

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?
- That Tom Yum?
- Tika Eggs Benny?
- Pizza?
- Big-A** Cinnabuns?
- 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

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30
 WE HAVE A GREAT SELECTION OF
ESSENTIAL OILS
 & **DIFFUSERS**
 *****Kerlig K Cup Destination .69¢ & .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 2E0
 250-569-0075

Do you know that we carry

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 -Dog and Cat Food
 - Full Hydraulic Hose and Fitting Supply
 -Automotive Parts/Accessories



M&M's
CHOCOLATE BARS
 107-113 g ~ 2 for ~ \$7.00
LAY'S CHIPS
 180 g ~ 2 for ~ \$6.00
HERSHEY'S KING SIZE BARS
 62-85 g ~ 2 for ~ \$4.00

ROYAL LEPAGE

ROYAL LEPAGE FRANCHISE GROUP

REALTOR® MIKE MOSLEY

robsonvalleyrealty.ca

Buyers: Are You Qualified?
Sellers: Do you have \$ to Burn?
 Why pay high commission rates?
 You can save thousands?
 FULL SERVICE MLS
 CALLTEXT
778-258-0064

A LITTLE THINKER...

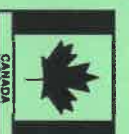
Why do we press harder on a remote control when we know the batteries are getting weak?

FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area since 1996!!!
 For the week of Wednesday, March 6th, 2019

IN LOVING MEMORY

To honour the life of Keith Hareus. This coming Saturday, the 9th of March, from 11:30 - 1:30, the Dunster Market and Soup Kitchen will be sharing a POT LUCK LUNCH. It will be held in memory of Keith Hareus. Keith bought a place in Dunster up Ranch Rd. in 2006 then last year, with the help of friends, he built his dream bachelor pad in a new location on Reed Road. Then suddenly last week Keith died of heart failure. Since he has no family here, as a community, we wish to remember him together. Come for lunch, because it was what Keith enjoyed the most. Join us in supporting each other and in remembering Keith. All donations will go to a memorial plaque and to his daughter Kryssia in Vancouver.

Sho-Tai is Returning in March

Elijah Robinson, Class 3 Sho-Tai Practitioner, will be returning to McBride & Valemount in March. He will be in McBride, Wednesday, March 27 & in Valemount, Thursday, March 28. Sho-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.

THANK YOU!

The Yellowhead Ski Club would like to thank the many volunteers and sponsors who have helped us this season. Thank you to Danielle Alan of the Regional District (Area H), and to Sandy Mackenzie of the Headwaters Recreation District for grants that allowed us to upgrade some equipment, and continue operations. Thanks to the McBride Community Forest Corp. who kept the Belle Mountain Road cleared and accessible. Finally, we appreciate all of the volunteers who helped to cut willows, groom trails, clean the cabin, pack supplies in, pack garbage out, repair machinery, collect memberships, complete paperwork, and assist with our operations. Thank you!

COMING EVENTS

International Women's Day 3:15 to 4:15 on Friday, March 8th at the McBride Public Library. Join us for an hour of storytelling and readings, coffee and cake to celebrate International Women's Day in the valley. Everyone Welcome! Contact: Nancy 250-968-4358 or Penny 250-569-0043.

SnoFest is back! With warmer weather in the reports, we'll be celebrating snow on Sunday, March 10th from 1-3pm. Come on out for FREE public skate and skate rental, FREE curling (please bring clean shoes!), FREE hot dogs and hot chocolate in the park! Street hockey (bring your stick!), cross country skiing, snow shoe races, snow golf and more! Thanks to the Village of McBride and McBride Community Forest for their support of our fun family celebration of winter!

Robson Valley Trappers' Get-Together Sunday, March 10th, 10:00 a.m., in Chuck's shop, 6560 Pepper Pt. Rd. For information: Chuck 250-968-4400 or Claude 250-968-4459.

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!

"Our Daily Bread" is the theme for the World Day of Prayer Gathering, Sunday, March 17 at 2 pm at St. Patrick's Catholic Church Gathering Room. There is such need in our world - many are hurting and hungry. We will gather as community for conversation and for prayer to explore this need. Having recently witnessed the need in Cuba, Kim McNaughton will facilitate the conversation with Cuba as our starting point. All are welcome!

Farmers Institute Banquet April 13th, 2019. Doors at 5. Dinner at 6pm. Dance at 9pm. McBride Community Hall. Silent Auction, Door Prizes, Product Booths and Displays. Guest Speaker. Tickets available at Robson Valley Essentials, The Farm Store, Welcome Home, Dunster Store, and from FI Members. Adults \$25, Children (3-12yrs) \$10, Infants free. All welcome. Come and enjoy the company of your neighbours and some great food!

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 250-569-2229
 Hospital 250-569-2251 Reg'1 Dist' 1-800-667-1959
 Health Unit 250-569-2251 RV Comm. Serv. 250-569-2266
 K to 7 School .. 250-569-2295 Food Bank 250-569-3186
 High School 250-569-2729 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
 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 Friendliest Town!!

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



Four Rivers
 Co-operative

Delivering Fuel
 East to McBride &
 Valemount

Commercial, Farm & Personal
 Visit our Gas Bar in Prince George!
 6749 Westgate Avenue - Tel: 250.964.2697

Prince George:	Valemount Cardlock:	McBride Cardlock:
Tel: 250.564.3488	1500 - 9th Avenue	2130 Zeidler Road
TF: 866.309.2667	Valemount BC	McBride BC
Fax: 250.564.3433	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 FISH FRIDAY!!!!

- Sole
- Steelhead
- Rock Fish

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

LINDA FRY

PERSONAL INCOME TAX RETURNS
EFILE FOR FAST REFUNDS
 MONDAY TO FRIDAY, 8AM TO 12NOON
 532 MAIN STREET, MCBRIDE
 250-569-0138

MCKALE HOUSE

421 MAIN STREET 250-569-7176

Just to let you know...

We're opening again next week! WED March 13
 Come by to check out our book specials!
 Treat yourself to a coffee/tea/cappuccino!
 Check us out on FB!!

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

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

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

INSTORE DOLLAR BINZ

BUY 2 AND GET ONE FOR \$2, \$3, \$4 OR \$5

COME IN AND FIND OUT AND TAKE ADVANTAGE OF THE SPECIAL SAVINGS

More than a gift store!

CHECK OUT THE NEW - CHOCOLATE CHAI AND MONTEZUMA (CHOCOLATE AZTEC) LATTESS!



WISHING THE SENIOR BOYS BBALL TEAM - SAFE TRAVELS, AMAZING ADVENTURES AND A GREAT TOURNAMENT!
GO MUSTANGS!

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

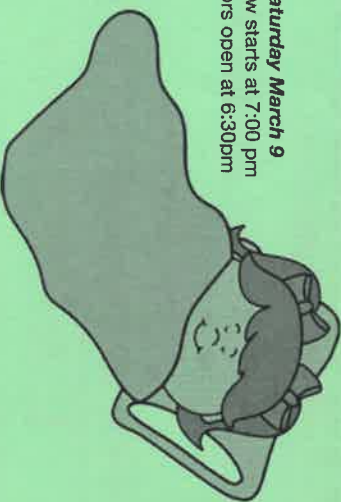
WISC Presents

In your Dreams...



-Raffle Table
-MFSC Bake Sale
-5D/5D Draw
-Raffle Ticket Draw
Concession by Live Different

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



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

Who Invented King Arthur's round table? Sir Cumberlee!

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

Advantage Insurance Services Ltd.
Rosemary L. Hruby, CMB



250-569-2264

Congratulations to all the Skaters!

RAY LOVELL ART STUDIO

CUSTOM PICTURE FRAMING & ART APPRAISALS

PLEASE CALL 1-250-569-0113

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.

BIRTHDAY WISHES MAR. 6-12

Mathue Miskie, Molly Chambers, Chantelle Jackson, Lacey Blouin, Michael Savarella, Ann Schwartz, Betty Baer, Lonnie Gustafson, Alyssa Doherty, Kevin Chupka, Sarah Simanton, Amy Hodgin, Hazel Sprecher, Therese Gasser, Alleson Leask, and to any we missed, Happy Birthday!

COMMUNITY 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 wilfranke@telus.net. Registration will take place in early April.

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/>

LIBRARY NEWS

LAST Mother Goose in McBride. Wednesday, March 6th at 11am. Join Lotte (RVCS) and Naomi for songs, a story, and a snack. Aimed at ages 0-3 but all youngsters and their caregivers welcome. Thanks to United Way's Success by Six for funding our snacks this year!

How to support a friend who has dementia or is a caregiver: Online/tele-workshop from the Alzheimer Society of British Columbia. Community viewing on Wednesday, March 6th, 2-3pm at the Library. Want to support someone with dementia? This tele-workshop provides practical tips on how to communicate with a person with dementia, or how to offer types of support to them or their caregiver. Open to everyone! Followed by conversation with Susan Urmistot, Primary Care Nurse with Northern Health.

Q & A: Measles and Vaccination. Join Primary Care Nurse Susan Urmistot and Public Health Resource Nurse Bernita Nesjan for a conversation about measles and the MMR vaccine. Thursday, March 7th at 2pm at the library. With the recent outbreaks in BC you may have questions or concerns. Come get information from our Primary Care team over coffee and tea. All welcome!

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 library for one of ours.

Food Bank February will extend until March 15th. 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!

Missing: the library copy of Canada Reads title "By Chance Alone" by Max Eisen got mixed in with our free books box by mistake. If you have our copy at home, we sure would love to have it back. Thanks!

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.

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 de-wormed. Parents are working dogs. Contact Phyllis at 250-968-4493 or email rpkl2305@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 Sale-4 Arctic Cat Studded Tires, M&S 195/65R15, F15 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, 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.

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything! 250-569-3110, Fax:250-569-0220, email:sglness3@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 Glines (Oscar & Broom) All articles and ads are not the expressed opinion of this paper or it's owners.

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



Robson Valley Logging Supplies
Oubling Supplies
Thursdays and Fridays
Now open 11am to 5pm
3709 Hinkelbaur Rd, McBride
All other days and times please
call or text Georgina at 250-569-7433

INSULATION & DRYWALL

250-569-0320

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

SNOW REMOVAL
D & T INDUSTRIES
*BLADE *BUCKET *BLOWER *DUMP BOX TRAILER *
SANDING NOW AVAILABLE

WE CAN'T STOP IT FROM COMING, BUT WE CAN KEEP IT OUT OF YOUR WAY!
DARVIN 250-569-7758 or TOWN 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 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.

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

Irish-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 Incline 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
Thursday-Saturday
by appointment
call or text
780-236-4222

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

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

UNCLE MARK'S CUSTOM MEAT CUTTING
Field to Plate Service
for domestic and Game
Mak Roth 250-569-7805 "Serving the Robson Valley"

The Farm Store



Great Specials
Every Week!

This Weeks Special

Frozen Roasting Chicken - Farm Raised
on NON GMO Feed \$3.50/lb

Open Mon.-Fri. 10am-5pm Sat. 10am-3pm
1011 Frontage Road 250-569-0425

LAUNDROMAT NOW OPEN

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 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.

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 •Doreas-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 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 250-569-3206. •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.

INTERNATIONAL WOMEN'S DAY



Z X G C C I M O N O C E F T J
J H J H L N E M O W G S E N T
Y D N O I T A R T S N O M E D
E T A R B E L E C L I C P M C
S S E N E R A W A J R I O E I
R S G P R N S C C P I A W V F
U E N Y A A I T G I P L E O O
O R I N T T D L H F S Y R M G
C G V B I I X V A G N K M A N
S O L L O O L Q O N I P E R L
I R O A N N U A L C G R N C O
D P V L N A T K U P A U T H F
N C E Y W L M F Q H C A Z X
S U F F R A G E N D E R Y G E
S U O M G N O I T C A D T F E

ACTION	DISCOURSE	INSPIRING	POLITICAL
ADVOCACY	ECONOMIC	INTERNATIONAL	PROGRESS
ANNUAL	EMPOWERMENT	LANGUAGE	RIGHTS
AWARENESS	EQUALITY	LIBERATION	SOCIAL
CELEBRATE	EVOLVING	MARCH	SUFFRAGE
DEMONSTRATION	GENDER	MOVEMENT	WOMEN

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