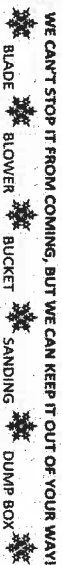


D & T INDUSTRIES SNOW REMOVAL

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Breads-Croissants-Cookies-Biscottis-Cakes

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Rosemary L. Hruby, CMB
250-569-2264

Figure Skating Show
Saturday, February 29
6:30p.m.

1-877-295-0655



www.monasheecomunications.ca
accounts@monasheecomunications.ca

WIRELESS INTERNET

McBride / Dunster / Tete Jaune / Valemount

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250-569-0320

One frog to another... Time's sure
fun when you're having flies!

Robson Valley Septic

Check out septic tips and info at robsonvalleyseptic.ca
(250) 569-7812
"Your business is our business!"

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FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, February 26th, 2020*

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.

THANK YOU

Thank You to Jock Worth and Gerald Porrier for all their help with the Community Christmas Card.

The Ladies Bonspei for 2020 was a huge success. I would like to Thank all the contributors to my Goody Bags, Advantage Insurance, Beany 2 Bistro, Whistle Stop Gallery, Gigglin Grizzly Pub, McBride Husky (Esso), Scotia Bank, Sandman Inn, McBride AG Foods, Welcome Home, McKale House, IDA Pharmacy, Robson Valley Home Hardware, and Optimum Resources. Also a Big Thank You to our Sponsors. 1st in the A - B&B Better at Home. 1st in the B - BKB Cedar. 1st in the C - Beaver Creek Lodge. Congratulations to the Best Dressed Team - Elderly Exercisers Dawn Hickey, Tracey Yeter, Paislee Trask, Bea Taylor. See you all next year!

COMING EVENT

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 Hinkelman 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.

Book Exchange! Looking to make room on your bookshelf? There will be a free exchange for used gardening books, cookbooks and gardening magazines at the OGGC Seedy Saturday in Dunster. Drop your books ahead of time at the McBride Library during open hours, or bring them Saturday, Feb. 29th @ 9:30am to the Dunster School. Contact Melissa Boullanne for more information 250-569-0205.

Join the McBride Secondary Sr. Drama Class on Tuesday March 3 at 6:30 pm at the Roundhouse Theatre for the one-act comedy Mikey Martin's Magnificent Misma of Mayhem and Macaroni, created by Bradley Walton. Chris loves mayhem-loaded entertainment, and wants to organize a gladiator battle at the county fair, with a twist. To prepare, Chris and her friend Nat interview prospective gladiators to see if their inner spirit is up for the challenge: fighting while eating macaroni. This 30 minute production will be competing at the regional drama festival in Vanderhoof the weekend before. Admission is free or by donation.

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!

St. Patrick's Day Dance, Friday, March 13. McBride Elks Hall. Music by the Irish Howlers. Traditional Irish tunes and other dance music. Doors open 8:30, music 9. Ages 19 & older. \$15 advance tickets (\$20 at door) available now at Welcome Home and the Whistle Stop Gallery. Get your tickets soon to avoid disappointment.

Robson Valley Caregiver Support Group - at the Community Health Building, McBride. On Wednesday, March 18 from 2-3p.m. For those caring for someone with dementia- spouses, family or friends - a caregiver support group offers the chance to: •Exchange information and friendship with others affected by dementia. •Access the most current information. •Learn and share practical tips for coping with change. •Decrease feelings of loneliness and isolation. •Express feelings and be reassured that these feelings are normal. •Find a sense of hope. Supporting a person with dementia, can be incredibly demanding. People in this situation experience a variety of feelings. The demands of the disease can make it difficult to stay in touch with friends and family, and can lead to loneliness and isolation. Come and Join us! Contact for more information: 250-569-2251 ext. 2044. Sophia Ounzili, Social Worker.

Save the Date. April 18. McBride Ducks Unlimited Dinner and auction. Tickets will be available in the next few days. Contact any committee member.

BIRTHDAY WISHES FEB. 26-MARCH 5

Michael L Finnelly, Norma Wheeler, Lexie Elliott, Joann Barnes, Margaret Aleman, George Dawson, Christa Barnes, Irene Twiss, John C Christison, Joshua Reimer, Roger Hicks, Alayah May Johnson, Carol Hammar, Joe Rapar, Rose Lucius, and to any we have missed. Happy Birthday!

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:sjlines3@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 & Brown) All articles and ads are not the expressed opinion of this paper or it's owners.

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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
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Daily, Weekly & Monthly Rates
1800 Samson Rd. McBride (bottom of Lucille mountain)



- Renovations
- Restorations
- Insurance Claims
- Flood
- Fire
- Wind

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by appointment 780-236-4222
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New hours of Business

Now Open Wednesdays and Thursdays

11:00am to 4:00pm

Other times or days please call or text

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Good Hay, 900 lb. Round Bales.

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YOUNG LIVING Email: northernfairhills@gmail.com
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Rats, it's income tax time.

Call Linda Fry
Feb. 26th - April 30th
9 am-noon & 1pm-4pm
Tuesday to Friday
and by appointment

532 Main Street,
McBride BC V0J 2E0. Tel 250-569-0138



McBRIDE CURLING CLUB
461
Columbia Street

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



250-569-2666
1021 SE Frontage Road

NAPA Proformer Tractor

Trans Hydraulic Oil - 19L pail \$59.95

Hydraulic AW32 - \$49.95 per pail

Hydraulic AW46 - \$49.95 per pail

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

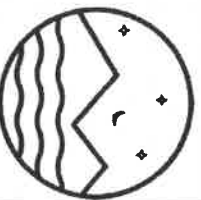
New to the Valley!

Robson Valley Business Services

Offering Bookkeeping,

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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.BusinessServices](https://www.facebook.com/RobsonValley.BusinessServices)

Sue & Me Eatery

News from Sue & Me on Main Street

Normal dogs must see police dogs and think:

"Oh no, it's the cops!"

Oops, almost forgot...Elk Burgers this week!

Sun, Mon & Wed Gam - 3pm

Tues Closed

Thurs, Fri, Sat Gam - 9pm

Main St, McBride

250-569-0080

ROBSON VALLEY ESSENTIALS
250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30

MUCK BOOTS
IN STOCK

Keurig Pods (by box) NOW AVAILABLE

Check out our facebook page

Gigglin' Grizzly Pub

Thursday-Friday-Saturday-Sunday

OPEN at 11am,
Family Service to 10pm

Lunch & Dinner
Specials



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INTRODUCTION TO BEEKEEPING COURSE

Presented by the Robson Valley Beekeepers Association Saturday, March 14 & Sunday, March 15 in the Dunster School from 10am to 2pm. Cost: \$50 for both days (bring your own lunch). To register contact: Lyn Smyth 778-258-0158 lyn3jrjts@hotmail.com OR Glenda Tompson 250-968-4319 mountaincotttage@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.

ELKS AND ROYAL PURPLE

PIONEER DAYS NEEDS YOUR HELP! This year's annual Elks and Royal Purple Pioneer Days will be held June 5-7th. Already we have a few events that are scheduled and confirmed. It would be wonderful if we could have some different activities throughout the weekend. We have one new exciting event happening this year and we are definitely looking for more. We are also looking for adults/children that would like to perform for 1/2 hour or more on either the Saturday or Sunday. If you would like to host an event or participate, please call Kathy Molendyk at 250-569-7201.

521 NEWS

On-line Gale Courses. Free with your library card! Access 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/mcbridecp/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 welcome!

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 27th!

Dont 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.

BUY, SELL, RENT & MISC.

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 23hp Mercury motor. Excellent Condition. \$3500. Phone 250-566-1017.
For Sale-Good Hay, 900 lb. Round Bales. Ph.250-569-2314.
For Sale-Stationary Bicycle-Good Quality \$500.00 Ph:250-961-4930.
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. Price reduced to \$3850. Phone 250-968-4370.
For Sale-1969 Ford 2 Ton flat deck truck, 330, 2 spd rearend@d, not running, no papers, as is, asking \$500. Call 250-968-4370.
For Sale-4 Arche 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.

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.
Dorcas-Adventist Community Center. Open Tues: 1:00-3:00. Contact Number 250-569-2479.
Terrri-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:569-2606. Call to Confirm.

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 Fire Bank 250-569-3186
High School 250-569-2295 Fire Hall 250-569-3117
School District 57 Dental Office The Little McBride Paper 1-800-256-7857 250-569-3434 250-569-3110
BC BUS-1-800-663-7494 Report Forest Fires - 1-800-663-5555
Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...
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Sat. 6:30am-6pm, Sun. 9am-5pm.

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.

RVCS NEWS

Money Matters Program - Starting February 29, 2020. We are looking for more sign-ups to run this program. 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.

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!

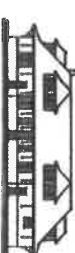
Mother Goose: Every Wednesday @ 10:30-11:30 at Family Place Drop In. (RVCS McBride) Come sing and play with us!

COMMUNITY ANNOUNCEMENTS

Bingo-McBride Legion: Early Bird 6:30pm, 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 Georgia Kenzie by phone or text at 250-569-7433, or rviangarm@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>

WHISTLE STOP GALLERY
250-569-8891



When was the last time you were at the Whistle Stop? 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)

HAVE YOU HEARD ABOUT OUR DESSERT PANINI?

APPLEPIENINI, CHEESECAKENINI,
PJ NINI, BANANANINI & BLACK FORESTINI.
HOT, MELTY, SWEET & DELICIOUS!

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Tuesday - Saturday 8:30am to 5:00pm 250-569-0215

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NATIONAL NUTRITION MONTH

The
Goat Shed

ANNUAL	A	P	C	V	L	P	R	R	L	K	I	L	E	I	B
CAMPAIGN	P	J	O	A	A	E	Q	K	X	N	F	C	P	A	O
CHOICES	X	P	E	R	C	R	G	D	G	L	E	O	I	Z	K
CONTROL	N	M	O	I	T	M	Y	R	L	A	Q	N	O	O	G
DIET	S	G	P	Q	Y	I	E	N	T	D	S	T	O	D	Y
EAT	T	E	I	M	S	D	O	U	C	H	C	R	D	E	S
FAMILY	S	H	Q	A	I	E	C	N	A	T	R	O	P	M	I
FLAVORS	O	B	G	E	P	I	C	R	I	Y	D	L	Y	R	M
FOCUS	V	G	N	I	D	M	E	I	H	A	I	S	L	O	A
FOODS	U	T	P	J	R	C	A	T	O	H	O	E	U	I	F
HEALTHY	S	A	N	N	U	A	L	C	T	H	T	C	M	N	C
HYDRATE	H	H	Y	D	R	A	T	E	F	T	C	O	A	I	H
IMPORTANCE	L	P	E	D	E	S	R	O	V	A	L	F	F	H	X
INFORMED	K	R	J	H	E	T	S	A	W	P	L	A	N	D	E
INGREDIENTS	M	X	I	G	L	Q	S	R	P	Z	E	X	L	J	Y
MARCH															
MEAL															
PLAN															
PORTION															
RECIPES															
REDUCE															
RIGHT															
SHARE															
VARY															
WASTE															

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