

Sue & Me Eatery

News from Sue & Me on Main Street
OPPORTUNITY AVAILABLE!

Sue and Me are looking to hire a Kitchen Apprentice. Professional cooking experience is not necessary. A hard-working and positive attitude are the most important requirements.

Drop by with a resume. No phone calls or emails please.

Sun, Mon & Wed Gam - 3pm *Tues Closed*
 Thurs., Fri., Sat. Gam - 9pm
 250-560-0080 *Main St., McBride*

MCKALE HOUSE

421 Main St. 250-569-7176
 Unique grad gifts for the
 McBride Secondary Grad in your life!

On the Places you'll go!

ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30
 WE HAVE ORGANIKA & LIFE CHOICE VITAMINS

Congratulations Class of 2019
 Keurlg Pods 24pk NOW AVAILABLE
 Check out Our Facebook Page

Gigglin' Grizzly Pub

Thursday-Friday-Saturday-Sunday Open at 11am
 Daily Lunch Specials 250.569.0101

Thursdays - 3pm to 8pm
 Burger & Beer \$20

Fridays - happy hour 4:30pm to 5:30pm
 \$5 Tap Beer and wells

Saturdays - 3pm to 8pm
 One Pizza with two drinks for \$33



HORSESHOE LAKE VENTURES



100 Mountain View Rd.
 McBride, B.C. V0J 2E0
 250-569-0075

Do you know that we carry
 LICE KILLER for POULTRY?

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/Accessories



A&L HANDYMAN SERVICES

250-968-4370

Quality Workmanship at a Low Price!
 • Carpentry • Flooring • Painting • Roofing
 • Plumbing • Specializing in Residential Fencing
 • Cattle Fencing Repair • Chimney Cleaning



SCOTT KEIM
Red Seal Journeyman Carpenter

250-569-7120

SHOPS ON MAIN

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

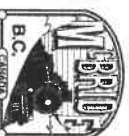
We have some grad gifts available!

Congratulations to the grad class of 2019!

Show your love for local!!

FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, June 19th, 2019

IN LOVING MEMORY



There will be a celebration of life for Debra Goodell on Sunday June 30, 2019 in Prince George at Grammas Inn in the banquet room. Starting at 1pm. There will be sandwiches, desserts, tea and coffee to follow.

DUNSTER ICE CREAM SOCIAL

The 42nd Annual Dunster Ice Cream Social at the Dunster Hall on Saturday, June 29th, 7:00pm. Dance at 9:00pm. Potluck cakes, cookies, squares, brownies, and lots more. Not to mention the Ice Cream in dozens of flavours. Dance all night to Roadside Splinter (A Donation box will be available to help cover the cost of the band.) Everyone Welcome! Adults \$8.00, Kids 6-10 \$6.00, and 5 and under FREE.

COMING EVENTS

The Robson Valley Fiddlesticks and String Ensemble will present a Concert on Sunday, June 23rd, at 5 pm in the Evangelical Free Church. Our program is a mixed selection of Fiddle, Pop, Jewish cultural, Russian 20th Century and Baroque music. Mr. John Van Leeuwen will be joining us to perform as soloist with our Baroque selection. We would love for you to join us. Refreshments will follow.

McBride Community Conversation on Cannabis: Wednesday, June 26th from 6:30-8:00pm at the McBride Library. All welcome to learn about cannabis from a variety of perspectives, ask questions in a neutral setting, voice your comments about potential production/distribution in the Valley, exchange ideas and gain understanding. Hosted by the Community Literacy Outreach Program in partnership with the Village of McBride, Northern Health, McBride Secondary, and the Library.

AGM

Yellowhead Ski Club AGM. The Yellowhead Ski Club Annual General Meeting will be held on Thursday, June 20, 4pm in the McBride Library meeting room. All are welcome. For more information, please contact Glenda Thompson, Brenda Monroe, or Terri Jensen. Email: yellowheadskiclub@hotmail.com.

Notice of Annual General Meeting - The McBride Roundhouse Theatre Society will be holding their Annual General Meeting Tuesday, July 2, 2019 at 7 p.m. Location: 433 Main Street - Advantage Insurance. All past directors and interested individuals are encouraged to attend.

BIRTHDAY WISHES JUNE 19-25

Brenden Savarella, Harrison Craigue, Mya Jackman, Trish Street, Bob Elliott, Lloyd Sansom, Tyler Froese, Carter Daykin, Matt Husky, Molly Shantz, Reed Scales-Ford, Stephan Kalnin, Dong Loyer, Mark Monroe, Ruth Desormeau, Danelia Rauter, Kelly Craigue, Matthew Vogel, Maykayla Buckley, Jaques Franke, Jessica Ondang, Marie Forman, Niklas Roth, and to any we missed. Happy Birthdays!

SHO-TAI

Sho-Tai is returning on July 8. Evan Dougherty, Class 2 Sho-Tai Practitioner, will be resuming his practice in McBride on Monday, July 8. Evan has travelled & practised with Terry Bell, the founder of Sho-Tai, for more than a decade. Sho-Tai utilizes examination of color changes & markings on the eyes, tongue & teeth to determine health changes in the body, past & present. 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. Even if a person is taking a herb or vitamin recommended for a particular condition, if it is not what their particular system needs, then the body must cleanse that item out, rather than utilizing it. 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.

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	250-569-2721	Food Bank	250-569-3186
High School	250-569-2295	Fire Hall	250-569-3117
School District 57	250-569-3434	Dental Office	The Little McBride Paper
1-800-256-7857	250-569-3110		
BC BUS...844-564-7494	Report Forest Fires - 1-800-663-5555		
Inquiry B.C.-1-800-663-7867	Report Forest Fires - 1-800-663-5555		

Dial this Number 1st and ask operator to connect you to provincial department ...

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

WHISTLE STOP GALLERY



250-569-8891

Bring your visiting friends and family down to the Whistle Stop to share the amazing talent of the 100+ artists and crafters from the Robson/Canoe Valley. There is always something amazing to see!

OPEN 9-5 DAILY IN THE TRAIN STATION

Visit, local, award-winning

jewellery designer

AT House of Jasper Silver Studio

Studio Hours:
 Thurs. Fri. Sat. & Sun.

141 Dominion St. McBride

www.HouseOfJasper.com/directions/ 11:00-3:00



Four Rivers Co-operative

Commercial, Farm & Personal

Visit our Gas Bar in Prince George!

6749 Westgate Avenue - Tel: 250.964.2697

Prince George:	Valdemount Cardlock:	McBride Cardlock:
Tel: 250.564.3488	1500 - 9th Avenue	2130 Zaidler Road
TF: 866.309.2667	Valdemount 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 FISHS FRIDAY!!!
 •Cod •Steelhead
SPECIAL: Striploin Steak
 \$9.98/lb.
 for the Summer
 Congratulations Grads
 ALWAYS CANADIAN

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

The Farm Store

Great Specials
 Every Week!

This Weeks Special...

All Vegetable Cell Packs
 50% OFF

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

LAUNDROMAT IS OPEN

ROYAL LEPAGE
 REALTOR

MIKE MOSELEY REALTOR
robsonvalleyrealtor.ca

Buying or Selling in the Robson Valley?
 Helpful, friendly, Professional Advice.

CALLTEXT

778-258-0064

mboseley@royallepage.ca

JNR AUTO SERVICES

250-569-2666
 After Hours call
 250-569-2726
 or 250-569-7016
 1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANICS

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



VILLAGE OF MCBRIDE

ICBC Autoplan Services

The Village of McBride, as of June 21, 2019, at 12:00pm, will no longer offer ICBC Autoplan Insurance Services.

Alternate ICBC Autoplan Brokers in the region can be found at: icbc.com/autoplan *Insurance/Find a broker* or please contact ICBC Customer Service at: 1-800-910-4222.

Thank you to everyone for your patronage over the years. ICBC Driver Licensing services at the Village of McBride office will remain unaffected. For further information please contact the Village office at 250-569-2229.

THANK YOU

The Library and Museum would like to thank the McBride Community Forest, McBride AG Foods, Robson Valley Home Hardware, the Tuesday Night Jammers, Dunster Fine Arts School Society, Mike Moseley, Mike Monroe & Betty Abbs, Lucille Green, Rita & Warren McLennan, for their donations, support and time, and to everyone who came out to visit and help us celebrate our first birthday in the new building and the school reunion!

YARD SALE

Yard Sale & Bake Sale at the St. Patrick's Church, 197 Dominion Street. Saturday, June 22 from 10a.m. to noon. Weather Permitting.

2019 ROBSON VALLEY

MUSIC FESTIVAL

August 16 & 18, Dunster. B.C. 60+ Artists from all over B.C., Canada, and the World! DJ Stubb • Redpath Dancers • Nangar • Jim & Penny Malmberg • The Dirty Show • Cocolafro • My Son The Hurricane • MNGWA • Duddy Mountain Men • The Giving Shapes • Naomi Shore • Jody Peck • Sarah Burton • Electric Audrey 2 • Meiwa • Managuroove • This Way North • Logan & Nathan • Annie Sumi • Interstellar Jays • The New Customs • Under The Rocks • Simbyez Wilson • Zomis • Foxxie Folles • The Green Fools • Jesaja • Tullara • Nice Verdes • Saltwater Hank • Navaz • Sarah Wheeler • Party on High Street • Athabasca Burnburner • Stephen Lewis & The Big Band Of Fun • Danny Bell & His Disappointments... and many more!! On Site Camping! Workshops! Vendor Village! Kids Zone! ~Sorry NO Dogs~. For Tickets and all other info RVMF.CA

INTERNATIONAL YOGA DAY



S	U	P	P	O	R	E	F	T	Y	F	N	O	T	Q	W	X	H	V	T	Q	W	X	Z	K
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