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

Drop by with a resume. No phone calls or emails please are the most important requirements.

Sun, Mon & Wed Jam - 3pm
Thurs, fri., Sat. Jam - 9pn
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VALLE

ROBSON ESSENTIALS Fri. & Sat. 9-5:30

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Daily Lunch Specials riday-Saturday-Sunday Open 250.569.0101 at liam

Thursdays - 5pm to 8pm Burger & Beer \$20

idays - happy hour 4:30pm to 5:30pm \$5 Tap Beer and wells Saturdays - 5pm to 8pm One Pizza with two drinks





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IN LOVING MEMORY



Debra Goodell on Sunday June 30, 2019 in Prince George at Grammas Inn in the banquet room. There will be a celebration of life for

Starting at 1pm.
There will be sandwiches, desserts,

tea and coffee to follow.

DUNSTER IGE GREAM SOGIAL

The 42nd Annual Dunster Ice Cream Social at the Dunster Hall on Saturday, June 29th, 7:00p.m. Dance at 9:00p.m. 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. Delivering Fuel
East to McBride &
Valemount

GOMING 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.

CM

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 Husty, Molly Shantz, Reed Scales-Ford, Stephan Kalnin, Doug Loyer, Mark Monroe, Ruth Desormeau, Daniella Rauter, Kelly Craigue, Matthew Vogel, Maykayla Buckley, Jaques Franke, Jessica Ondang, Marie Forman, Niklas Roth, and to any we missed, Happy

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 Going West - St Going East - N Rail Schedule viarail.ca Phone 1-888-842-7245 Joing 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

 Hospital
 250-569-2251
 Reg'l Dist'
 1-800-667-1959

 Health Unit
 250-569-2251
 RV Comm. Srv. 250-569-2266

 K to 7 School
 250-569-2721
 Food Bank
 250-569-3186

 High School
 250-569-2725
 Fire Hall
 250-569-3117

 School District
 57
 Dental Office
 The Little McBride Paper
 1-800-256-7857 2 BC BUS...844-564-7494 Inquiry B.C.-1-800-663-7867 250-569-3434 2: 4 Report Forest Fires 7 - For Toll Free Calling to 1 250-569-3110 es - 1-800-663-5555

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LET'S TALK ABOUT FIRST AID

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summer 'staples' such as cuts, scratches, ticks, Ask your pharmacist to assist you! bug bites or sun burns.

THIS MONTH'S GREAT BUY FIRST AID KIT \$23.99



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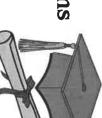
WIRELESS INTERNET

McBride / Dunster / Tete Jaune / Valemount

NSULATION & DRYWALL 50-569-0320

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





COMMUNITY MARKET

June 21 to August 30 The McBride Community Market will be open every Friday, from 11am to 2pm at the Pavilion on Main Street, with goods grown, made or assembled in the Valley. Vendors from Dome Creek to Valemount are welcome to display wares that meet these criteria, and will pay a nominal \$5 per week per table. Please bring your own table and chair. For further information on selling at the Market call D. Simpson at 250-569-3343.

GOMMUNITY ANNOUNCEMENTS

Joyce Godfrey was given the honor to draw the winning ticket for the stunning raffle quilt on Sunday following the Quilt Show. The winning ticket #912 belonged to Terry Kenzie, McBride.

The winning ticket #912 belonged to Terry Kenzie, McBride. Congratulations Terry.

COMMUNITY GAMING GRANT APPLICATIONS CONTINUE TO BE A SUCCESS! The McBride Elks and Royal

Purple are happy to the 2019 year. This year, there were 7 clubs or organizations that applied for a total of \$31,500.00. Between both the Elks and Royal Purple we received in Community Gaming Grant applicants for the 2019 year. This year, there were 7 clubs or organizations that applied for a total of \$31,500.00. Between both the Elks and Royal Purple we received in Community Gaming Funds \$22,000 to help support the following groups: Valley Piccemakers Quilters, McBride Secondary PAC, McBride Centennial PAC, Robson Valley Youth Softball, McBride Figure Skating, Seventh Day Adventist Food Bank and the Dunster Station Museum. We will be applying for a new Community Gaming Fund Grant for 2020. If you think that your club or organization will need help with funding, please provide the following information: complete description and delivery of program including community benefit, accessibility, sustainability and community support; what level of grant funding you are requesting; describe in detail how the grant funds will be used; how many people will participate in, or benefit from the program. A part of our grant application requires, that we document volunteer hours that your members put in. This volunteer time can include meetings, programs, coaches, drivers, and projects, etc. For every dollar that we receive in gaming funds, we need to show a minimum of 25% volunteer time (converted to money), so for example for every \$1000, we need to show \$250 in volunteer time (which results in 12.5 hours volunteer time). The more volunteer hours that you spend delivering your program, the higher our chances of obtaining more finding as it shows a greater "huy-in" from the community. Applications are due in by no later than June 30, 2019 to McBride Elks, Box 65, McBride, BC V0J 2E0.

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

Library News

Natural History Speaker & Movie Series: Hidden Life of Trees (movie). Friday, June 21 at 7pm. Free! Hosted together with the Museum, Library, and Community Literacy.

Monthly Book Group meets Thursday, June 27th to discuss books voted "best historical fiction of 2018" from the Goodreads Choice Awards. Bring your own title, or drop by to borrow one of ours. All welcome to join the conversation over coffee and tea!

Getting garden ready? Check out the McBride Seed Library!

Our supplies are a little low right now. All donations welcome!

Questions about the Seed Library? Stop by 521 Main St. or talk to Coordinator, Rosara Buck.

Fibre Artists Meet. Thursdays at 10am. All welcome to bring your stitch project and visit. We'll have the coffee pot on!

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.

BUY, SELL, RENT & MISG.

For Sale-Makita LXT Blower. Comes with 2 - 18V 3ah batteries and a dual charger. Only used a handful of times. Phone 250-569-3110••For Sale-Fridgedaire stackable washer and dryer. Heavy duty dryer, heavy duty 5 cycle washer. \$400 for the pair. Call 250-569-7893••For Sale-50 inch, heavy duty roto tiller, three point hitch. Good condition., Panel/ dry wall hoist. Has done only one ceiling since new. Three point hitch post hole auguer... new condition., Three point hitch rotary cutter, used but in good condition. Ph:250-569-2334••FSBO Updated home in friendly McBride, B.C. One level living with 3 bdrm, 1 bth. Go to www.Sign2Web.com & call up 956 4th Avenue for details. Phone 250-921-4342 for appt to view.••WANTED: Nice Hair Sheep Ram. Cash or Trade. Ph#250-569-4123••For Sale-1 BBQ, \$100 o.b.o. Great condition. 905 3rd Ave., McBride, B.C.••WANTED-to rent pasture. Will fix fence if needed. Stan 250-569 7575••For Sale-6000 gallon potable Water Tank. \$5000 obo. Phone 250-569-7024••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.

CHURCH NEWS N'THINGS

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 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.•Memonite 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. 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 Now

contact The Little McBride Paper with all coming events, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, sglines3@telus.net, P.O. Box 441, McBride, B.C. V0J 2E0 or 5ff at 455 King St. If we don't know about it, we can't inform the about it! Scott & Susan Glines (Oscar & Broom) icles and ads are not the expressed opinion of this paper or it's owners.

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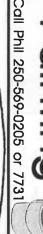
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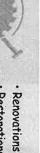
250-569-3319 Website with info and galleries:

Daily, 1800 Samson 250-569-7308

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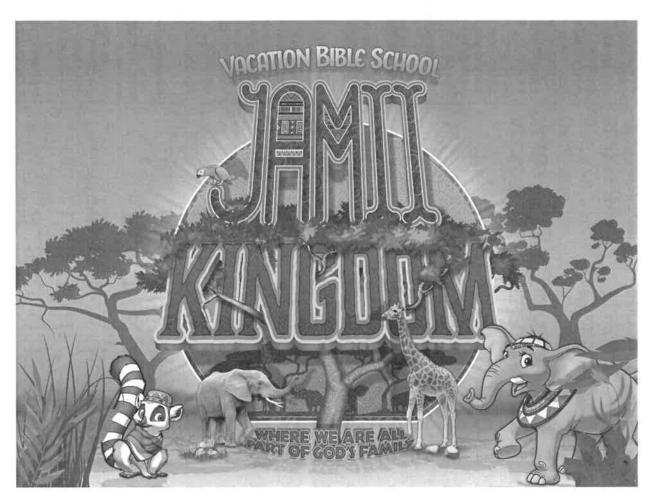
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Songs Bible Stories Crafts Games Snacks

Where: McBride Seventh-day Adventist Church

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Dates: Monday, July 8 - Friday, July 12, 2019

Times: 6:30 pm - 8:30 pm

For information and to arrange transportation phone 250-968-4493

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