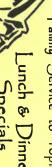
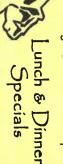
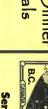
Thursday-Friday-Saturday-(Jigglin' (Jrizzly -Sunday Pub

OPEN at 11am, Family Service to 10pm















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For all your Oily needs contact:
Ph: 250-569-7158
F Email: northernfaithoils@gmail.com
IG: @northernfaithoils

Rats, it's income tax time

Call Linda Fry

532 Main Street, McBride BC VoJ 2E0. Tel 250-569-0138



PUBLIC LIBRARY

BC VOJ 2E0

Wednesdays and Thursdays: Tuesdays: Saturdays: 2-5pm 10-5pm

library@mcbridebc.org mcbride.bc.libraries.coop



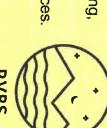
250-569-2666

Trans Hydraulic Oil - 19L pail \$59.95 Hydraulic AW32 - \$49.95 per pail Hydraulic AW46 - \$49.95 per pail

MONDAY to FRIDAY 8:00am - 5:0 SATURDAY 9:00am - 12:00pm 5:00pm

New to the Valley!

Offering Bookkeeping, Income Tax,



Skinny people are easy to kidnap.

Sue and Me will put some meat on your

Sun, Mon & Wed Jam - 3pm Tues Closed
Thurs., Fri., Sat. Jam - 9pm
250-569-0080 Main St., McBride

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69-2415 Mon.-Thurs. 9-5 Fri. & Sat.
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100 Mountain View Rd. McBride, B.C. Vol 2E0

We are the local WeldCor Cylinder Depot. Check out our selection of cylinders and welding supplies

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YOUNG LIVING Email:

McBride & District 250-569-241

HOURS 10-5pm, 7-9pm

Fridays: 1-8pm

1021 SE Frontage Road

NAPA Proformer Tractor

Robson Valley Business Service

and Computer Services. RVBS

Lori Gane 250-569-7941 Jim Chicago 250-569-7942 Or check us out at www.rvbs.ca and on FaceBook at fb.me/RobsonValley.Busin oue & Me Eater y.BusinessService

News from Sue & Me on Main Street

bones to keep you safe.

IN STOCK
urig Pods (by box) NOW AVAILABLE
Check Out Our facebook Page

FREE The Little

McBride



For the week of Wednesday. February 19th. 2020 1996!!!



FIGURE SKATING NEWS

Saturday, February 29 the McBride Figure Skating Club invites you to attend this year's skating production "Through the Seasons". Doors open at 6pm with raffle tables, 50/50 draw and concession by LiveDifferent. Show starts at 6:30pm. Admission is by donation.

RYGS NEWS

Money Matters Program - Starting February 22, 2020. Money Matters Program is a series of informal financial literacy workshops that cover topics like: Spending Plans, Banking Basics, Credit and Borrowing, RESP's, and Other ways to save. The main goal is to reduce stress and increase confidence in managing your money. We are offering this workshop over the course of 4 weeks at McBride RVCS, please contact Jana MacMaster to sign up, or for more information. 250-569-2266.

**Seniors Tech Café - February 25th 1:30-3:30. Technology can be overwhelming and foreign! Do you have any questions about your phone, email account, or hand held device? We can help... Stop by RVCS from 1:30-3:30 offered on the last Tuesday of each month. Family Place Drop-in Wednesdays from 9:00-12:00. Free snacks, free play, themed activities, crafts, and great resources for parents and caregivers. Come, drop in and see what's going on!

Mother Goose: Every Wednesday @ 10:30-11:30 at Family Place Drop In. (RVCS McBride) Come sing and play with us!

GOMING EVENT

in McBride on February 20. Tax Tips and Changes with CRA's Barb Tompkins on February 20, 2020 from 9am-12pm in the Robson Valley Community Centre. Free Registration. Register at 250-562-9622 or cfdc.bc.ca/calendar.

INTRO TO ESSENTIAL OILS CLASS! Come join Renee & Morgan at the library Friday, February 21 at 6:30pm. Find out how these little bottles of pure plant magic can benefit you & your family! We will be making a wellness roller bottle, cost for class is \$5 to cover some supplies. Bring a friend! Hope to see you there!

Muscle Fascia Activation - Body Awareness & Mindfulness with Christa Maxeiner. German Physiotherapist. Learn about movement patterns, balance, the Sixth Sense & how to reduce aches & pains. Flexibility improves quality of life. This is a one day, theoretical & practical workshop to: *practice strength & elasticity, *improve flexibility of back, knee & hip joints, *learn to develop your own personal program. Saturday, February 22 in the Dunster School by the Valemount Learning Center. Pre-registration required: 250-566.4601

The Robson Valley Chapter of the Back Country Horsemen of BC (BCHBC) is hosting an informational potluck chapter meeting on Thursday, February 27 at 6:00 p.m. at 3760 Hinkleman Road. If you are interested in trails and trail riding and possibly becoming a member, please attend this meeting and bring a potluck item to share. We have a fun year of events, trail rides, and trail projects planned and will be presenting our 2020 plans at the meeting and discussing our latest project plans for Bell Mountain. Questions: Call Eileen MacDonald at 1-250-253-4193.

Open Gate Community Garden is hosting Seedy Saturday (Beyond Basic's) on Saturday, February 29, 2020 Dunster schoolhouse. Doors open at 9:30am for visiting and browsing. Presentations start at 10am. Soup & Bun by donation. Lots of displays, seeds for sale and exchange. If you would like to set up a display, please contact Penny 250-569-0043 and or Pete Amyoony 250-968-4334.

McBride and District Hospital Auxiliary AGM will be held on March 9th in the Education room at the hospital at 7pm. Everyone welcome to attend. New members encouraged to come!

BIRTHDAY WISHES FEB. 19-25

Helgi Remmelg, Tony Vizza, Alex Mercuri, Mikaela Mae, Travis McRae, Janice Mercuri, Keith Berg, Lina Roth, Debbie Kohn, Emmalee Chiupka, John Donnelly, Ozrik Karr, Carol Barnett, Nicholas Franke, Ariana McKirdy, Rueben Williamson, Sarah Tossavainen, Eric Johnson, Linda Niblett, and to any we have missed, Happy

A LITTLE THINKER...

A thief who stole a calendar got twelve months.

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.

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FREE

Red Seal Journeyman Carpenter SCOTT KEIM

250-569-7120



VILLAGE OF MCBRIDE

Notice of Committee of the Whole Meeting

Preliminary Budget Discussion Wednesday, February 19, 2020
6:30 PM
Council Chambers
100 Robson Centre McBride, BC

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250-569-2470

Heavy Duty & Commercial Transport Mechanical **Light & Heavy Duty Towing BCAA Provider**

McBride AG Foods **CVSE Inspection Facility**

FRESH FISHS

on FRIDAYS

Starts February 23, 202
ONE WEEK ONLY

Prophecies Amazing

of the Bible

When February 22nd - 29th At 6:30 pm every evening

Location
McBride Seventh-day
Adventist Church

Speakers

Pastor Sima and Brankica Sremac

Free Admission - Child Care Provided

WHISTLE STOP GALLER



250-569-8891

We have over 100 artists and artisans who put their work in the Gallery and make up the non profit society that runs it.

Browsers are always welcome, the passenger train stops daily and there is always something new and interesting to see.

Take a break from your busy day and treat yourself to the creativity and artistry of our friends and neighbors in the Robson Valley

OPEN DAILY AT THE TRAIN STATION

FROM 9AM-5PM (CLOSED 12-1)

BREAKFAST, BAGELS, SANDWICHES / WRAPS,
SALADS, DESSERT PANINI, TREATS AND MORE

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250-569-2264

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Saturday 10:00am - 3:00pm **Monday to Friday** 8:30am - 6:00pm

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WIRELESS INTERNET
McBride / Dunster / Tete Jaune / Valemount

INSULATION & DRYWALL

Progress might have been alright once, but it has gone on too long.

Robson Valley Septic

heck out septic tips and info at robsonvalleyseptic.co (250) 569-7812

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250-569 1136 - 5th Ave. inside t Bride Hospital

Imodium

Assorted Sizes \$13.99 Each

Pepto Bismol

Tablets 18's-24's or Liquid 230ml \$4.99

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 from March 2nd to March 20th. available at the Villag March 2nd to March

521 NEWS

hundreds of engaging, instructor-led on-line courses focused on professional development, technology skills, and personal enrichment.

Offered together with RVCS's Adult Literacy Program. Contact either of us with questions! https://education.gale.com/l-mcbridedpl/

Podcast Playground. Ever thought of producing a podcast? Have a favourite podcast to discuss? McBride Community Literacy Task Group presents.... "Podcast Playground". Equipment demo and discussion Tuesdays from 10:30 - 11:30am.

Scrabble's On! The first Tuesday of the month at 2pm. All welcome for a game or two on February 4th.

Tuesday Night Music Jam, 7-9pm (Tuesdays). Tired of playing alone? Come on out for some fun! Rock, folk, country, more. Questions? Contact David Marchant at 250-569-2569.

Mother Goose in McBride Wednesdays, from 10:30-11:30am at Family Place (RVCS). Join Lotte for songs, rhymes, stories and a snack. Aimed at children ages 0-3 and their caregivers but all are uncleaned. Robson Valley
Pet Hostel
Grooming & Boarding
Ann Schwartz - Animal Health Technician

250-569-3319

Website with information and galleries: www.pethostel.ca

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

Cabins

Fibre Artists Meet Thursdays from 10-12pm. Bring your project and enjoy great company while you work! There will be knowledgeable folk around if you need help with a project.

Monthly Book Discussion meets the fourth Thursday at 1:30pm. February's topic is "Best of 2019". Drop by to choose from our display or bring your own to join the conversation on February

Mitch/Brenden 250-569-7885/569-4109

New Construction
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Restorations
Insurance Claims
Flood
Fire

BUY, SELL, RENT & MISG.

For Sale-Analogue TV, 24" screen. Works fine. Excellent picture. Takes added components. Big unit. Offers. 250-569-3343••For Sale-16' Aluminum River Boat with 25hp Mercury motor. Excellent Condition. \$3500. Phone 250-566-1017••For Sale-Good Hay, 900 lb. Round Bales. Ph:250-569-2314••For Sale-Good Hay, 900 lb. Round Bales. Ph:250-569-2314••For Sale-Four Studded Tires On Rims (5 lug holes), from Ford F150. Four Studded Tires On Rims (6 lug holes) from Chev Uplander. Phone 250-569-3254••For Sale-40 ft. 5th wheel trailer, new wiring harness & deck, good brakes, rated 12-14,000 lbs, needs front jack, asking \$4500 or will take 1/2 cash & older 3/4 ton 4x4 truck. 250-968-4370••For Sale-1969 Ford 2 Ton flat deck truck, 330, 2 spd rearen@d, not running, no papers, as is, asking \$500. Call 250-968-4370••For Sale-4 Arctic Claw Studded Winter Tires. M&S 195/65R15. \$200.00 Ph:250-569-2234••For Sale-River Front Acreage Stick Home, Walk out Basement. Ph:250-569-7518••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.

CHURGH 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. 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:250-569-0291•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:569-27806. Call to Confirm Church-Meets Sundays at

Take a Break in McBride...B.G.s Friendliest Town!! Call Phil 250-569-0205 or

HORSES HOELNG

Groundhog Lied.... Butto

Robson Valley

Sat .: 9a.m. - 5p.m. Sun . & Stat

250-569-3319

McBride, BC

Don't forget...The Library has adjusted our Friday hours for the winter. We're now open 1-8pm instead of 2-9pm. We hope this serves you better! Feedback is always welcome!

Snowshoes available at the library! Looking to try snowshoeing this holiday season? Have guests visiting and need an extra pair? Stop by 521 to sign some out with your library card. Borrow for up to three weeks.

GOMMUNITY ANNOUNCEMENTS

Cut, wrap & frozen, by the Quarter - \$6.50/lb.

Contact Joanne Pelton - 250-553-2365

SNOW REMOVA

250-569-7647

HOT IRON FORGE & ANVIL

Seven Sisters Farm Grass Fed Beel

Prenatal Class Thursday, February 20 from 7-8:30pm at the Community Health Services Building in McBride. Call 250-569-2018 for more information.

Bingo-McBride Legion: Early Bird 6:30p.m. is every 1st Wednesday of the month, until June. Everyone Welcome!!

The Valley Piecemakers Quilt group meets for fun and quilting every third weekend (Friday, Saturday and Sunday) between Sept. and April, at the Elks Hall in McBride. New members and beginner quilters welcome. Please contact Georgie Kenzie by phone or text at 250-569-7433, or rylongarm@gmail.com for more information.

McBride Community Health Services offers: Prenatal Education, Immunizations, Mental Health and Addictions Counselling, STI Testing, Well Women's Clinic, Social Work Services, and Home Support. Call 250-569-2026 to book an appointment. All Services are free and confidential.

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

Open Monday's, Thursday-Saturday by appointment Robson Valley Longarm Quilling Supplies
Hinkelman Road call or text 780-236-4222

Fourth & Main % Hair Studio

Custom Blacksmithing,
Rails, Gates, Curtain Rods, Towel Holders, Etc.
Tim Heatwole - 250-569-7162

New kowrs of Business Now Open Wednesdays and Thursdays 11:00am to 4:00pm Other times or days please call or text Georgie at 250-569-7433

Alaina Chapman RMT

Registered Massage Therapist

Monday, Wednesday & Thursday

Ph: 250-566-1040 To book an appointment

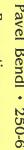
Franke and Sons Automotive Ltd.

Repairs - Tires - Windshields 975 Airport Road - 250.569.8830

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MCBRIDE

Columbia Street

CURLING CLUB

Year - end Mixed Bonspiel

March 6 - 8, 2020

Cash Prizes: Team Entry Fee \$160

Skip and Third must be opposite sex.

Please register with Pat Elliott at McBride AG Foods or 250-569-7521 before Wednesday, March 4th, 2020

Costume Theme: Letter E

Sat. Evening Entertainment in Curling Club Lounge

FOREVER PRINTING & SIGNS

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*Signs *Magnetics *Banners *Sandwich Boards

•Signs •Magnetics •Banners •Sandwich Boards
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•Business Cards •Memorial Cards •Posters •Binding
•Address Labels •Full Color Laser Photo Copies
•Invitations •Brochures •Trophies •Engraving •T-shirts

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for more information please contact Scott or Susan at 250-569-3110, 250-569-0220, email: sglines8@telus.net

INTRODUCTION TO BEEKEEPING GOURSE

School from 10am to 2pm. Cost: \$50 for both days (bring your own lunch). To register contact: Lyn Smyth 778-258-0158 lyn3jrts@hotmail.com OR Glenda Tompson 250-968-4319 mountaincottage@telus.net. COURSE CONTENT: Saturday - 1. Presenters: Bob Gray/Deb Reimer Hive Types and Construction, Gadgets of the Trade. 2. Presenter: Monica Zieper Anatomy, Lifecycle, and Hive Duties of the Various Honeybees, Pollinators-Mason Bees and Others. LUNCH BREAK. 3. Presenter: Deb Reimer Salves. 4. Open Discussion with Presenters. Sunday 1. Presenter: Glenda Tompson Forage and Gardens for Honeybees. 2. Presenter: Marion Cousineau Pests and Diseases of the Hive 3. Presenter: Barb Marier Swarms. LUNCH BREAK. 4. Lyn Smith Value Added Products. Presented by the Robson Valley Beekeepers Association Saturday, March 14 & Sunday, March 15 in the Dunster

Another Little Thinker...

Police were called to a day care where a three-year-old was resisting a rest.

The Goat Shed

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DAY BANGLADESH AWARENESS ASSEMBLY ANNUAL CULTURAL

INTERNATIONAL LANGUAGE INITIATIVE GENERAL

NATIONS PROMOTE PRESERVATION **OBSERVANCE**

> RECOGNITION RESOLUTION UNITED TWENTIETH NOI

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