted to

 The Dunster Fine Arts School Society,

 c/o Pete Amyoony, General Delivery, Dunster BC V0J 1J0

 by Friday, March 30th at 5:00 p.m.

 For more information call Pete at 250-968-4334 or

 e-mail at peteam@telus.net

Thank you for your interest in community programs at The Dunster Schoolhouse



Great Specials
Every Week!

This Weeks Special
GIFTWARE & RODGERS CHOCOLATES

LAUNDROMAT NOW OPEN Open Mon.-Fri. 10am-5pm Sat. 10am-3pm



Rosemary Services Ltd. osemary L. Hruby, CAIB 250-569-2264

& HOCKEY PLAYERS Good Luck to THE CURLERS

The future, the present and the past walked into a room.

Things got a little tense.

Robson Valley Septic

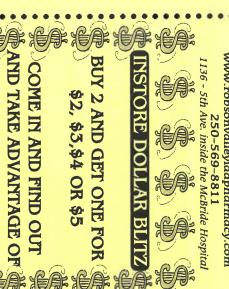
(250) 569-7812

business is our business!" ©

ROBSON VALLEY PHARMACY

EN Mon.-Fri. 9-5, Sat. 9-3, Sun. Clc www.robsonvalleyidapharmacy.com

OPEN Mon.-Fri. 9-9-3, Sun. Closed



NEW ITEMS ARE STARTING TO ARRIVE. POP BY AND SEE WHAT'S NEW!

THE SPECIAL SAVINGS



NEW Soy Wax/Wood Wick lots of great fragrances. Candle Collections - 4 different styles and Check out our

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

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,

HAIR SHOPPE

8-258-0343

The

GOMMUNITY ANNOUNCEMENTS

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 wlfranke@telus.net. Registration will take

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

ANOTHER

BORSESHOEING

Ву time a man realises that his father he has a son who thinks he's wro right,

Gary Schwartz Farrier Service

Irlsh

d

Your A

Beanety 2)

250-569-3319

McBride, BC

Coffee

for one of ours

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.

250-569-3319

Website with information and galleries www.pethostel.ca

Pet Hostel

Grooming & Boarding

Ann Schwartz - Animal Health Technician

Robson

Valley

BUY, SELL, RENT & MISG.

Dog Bones & Bird Suet \$5.00/Bag.

Now carrying Smoked Bones and Smoked Live
at Uncle Mark's Meat Shop

Daily, Weekly & Monthly Rates
800 Samson Rd. McBride (bottom of Lucille mountain

Cabins

Hall for viewing, arrangements made through Len. 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 Discover 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 SaleUS 1000 watt Quartz infrared heater, continuous heat, remote. \$465.
Phone 250-569-2466-For Sale-Acreage. Ph: 250-569-7518-For SaleSale-Stihl and Husky chain saws, a good selection of bars and
chains to get ready for firewood season. Phone Warren Ph: 250-569-PIANO FOR SALE (BEST OFFER)-The McBride Elks PIANO FOR SALE (BEST OFFER)-The McBride Elks are selling their early 1900's Kingsbury Piano. Make us an offer by calling Len Downing at 250-569-2630. Located in McBride Elks

GHURGH 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 & Fri. 1:00-3:00•Dorcas-Adventist Community Center. Open Tues. 1:00-3:00. Contact Number 250-569-2479 Terri•Roodbank 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 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 250-569-2306.•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 news, trivia, comments, anything!! 250-569-3110, Fa email:sglines3@telus.net, P.O. Box 441, McBride, B. drop off at 455 King St. If we don't know about it, the public about it! Scott & Susan Glines (Oscar & All articles and ads are not the expressed opinion of this pa th all coming events, 10, Fax:250-569-0220, de, B.C. VOJ 2E0 or out it, we can't inform

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

R3 ACRES,

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 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.

LITTLE THINKER...

LIBRARY NEWS

Open Mic Night with the Valley Bat. Friday, March 29th at 7pm. Bring your talent! Bring your instrument! Bring your 'texts from Vern! Bring your fun.

Monthly Book Discussion meets Thursday, March 28th at 1:30pm. This month's theme is "Canadian Classics". All welcome to join the conversation! Bring a title of your own, or stop by the

Open Monday's, Thursday-Saturday 780-236-4222

Fourth & Main \ Hair Studio

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

Meraki Builders

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

Franke and Sons Automotive Ltd. Repairs - Tires - Windshields

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UNCLE MARK'S CUSTOM MEAT CUTTING
Field to Plate Service "Stress free animals

Game make better meat"

7805 "Serving the Robson Valley" Robson Valley Longorm

Now open Ham to 5pm 3709 Hinkelman Rd, McBride All other days and times please call or text Georgie at 250-569-7433

Thursdays and Fridays

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INSULATION & DRYWALL

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

D&TINDUSTREES

₩ BLADE ₩ BUCKET ₩ BLOWER ₩ DUMP BOX SANDING NOW AVAILABLE

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

PARVIN 250-569-7758 or TOVI 7050

UPCOMING WORKSHOP SUSTAINABLE NOT-FOR-PROFIT

Are you a Not-For-Profit within the Northern BC region, with an interest in learning about ways to build a sustainable organization?

Community Futures Fraser Fort George

will be hosting a 1-day, 5-module workshop to support sustainability and resiliency for rural based not-for-profit organizations, societies, social enterprises, charitable organizations & foundations.

Pre-Registration is required: Workshop is free to attend (Lunch will be provided, please notify us of any food allergies.)

TOPICS COVERED

- Board Governance
- Strategic Planning & Measuring Success
- Building Leadership Board Recruitment & Succession Planning
- Asset-based Operational Planning
- Building for Proposals, Project Plans & **Evaluation Frameworks**

Saturday, March 30 // 9am - 5pm McBride:

McBride Library

521 Main Street, McBride, B.C.

Valemount: Saturday, April 27 // 9am - 5pm

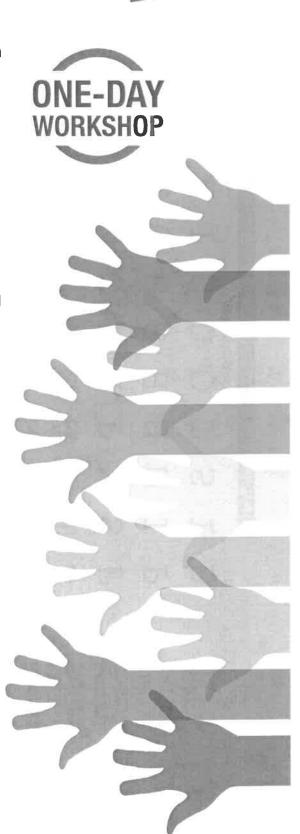
Valemount College

99 Gorse Street, Valemount, B.C.

Participants from other rural areas are welcome!

REGISTER BY PHONE @ [250] 562.9622 **OR ONLINE** @ www.cfdc.bc.ca/calendar/





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> SUSTAINABLE THRIVE FRESH



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