

**JMR** 250-569-2666  
 AUTO SERVICES 1021 SE Frontage Road

**LICENSED  
 AUTOMOTIVE  
 & DIESEL MECHANICS**

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

**Robson Valley Septic & Water Hauling**

Right-to-your-RV Septic & Water • Bulk Water Delivery  
 Dome Creek, McBride, Valemount, Blue River - 250-569-7872

**D & T INDUSTRIES**  
 250-569-7758 / 7050

**Robson Valley  
 Home Hardware**

**BUSINESS  
 FOR SALE**

250-569-7769 250-569-7084



**VALLEY MUSEUM & ARCHIVES**

Current Exhibit: Perception & Discovery

The photography of Matthew Wheeler

Renew your museum membership  
 & ENTER TO WIN \$20 Museum Bucks!  
 Your membership ensures an accessible  
 & inclusive public space for all to enjoy.

Tuesday - Friday 11am to 4pm FREE ADMISSION!

**HIGH COUNTRY RENTAL & REPAIR**



4700 HWY 16 WEST  
 MCBRIDE, BC V0J 2E0

TOLL FREE: 877.926.7090

LOCAL: 250.569.7099

SERVICE@HIGHCOUNTRYREPAIR.CA

ATV | DIRT BIKE | SNOWMOBILE | LAWN & GARDEN

**WWW.HIGHCOUNTRYREPAIR.CA**

Open 9am-9pm 7 days a week  
 After hours Parts and Repair available

**LINDA FRY  
 INCOME TAX PREP**

PREPARING YOUR PERSONAL  
 INCOME TAX RETURNS SINCE 1981.

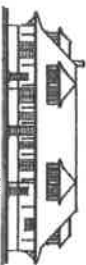
THIS YEAR I WILL BE WORKING FROM  
 THE GRIZZLY PUB (250-569-0101)

STARTING MARCH 1  
 BETWEEN THE HOURS OF 10AM AND 3PM  
 PLEASE CALL AHEAD.

OTHER CONTACTS 250-569-0138  
 (RESIDENCE) OR LINDAFRY@TELUS.NET

**WHISTLESTOP GALLERY**

250-569-8891



Welcome to the Whistle Stop

Home of Robson Valley artists and artisans since 2002.  
 As we head into 2022 our artists have been working hard to refill  
 the shelves with new creations and old favorites.

This year marks the 20th year the Whistle Stop has been  
 supporting our local artists and our community.  
 Visit us in the train station and see what we have in up to!

Come and visit - we are open daily  
 and our winter hours are 9-4:30.  
 whistlestopgallery.ca

**FREE The Little FREE**

**McBride**

**Paper**



Serving BC's Friendliest Town and Area since 1996!!!  
 For the week of *Wednesday, February 23rd, 2022*

**IN LOVING MEMORY**

**Fred Wall**

Frederick Arthur Wall  
 passed away at 89 years  
 of age on February 1st,  
 2022 in Prince George  
 Regional Hospital of a  
 brain hemorrhage.

Fred was born in  
 Edmonton Alberta on  
 November 9th, 1932. He  
 was one of five children  
 having two older sisters,  
 Edna and Freda, an older brother, Cliff, and a younger brother who  
 still lives in Edmonton, Jim. He grew up in Edmonton where as a  
 young man, he left school early and went to work on a stock farm,  
 Clover Dale Farm, where he trained horses and looked after  
 livestock. This was the beginning of a lifelong work with cattle and  
 farming.

Fred was married in 1954, to Eileen Barnes, and after saving for  
 several years, they purchased their farm in Dunster BC and raised  
 three children. As well, they raised many calves, lambs, dogs, and  
 other livestock including a favourite pig named, Elizabeth.

Fred appreciated the beauty of Dunster and believed there was  
 nowhere better to live. He enjoyed the many wonderful friendships  
 with local farmers and neighbors over the years and right until his  
 last day. Fred especially loved his cows and horses and the wild  
 animals that lived in the valley and spent much of his time outdoors.  
 Fred is survived by his wife, Eileen, of 67 years, two sons, Clint  
 (Sally) of McBride, Doug (Lynn) of Hinton, a daughter, Karen  
 (Derrick) of Dunster and seven grandchildren, seven great-grandchildren,  
 many cousins, nephews and nieces, and one favourite cat.

We will miss the many stories he shared around the coffee table but  
 as one friend joked, "Fred will be insuring the peaty gates are kept  
 closed so the cows don't get out." We are very grateful for the  
 visits, thoughtful messages and lovely food and goodies delivered by  
 neighbors and friends.

A memorial will take place on the farm in the spring when the lilacs  
 bloom.

**HOSPITAL AUXILIARY NEWS**

McBride and District Hospital Auxiliary will be holding their  
 AGM March 7th @ 7pm via Zoom. Would you like to become a  
 member? Join us at our AGM to see what we have in the works  
 for future fund-raising events. Everyone is welcome to attend. For  
 further details email Beth at bethfrd@telus.net. For the Zoom  
 invitation or for more information call Carol at 250-569-7176.

**ATTENTION GARDENERS**

Robson Valley Arts and Culture Council is looking for volunteers  
 to show off what they've been growing as part of a Garden Tour  
 in McBride and Dunster. Would you be willing to host a tour of  
 your garden in late August 2022? Do you know of others who  
 might help showcase our Robson Valley gardens? Hope to hear  
 from you! Please message Chelsie directly here, or email  
 chelsiestubs01@gmail.com for additional details.

**BIRTHDAY WISHES FEB. 23-MAR. 1**

Carol Barnett, Nicholas Franke, Brad Arnold, Rueben Williamson,  
 Eric Johnson, Linda Clark, Joann Barnes, Christa Barnes, Roger  
 Hicks, and to any we have missed, Happy Birthday!

**OPEN GATE GARDEN**

If you are feeling the itch to start planning your spring garden,  
 remember the Open Gate Garden has a Seed Bank in the McBride  
 and District Library. Many popular and open pollinated seeds are  
 disappearing from catalogues. The Seed Bank has seeds harvested  
 here in the Valley as well as commercial breeds donated last year.  
 Seeds are free and we only ask you mature some of the crop and  
 return seeds to the Bank for future use. A sign up list will be  
 available Please note the kind, variety, your name and contact  
 information. Current gardeners must reserve the plots they had last  
 summer. If you want to keep the same bed please advise D.  
 Simpson at 250-569-3343 or djoker@telus.net by February 25.  
 When and where to fill in paperwork and pay rental will be  
 announced at a later date.

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'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	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 Fiercestest Town!!  
 Dial this Number 1st and ask operator to connect you to provincial department.

Robson Valley Entertainment Association  
**Annual General Meeting**

February 28, 2022 - 7:00 p.m.

VIA ZOOM

Please e-mail:

rosemary@advantageinsuranceservices.com  
 for a link to the meeting

*Robson Valley* 250-569-2225

Shoe Repair 884-3rd Ave.

**Mr. Roth's Famous Popcorn**

Organic Dairy Bulk Organics

Cream-On-Top Ancient Grains  
 Milk Rice  
 Quark Beans  
 Cheese  
 Cream

**Homemade Frozen Meals**  
**Sourdough Baking**  
**CINNAMON BUNS**

Grassfed  
 Chem/Med-FREE  
 Beef  
 Sausage  
 & Smokies



**Homemade  
 Ice Cream  
 Sandwiches**

**Uncle Marks**

926-1st Ave  
 McBride  
 (250) 569-3003  
 www.unclemarks.ca

**Fasty Food**  
 Open Weekdays 8:30 - 5:00

**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

ALWAYS CANADIAN  
**CASE LOT One Week Only**  
 Ends February 26  
 HOURS:  
 Monday to Saturday  
 6:30am to 6pm Sunday: CLOSED  
 Face Masks are Required in the Store  
**FRESH FISH FRIDAYS**

Advantage Insurance  
 Services Ltd.

Rosemary L. Hruby, CMB  
 250-569-2264

**OPEN**

Monday to Friday  
 9:00am - 5:00pm  
 Saturday 10:00am - 3:00pm

**Gigglin' Grizzly Pub**

Thursday - Friday - Saturday - Sunday  
 4:00 pm to 8:00 pm  
 \* dine in \* patio \* take out \*  
 250-569-0101

**Alaina Chapman RMT**

Registered Massage Therapist  
 Monday, Wednesday & Thursday

Ph: 250-566-1040 To book an appointment

**Mountain View Boutique**

265 Main St., McBride, BC

Apparel, Housewares

and more!

Featuring local artisans.



**HOURS**

Tues. 10 am to 5pm  
 Wed. to Sat. 10am to 8pm



## NATIONAL NUTRITION MONTH

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

ACTIVITY  
CANADA  
CELEBRATE  
CHOICES  
COOK  
CULTURAL  
DIET  
EATING  
FAVORITE  
FLAVORS  
FOOD  
HABITS  
HEALTHY  
INFORMED  
LABELS  
LEARN  
MARCH  
MEAL  
NOURISH  
PHYSICAL  
PLANNING  
PREP  
READ  
TRADITIONS  
VARY

**Take a Break in McBride...B.G.s Frierdhest Tower!!**