



**Robson Valley  
Pet Hostel**

**Grooming & Boarding**

Ann Schwartz - Animal Health Technician  
250-569-3319  
Website with information and galleries:  
www.pethostel.ca

**Meraki Builders**

**Construction and Renovations**  
250 569 7885 (Mitch) 250 569 4109 (Brenden)

**This Week's Lunch Specials**

Tues, 2nd — Cheesy Broccoli Soup & Cheese Panini  
Wed, 3rd — Chicken Vegetable Soup & Grilled Cheese  
Thurs, 4th — Chili & Chips — add a Cheese Panini  
Fri, 5th — Indian Cuisine! Chana Masala, Dahl over Rice,  
Grilled Naan — add Buther Chicken  
Tues, 9th — Tomato Tortellini Soup & Turkey, Cran. Sauce Panini



**Don't be disappointed -  
please call ahead to pre-order.**  
Follow us on Facebook - @monashееcommunications  
Open Mon a 9th store Tuesday - Saturday 8:30am to 4:00pm 250-569-0213

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www.monashееcommunications.ca  
accounts@monashееcommunications.ca

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McBride / Dunster / Tete Jaune / Valemount

**INSULATION & DRYWALL**

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**Cougar Den Cabins**  
250-569-7308

**Daily, Weekly & Monthly Rates**  
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All your Quilting and Bag making Supplies  
Open Thursdays and Fridays  
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By Appointment only  
Call or Text 250-569-7433  
email - valdaquilt@ gmail.com

**ROBSON VALLEY TELEPHARMACY**

OPEN Mon.-Fri. 9-5 Sat. 9-3 Sun. Closed  
www.robsonvalleydapharmacy.com  
250-569-8811

1136 - 5th Ave. inside the McBride Hospital

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regular retail price

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East to McBride &  
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6749 Westgate Avenue - Tel: 250.964.2697

Prince George: Valemount Cardlock: McBride Cardlock:  
Tel: 250.564.3488 1500 - 9th Avenue 2130 Zeidler Road  
TF: 866.309.2867 Valemount BC McBride BC  
Fax: 250.564.3433 TF: 866.309.2867 TF: 866.309.2867

What can be caught  
but never thrown

**Robson Valley Septic**

Check out septic tips and info at robsonvalleyseptic.ca  
(250) 569-7812

"Your business is our business!"

**FREE The little FREE**

**McBride**

**Paper**



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of *Wednesday, February 3rd, 2021*

**OZALENKA NEWS**

Coming up on Thursday, Feb. 4. Here's something special for those of you who have been to the Ozalenka Valley. Or your kids or grandkids, nieces or nephews. Or maybe you wished you could go! The club, under the direction of BC Parks, is building a new cabin in the Ozalenka Valley, and the pandemic and other challenges have made fundraising an on-going necessity. To this end, Jessie (former club president) and Emma are sharing an adventure story on Zoom. It's free, but your financial support will be much appreciated. Pre-registration is required. The program is this Thursday, Feb. 4. Registration details: <https://www.eventbrite.ca/e/17-days-across-the-cariboo-mountains-registration-134828474597>. Cabin building will be happening in June and early July, and we invite you to consider volunteering. Thanks so much for your interest and support!

**LIBRARY NEWS**

Updated Library Open Hours: Tues. 10-6, Wed. and Thurs. 10-5, Fri. 1-8, Sat. 1-5.

**Library AGM** - We will be holding our Annual General Meeting at 6pm on Wednesday, February 3rd, 2021 via Zoom. Please email [library@mcbridebc.org](mailto:library@mcbridebc.org) or call 250-569-2411 for the Zoom meeting details. All welcome!

**Friday, February 5th 2-4pm:** Teen Movie, Snacks and Crafts. Calling all McBride Secondary Teens (ages 13-18)! On Friday (Pro D day), we will be hosting a teen movie and LED circuits craft session from 2-4pm. Call us to register, as places are limited. COVID-19 protocols in place. If your teen is not attending McBride Secondary, but would still like to participate in the crafts, get in touch for a grab bag.

**February is Black History Month** - Watch out for weekly Black History Month book reviews on the library facebook page and website. Check out some of our recommended titles by black writers, and join in the celebration!

**Weekly Programs by Zoom:**  
Wednesdays: 9:30-10am with RVCS and Valemount Library: Mother Goose is back! Contact Charlene at [rvcs@mcbridebc.org](mailto:rvcs@mcbridebc.org). Join us on Thursdays from 10am-12pm for the Fibre Artists' knit along of the "Newson Pulllover" pattern. Free pattern available at the library. Beginner knitters also welcome!  
Fridays 12-1:30pm Writing Group. End the procrastination; start writing with us!  
Call 250-569-2411 or email [library@mcbridebc.org](mailto:library@mcbridebc.org) for details on any of these programs.

**Valentine's Story Walk** - Come enjoy a valentine story walk along Main Street, starting at the library. The book pages appear in the windows of local businesses. We will be reading David Petersen's children's book "Snowy Valentine".

**Fines-Free February** - Drop in at the library throughout February with non-perishable food items for the Food Bank, and we will delete any overdue item fines. Please check expiry dates on any food items you donate. Thank you for your support.

**Collection/Delivery Service Still Running** - We are still happy to prepare book order for you to collect, or we can deliver your items to you. Please call 250-569-2411 for details. \*\* If you are not feeling well, please don't visit the library, but call us instead. Thank you. \*\*

**SCHOOL NEWS**

**McBride Secondary Community Calendars:** The McBride Secondary Community Calendars, which are a Grad fundraiser, are coming. We are working on plan B as quickly as we can since the previous company seems to have been a casualty during COVID. We will get them out as soon as we can. All purchasers of this year's community calendar will receive a 12-month calendar. Please look for updates on the school's website, [www.mcbs.sds7.bc.ca](http://www.mcbs.sds7.bc.ca); the school's Facebook page; and The Little McBride Paper. To all businesses, and individuals who have supported us this year, we would very much appreciate your patience! Thank you for your support!!!

**McBride Centennial Elementary School:** Up-coming Strong Start Times:

February - Wednesday, February 3 @ 4:15 - 6:15 p.m., Friday, February 12 @ 8:45 - 10:45 a.m., Friday, February 19 @ 8:45 - 10:45 a.m., Wednesday, February 24 @ 4:15 - 6:15 p.m.  
March - Friday, March 5 @ 8:45 - 10:45 a.m., Wednesday, March 10 @ 4:15 - 6:15 a.m., Friday, March 19 @ 8:45 - 10:45 a.m., March 22 - April 5 - Spring Break. School resumes Tuesday, April 6. Please call the school at 250-569-2721 to register as there are limited spaces.

**Graduation Dinner Caterer Needed!** This year's McBride Secondary graduation class will be holding their Grad on Saturday, June 19, 2021 at the McBride Secondary School. We are looking for a caterer for approx. 55 people. Bid to include menu plan, (recommended to submit 2 - 3 menu options, hot or cold menus will be considered depending on cost) copy of Caterer's License and references to be submitted to the McBride Secondary School by February 28, 2021. If you have any questions, please call the school at 250-569-2295. **Fund-raising** - If you have items for the Kids' Christmas Shopping Day Sale now, and would rather we store them, please call the school at 250-569-2721.

\*\*\*\*\*  
Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax: 250-569-0220, email: [contact@fpasca.ca](mailto:contact@fpasca.ca), 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! And check out our website [www.fpsca.ca](http://www.fpsca.ca).  
Scott & Susan (Oscar & Broom)

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



521 Main Street McBride, BC V0J 2E0

**WINTER HOURS**

Tuesday 10:30-5 & 7-9  
Wednesday and Thursday 10:30-5

Friday 1:30-8

Saturday 2:30-5

[library@mcbridebc.org](mailto:library@mcbridebc.org) [mcbride.bc.libraries.coop](http://mcbride.bc.libraries.coop)

**UNCLE MARKS CUSTOM MEAT CUTTING**

Field to Plate Service, © "Stress free animals  
humane harvest, custom sausage, make better meat"  
\$5 bags of bones and bird suet. Markt Both 250-569-7805

**Alaina Chapman RMT**

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

**MY DOOR IS OPEN  
Let's  
get  
your  
taxes  
started**

February March and April 2021  
7am - 12 noon Monday to Friday

250-569-0318

**LINDA FRY**  
522 Main Street, McBride BC V0J 2E0  
\*arrives from the library at the house, please my former office  
your local income tax preparation services since 1983

**Double Czech Carpentry**

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Books, Chocolate, Gummies...even Socks  
make great gifts for the loves in your life!!  
Thurs-Fri 11-3, Sat 10-2

**THE HAIR SHOPPE**  
803 3rd Ave. 778-258-0343  
side entrance

**Gigglin' Grizzly Pub**

Open Thurs, Fri, Sat and Sun

from 4pm

dine in & take out

to book your table, tomahawk,  
special event, call 250-569-0101

If God's Ten Commandment law  
was nailed to the cross,

there is then no sin or need of a saviour.  
Contact Bible Truth, Phone 250-569-7077, Box 185, McBride, B.C.



**Robson Valley  
Home Hardware**

250-569-2284

Open Mon-Fri 8-5:30 Sat 8:30-5:30

**10% OFF**

**WOOD STOVES**

**While Supplies Last**

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McBride, BC

Gary Schwartz  
Farrier Service  
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to a Treatie

at the Beanery 2 ☺ ☺ ☺  
250-569-0133

(Open-M-F:6a.m.-5p.m. Sat:9a.m.-5p.m. Sun,Closed Stats:Closed)



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## REMOVAL

Darvin 250-569-7758  
250-569-7050 Tovi

WE CAN'T STOP IT FROM COMING, BUT WE CAN KEEP IT OUT OF YOUR WAY!  
 ❄️ BLADE ❄️ BLOWER ❄️ BUCKET ❄️ SANDING ❄️ DUMP BOX ❄️

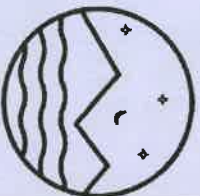
### Frankie and Sons Automotive Ltd.

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

### Robson Valley Business Services

Offering Bookkeeping,  
Income Tax,  
and Computer Services.



RVBS

Lori Gane 250-569-7941

Jim Chicago 250-569-7942

Or check us out at [www.rvbs.ca](http://www.rvbs.ca) and on

Facebook at [fb.me/RobsonValley.BusinessServices](http://fb.me/RobsonValley.BusinessServices)

## JNR 250-569-2666

AUTO SERVICES 1021 SE Frontage Road  
LICENSED AUTOMOTIVE  
& DIESEL MECHANICS

Napa 46 hydraulic oil 52.00 a pail  
Napa 32 hydraulic oil 54.00 a pail  
Napa Tractor hydraulic oil 72.00 a pail

MONDAY to FRIDAY 8:30am - 4:30pm  
SATURDAY & SUNDAY - CLOSED

## Sue & Me Eatery

News from Sue & Me on Main Street

Monday Closed Tuesday Closed  
Wednesday 11 - 9 Thursday 11 - 9 Friday 11 - 9  
Saturday 11 - 9 Sunday 11 - 5

Take Out & Delivery Available (Tap at The Door or Cash is Still King!)  
**B&B is now open and waiting for reunions,  
weddings or just great family fun.**

250-569-0080

Main St., McBride



ROBSON VALLEY  
PHYSIOTHERAPY

Phone 250-569-7995  
[robsonvalleyphysio@gmail.com](mailto:robsonvalleyphysio@gmail.com)

## CERTIFIED ORGANIC

POTATOES in stock

Yellow and Red Varieties

FARM FRESH EGGS \$5/Dozen

Tim Heatwole 250-569-7612

## SCOTT KEIM

Red Seal Journeyman Carpenter

250-569-7120



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McBride, B.C. V0J 2E0

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We have bale feeders!

8' Slant Bar \$395 7' Tombstone \$685

• Feed and Farm Supplies • Dog and Cat Food  
 • Full Hydraulic Hoses and Fitting Supply  
 • Agricultural Parts/Repair • Automotive Parts/Accessories

## BIRTHDAY WISHES FEB. 3-9

Gerry Smith, Tanner Molendyk, Todd Warner, Lino Caputo, Shelley Hatchard, Matt Villemure, Adele Ford, Darin Loseth, Logan Drader, Lorna Hallwas, Paula Taphorn, Karen Craigne, Harley Bratton, Mabel Wilcox, and to any we have missed, Happy Birthday!

## BUY, SELL, RENT & MISC.

For Sale-Hay and haylage, 4x5, 868lb, mixed grass, net, no rain, shedded, loading available - Aaron Ford 250-569-7517•For Sale-2010 Flex, seats 7, 241,000km, runs good but needs some work. Open to offers. Pat Powell 250-968-4474•For Sale-2015 Ford Fiesta SE-4 door Sedan. Non Smoker owner, very low mileage, Ruby clearcoat metallic colour. A/C, Sirius Radio, drip rails. Ford Maintenance Program until Nov. 2022. Low Mileage, 6500km. Mounted Snowtires, 6 speed auto transmission, excellent condition. Call/Text 778-258-0064, Asking \$13,500•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.

## RVGS NEWS UPDATE

**Family Place Drop In** - Family Place Drop In Program Wednesdays from 9:00-12:00. If you have questions, are looking for parenting resources, or just need to chat, you can join us virtually or in person. Join us for Moe the Mouse Virtually from 9:00-9:30, and then for Mother Goose Virtually from 9:30-10:00 available throughout the Robson Valley. Here is the schedule for specific activities in each community, contact numbers provided for ZOOM links or questions about programming:  
 McBride - Charlene 250-569-2266  
 Feb. 3rd - tobogganing and snowshoeing at Johnson's pit.  
 Feb. 10th - Skating at Crescent and a Valentine craft/moose hide pins to parents.  
 Feb. 17th - Snow shoeing and tobogganing at Johnson's pit.  
 Feb. 24th - Skating at Crescent & Pink shirt day, Wear Pink! Design your own pink shirt (paper), craft and activity book.  
**Free Panty Program** - Feb. 3rd the first free food give away was a great success. We gave away 17 meals of French fries and eggs to approximately 44 individuals. Our next free meal give away will be February 3rd 2021. The event will take place between 11am-12pm at Uncle Marks Kitchen McBride, and 2pm-3pm RVCS 99 Gorse St. Valenmount. We will have frozen "heat and eat" turkey and chicken, baked with Uncle Marks famous shake and Bake spice mix, and a side of fries. COVID precautions will be followed. Thank you to Uncle Marks for all of the support and Freezer space. We would also like to express our continued thanks to Second Harvest for the food they provided for this program.

**Eating Disorder Awareness Week** - February 1st-7th. An eating disorder is more than just about food. It is a type of mental illness that involves unhealthy thoughts and behaviours towards food, weight and your body shape. Although it is treatable, the symptoms and consequences can be detrimental to the person's health and well-being. (Kelly Mental Health) Our CYMH team is committed to supporting children and families who may be experiencing eating disorders and can be contacted for support or resources. In addition, Northern Health has an Eating Disorder Clinic in Prince George which folks from the Robson Valley can access through their family physicians. Keep your eyes peeled to our social media account to learn more about the facts about eating disorders and resources available to you. You can also contact our CYMH Team in McBride or Valenmount by calling 1-844-324-2004, and speaking to Jessica or Laura.

**Soup and Bun** - McBride - Feb. 10th & 24th from 12pm-1pm. **NEW LOCATION!** Join us at RVCS, 942 3rd Ave, in our Carport! Come pick up a cuppa soup, bun and dessert for FREE (donation's accepted!) Physical Distancing measures in place. For Questions, or if you would like to volunteer to make a soup or do deliveries, please call Jana at 250-569-2266.

**Mooshide Campaign** - February 11th **STANDING UP AGAINST VIOLENCE** towards Women and Children. The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys who are standing up against violence towards women and children. In support of this campaign, a small swatch of leather is pinned to one's chest. Wearing this moose hide signifies your commitment to honour, respect, and protect the women and children in your life and to work together to end violence against women and children. Join the cause on February 11th as the nation comes together on-line for a day of inspiration, ceremony and fasting. Visit <https://mooshidecampaign.ca/events/moose-hide-campaign-day-2021> to register for the virtual events. Pick up a free Mooshide Pin from RVCS in McBride and Valenmount, to show your support. If you would like to nominate a Man in your life who stands up for Women, we would love to hear about it! We want to acknowledge and recognize the local Men of the Robson Valley, who demonstrate daily their commitment to the women in their lives, through their support and respect. Contact Sheri in Valenmount or Charlene in McBride if you would like to nominate a man to receive a Pin and acknowledgment letter.

Via-Rail Schedule	viarail.ca	Phone 1-888-842-7245
Going West - Sunday...2:44pm		
Going East - Thursday...12:18pm		
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'l 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 .....
School District 57	Dental Office	The Little McBride Paper
1-800-256-7857	250-569-3434	250-569-3110
BC BUS...844-564-7494	Report Forest Fires - 1-800-663-5555	
Inquiry B.C.-1-800-663-7867	For Toll Free Calling to Provincial Numbers ...	

**Take a Break in McBride...B.G.'s Firealdrest Town!!**  
 Dial this Number 1st and ask operator to connect you to provincial department.

## McBride AG Foods 250-569-0140

ALWAYS CANADIAN  
**SUPER BOWL SPECIALS**  
 \*\*Great Grocery Giveaway  
 BMS - Feb. 15, 2021\*\*  
 HOURS: Mon: 7-6 Tues: 11-6 Wed: 7-6  
 Thurs: 7-6 Fri: 11-6 Sat: 7-6  
 Sunday: CLOSED  
**FRESH FISH ON FRIDAYS**

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

Stay tuned.....  
**BIG CHANGES**  
 coming from ICBC  
 Earthen Enterprises

Do you plan to try a garden or greenhouse this year? Start tomatoes and peppers inside now with a grow light and give them a head start! Eating healthy vegetables begins right in your back yard with good healthy soil that's full of life!  
 Fish compost - 20 litre bags  
 mix it with your garden dirt or greenhouse beds.  
 Worm castings - 20 litre bags. Amazing result!  
 Liquid Fish fertilizer - 1 litre or 20 litre pails.  
 Hint: mix some sugar with it to help reduce smell.  
 Plants love it!  
 Liquid Seaweed - 1 litre Juvs  
 New for this year:  
 Granular calcium - for gardens low in calcium.  
 A common problem in clay soils.  
 Granular phosphorus  
 Granular nitrogen  
 Ask about any other transplanting and gardening needs and we will be happy to help where we can!  
 208 or 1040 litre totes of fish fertilizer available also for farming purposes.  
 Products available at Jowway Farm, 5173 Mountain View Rd.  
 Eldon Zimmerman Cell 250-569-7204  
 Email: [eldonzim@icloud.com](mailto:eldonzim@icloud.com)

**ROBSON VALLEY ESSENTIALS**  
 Valentine's Candy & Chocolate Hearts  
 in stock  
 K-PODS SOLD BY THE BOX  
 Check Out Our Facebook Page

**WHISTLESTOP GALLERY**  
 250-569-7825  
 Warm up to Winter with Cozy Quilts from the Gallery  
 A great gift idea or keep it and keep yourself toasty on these frosty winter nights. We also have hats, sweaters, scarves and fleecy footwear - warmth is waiting at the Whistle Stop Gallery  
 Open daily at the Train Station  
 Open Daily 9-5 [whistlestopgallery.ca](http://whistlestopgallery.ca)

**Uncle Mark's Tasty Food**  
 Open weekdays!!  
[www.unclemarks.ca](http://www.unclemarks.ca)  
 1st Ave - Ph: 569-3003 to order!

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 250-569-2470  
 Light & Heavy Duty Towing  
 BCAA Provider  
 Heavy Duty & Commercial Transport Mechanical CVSE Inspection Facility  
 LOCAL DAILY FREIGHT SERVICE





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Complimentary 1-on-1 Business Coaching

Apply Now!

\*Accepting ongoing applications until Feb. 26, 2021

[saritap@cfdc.bc.ca](mailto:saritap@cfdc.bc.ca) - Sarita Parmar, Business Coach

[cfdc.bc.ca/covid-19-information](http://cfdc.bc.ca/covid-19-information)

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Diversification de l'économie de l'ouest Canada



## DARWIN DAY

The  
Goat Shed

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

ACADEMICS	EVENT	LECTURES	SPECIES
ACTIVITIES	EVOLUTION	LONDON	SYMPOSA
BIRTHDAY	EXHIBITS	ORIGIN	TUESDAY
CELEBRATED	FEBRUARY	PROMOTE	TWELFTH
CHARLES	HIGHLIGHT	PUBLICATION	WORKSHOPS
CONTRIBUTIONS	HUMANIST	SCIENCE	WORLD
DEBATES			

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

## OAPO NEWS

While Beaver View Lodge is unavailable for our lunches, meetings and Birthday Teas, your executive assures you we are still working on your behalf locally and Provincially. Your membership in McBride #118 will continue to add weight to our efforts, and Thelma Molendyk currently has 2021 membership cards. Please contact Thelma directly. We have endorsed the Robson Valley Community Society application to offer computer training to seniors who wish to learn, and we are currently renewing the Regional Recreating Centre membership so members can use the Fit Pit, Bowling and other activities, subject to Rec Centre guidelines. A letter of support is being sent to school district 74 and the Ashcroft-HUB group supporting the HUB bid to purchase their school building which they have leased and maintained it as a community resource for many years, much as our local Dunster Fine Arts Society has done for Dunster. The School District intends to dispose of the property. Group and individual letters to [District@sd74.bc.ca](mailto:District@sd74.bc.ca) urging the sale to the HUB group will be helpful.  
D. Simpson, Secretary, OAPO

## COMMUNITY ANNOUNCEMENTS

The Little McBride Paper is On-Line at [www.lfpas.ca](http://www.lfpas.ca) and now includes a wordsearch that you can do on-line. Plus check out all the past issues of The Little McBride Paper in the Archives section.

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

## CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street is open Tuesdays & Fridays from 1 to 3 pm. Clothes and Household Goods-Sunday worship services at McBride Anglican United Church at 10am (4th Sunday of the month at 9am). We celebrate Communion together, usually on the third Sunday of the month. We welcome you to join our community of faith as we gather safely in person for a time of prayer, music, readings, and reflection. All are welcome. Rev. Kim McNaughton, 250-569-3206-Dorcas-Adventist Community Center (Dorcas) OPEN Tuesdays from 1-3pm. Due to small space we will limit guest to 4 at a time (unless family group). Contact # Terri 250-569-2479-Foodbank contact number is 250-569-3186-St. Patrick's Catholic Church-Meets Sundays at 11:00am. Ph:250-569-2606. Call to Confirm-Mountain Chapel at Third and Main streets, McBride, is suspending further Sunday services through December until the Covid-19 situation in the Valley is clarified. Members and adherents are urged to worship at home.