



## HIGH COUNTRY RENTAL & REPAIR



4700 HWY 16 WEST  
MCBRIDE, BC V0J 2E0

TOLL FREE: 877.926.7099  
LOCAL: 250.569.7099

SERVICE@HIGHCOUNTRYREPAIR.CA

ATV | DIRT BIKE | SNOWMOBILE | LAWN & GARDEN

**WWW.HIGHCOUNTRYREPAIR.CA**

Closed Sunday and Monday  
Open 10-6 Tuesday to Saturday  
For after hours parts and repair  
please text 250-569-7099

## WHISTLE STOP GALLERY



250-569-8891

*Are you an artist or a crafter?*

Head down to the  
Whistle Stop Gallery,  
we are always looking for  
new artists and new ideas!  
*Open 9-4:30 daily.*



## VALLEY MUSEUM & ARCHIVES SUMMER EXHIBIT IS ON NOW!

Are We There Yet?  
Stories from Highway 16

featuring local artist Glen Freat  
*OPEN Tuesday to Saturday 10am- 5pm*



**Robson Valley  
Pet Hostel**  
*Grooming & Boarding*

Ann Schwartz - Animal Health Technician  
250-569-3319  
Website with information and galleries:  
[www.pethostel.ca](http://www.pethostel.ca)



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

## Family Bike Ride & Walk Scavenger Hunt

- 10 am, Saturday, July 23rd
- Steve Kolida Park
- Free basic bike tune-up  
(adjust brakes & shifting,  
tube cables & chain, patch tire)
- Free pizza lunch
- Bring your ideas on how to get  
more people walking, biking &  
rolling around McBride!

*This is part of McBride's  
Active Transportation Network Planning  
which is a strategy to improve  
human powered movement  
opportunities in the community.*  
Questions?  
Contact Jared @ 250.566.4022



**Robson Valley  
Home Hardware**

**BUSINESS**

**FOR SALE**

250-569-7769 250-569-7084

## RVCS NEWS UPDATE

**MON's Family Place Drop-In** is now on Mondays from 9am-noon. Join for connection with other families, parenting resources and fun for you and your 0-6 year old children at RVCS unless otherwise stated below (942 3rd Ave.). No registration required. Call 250-569-2266 for more info. July 25: Let's make spiders and butterflies at RVCS. Aug. 1: BC Day-Office Closed. Aug. 8: Constructing with Styrofoam in Village Park. Aug. 15: Face painting at the Village Park. Aug. 22: Water Day at RVCS. Aug. 29: Edible pudding slime at RVCS.  
**WED's Seniors Drop-In** is on Wednesdays from 1-3pm with Sandy. All seniors are invited to come by for both structured and unstructured recreational, educational and social activities at RVCS (942 3rd Ave.), unless the location is stated elsewhere. Call 250-569-2266 for more information. July 20: Let's Talk About Death with Death Midwife Judith at RVCS (registration required). July 27: Picnic in the Park (bring a chair, meet at Steve Kolida Park 1pm).  
**TUES** - Join us for Seniors Walking & Wheeling Group every week on Tuesdays at 2pm for a 30-45 minute stroll or roll around town with Sandy beginning at 942 3rd Ave. All fitness abilities welcome. No registration required. Call 250-569-2266 for more info.  
**WED, JULY 20** from 1-3pm, let's talk about death. Join us for a 2 hour discussion called Let's Talk About Death with Death Midwife Judith McGill (who will be joining virtually). Judith excels at bringing comfort to this often taboo and alarming topic, and planning for the end of life. We will discuss our dying times, our wishes, legacy and the role our loved ones play during this time. Registration required by calling 250-566-9107 or email [events@rvcsbc.org](mailto:events@rvcsbc.org). The in-person session is held in our Valenmount and McBride offices, or residents may join virtually if preferred.  
**MON., AUG. 15, 16, 17 & 18** from 9am-12pm we are hosting a Mindfulness Camp for kids ages 6-10 years at Koeneman Park. Come and meet Skidhoo the dog and enjoy some yoga, nature walks, crafts, play, sensory exploration and build strategies that help with emotional regulation. Registration is required: 250-569-2266/ [events@rvcsbc.org](mailto:events@rvcsbc.org).

## LIBRARY NEWS

**Summer Reading Club** - The BC Summer Reading Club for kids is back! Collect reading logs, bookmarks and stickers for your children from the library now, or join on-line at [bsrc.ca](http://bsrc.ca). On-line activities start 1 July. We will have a medal presentation ceremony and prize draw at the library at the end of the summer.  
**Kids' Fun Thursdays** - We have kids' activities at the library and museum throughout the summer. Ages 5-8 from 12-1pm, and ages 9-12 from 2-3pm. Games, stories, crafts, coding and more! Call 250-569-2411 to register your child or email [library@mcbridebc.org](mailto:library@mcbridebc.org). Spaces are limited, so sign up soon!  
**Library Super-Sleuth Scavenger Hunt** - test your problem-solving skills with a fun scavenger hunt inside the library. Two versions available: one for 8s or younger, one for 9+. Available whenever the library is open.  
**Weekly Adults' Programs** - Fibre Artists (Thurs., time varies), Writing Group (Fri., 1:30pm), Call 250-569-2411 for details.  
**Book Discussion Group** - next one is Thursday, 28 July at 1:30pm. Theme this month is "Historical Fiction set in the Deep South". Call for more info.  
**Kids' Tea Party** - at the Open Gate Garden. Friday, 22 July, from 11am-2pm. Ages 4-7. In partnership with Decoda Literacy and the Open Gate Garden. Call the library to register.  
**Outdoor Garden Space** - Thanks to grant funding from NDIIT and Healthy Communities Canada, our outdoor space next to the library is taking shape! The first stage involves adding a shelter for programming/meetings/book sales, accessible walkways, picnic tables, benches, and a fenced-in children's reading/play area. Stop in at the library if you want to know more about our plans for this space.  
**Main Street Search** - Pop onto the library's facebook page or stop by for a paper copy of a Main Street scavenger hunt. Fun for kids of all ages! In partnership with Decoda Literacy.  
**Summer Library Hours** - Tues. 10-6, Wed. and Thurs. 10-5, Fri. 12-8 and Sat. 12-5.  
**Collection/Delivery Service** - We are still happy to prepare book/DVD/puzzle orders for you, and deliver to your doorstep. Call 250-569-2411 or email [library@mcbridebc.org](mailto:library@mcbridebc.org) to place your order.

## CHURCH NEWS N' THINGS

**Anglican United Church - Downtown Thrift Store** on Dominion Street is open Tuesdays & Fridays from 1 to 3pm. Clothes and Household Goods-Sunday worship services at McBride Anglican United Church are held at 10 am for in-person worship (vaccinations not required). All are welcome; we welcome all ages, all genders and sexual orientations, all races, all abilities, all are beloved members of God's family. We usually celebrate Communion the 3rd Sunday of each month. Minister Kim's phone 250-968-4467. • **Seventh-day Adventist Church** Ph: 250-569-3370. Pastor Ph: 1(250)-808-7399. • **Adventist Community Service (Dorcas)** Open Tuesdays 1-3pm, contact numbers 250-569-2479 Terri, 250-569-2527 Esther. • **Foodbank** contact number is 250-569-3186. • **St. Patrick's Catholic Church** Ph: 250-569-2606. Call to Confirm. • **Mountain Chapel (PAOC)** at Third and Main Streets. Following Health rules as they are announced. Services are held Sundays at 11:10am. Everyone is Welcome. Minister's phone 250-569-0291.

All our trains are back! Drop by McBride Station for more information!  
VIA Rail Schedule [vareil.ca](http://vareil.ca) Phone: 1-888-842-7245  
Going West, Train #5 - Sundays, Wednesdays, Fridays. 2:44pm  
Going East, Train #6 - Mondays, Thursdays, Saturdays. 1:12:18pm  
Dome car included! Baggage car - bikes, caged pets, kayaks (fees apply).

## 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  
Dental Office The Little McBride Paper School District 57 250-569-3117  
1-800-256-7857 250-569-3434  
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 ...  
Dial this Number 1st and ask operator to connect you to Provincial Department ...

Take a Break in McBride...B.G.'s Friedliest Town!!

## McBride AG Foods

250-569-0140

ALWAYS CANADIAN  
**SENIOR'S DAY 65+**  
Every Wednesday - 10% Off  
**SUMMER HOURS:**  
Monday to Saturday 6:00am to 7:00pm  
Sunday: 9:00am to 5:00pm  
**FRESH FISH FRIDAYS**

**Gigglin' Grizzly Pub**  
Open Thursday, Friday, Saturday  
and Sunday from 4:00pm  
- dine in, patio and take out.  
250-569-0101

**Double Czech Carpentry**  
Pavel Bendl • 250-617-0263  
• Renovations, new construction  
• Exterior and interior finishing  
• Cabinetry, kitchen remodeling  
Call or email [pavel.bendl@gmail.com](mailto:pavel.bendl@gmail.com)

Can we keep Christ apart from our lives here  
and yet be fitted for His companionship in heaven?  
Contact Bible Truth. Phone 250-569-7077.  
Box 185, McBride, B.C.

**JNR** 250-569-2666  
1021 SE Frontage Road  
AUTO SERVICES  
LICENSED AUTOMOTIVE & DIESEL MECHANICS

We are looking for a front counter person.  
Please apply with resume in person  
or email to [wiltstie33@yahoo.ca](mailto:wiltstie33@yahoo.ca)  
MONDAY to FRIDAY 8:30am - 4:30pm  
SATURDAY & SUNDAY - CLOSED

**Mr. Roth's Famous Popcorn**  
Bulk Organics  
Ancient Grains  
Rice  
Beans

Cream-On-Top  
Milk  
Quark  
Cheese  
Cream

Homemade Frozen Meals  
Sourdough Baking  
Cinnamon Rolls

Grassfed  
Chem/Med-FREE  
Beef  
Sausage  
& Smokes

**Uncle Mark's**  
Ice Cream  
Sandwiches  
926-1st Ave  
McBride  
(250) 569-3003  
[www.unclemarks.ca](http://www.unclemarks.ca)  
OPEN... Monday - Friday 8-5

**Rich boyz MECHANICAL TOWING**  
250-569-2470

Rich Boyz has openings for Drivers for Emergency and short notice scheduled work.  
Class 1 or 3 Preferred.  
McBride - 1 on call position,  
Valemount - 1 on call position.  
Hours strictly dependent on availability of the driver.  
Extended health and dental  
for Full Time employees after 6 months.  
Email Resume and Drivers Abstract to  
[tanya@richboyz.ca](mailto:tanya@richboyz.ca)

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

July and August are the official  
Impaired Driving Campaign months.  
If you are planning to enjoy  
an alcoholic beverage be sure  
to plan for a safe ride home first.

# NATIONAL BAHAI'DAY

The  
Goat Shed

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

ABDUL JAMAICA  
 ANTILLES JULY  
 ASSEMBLY KING  
 BAHA KINGSTON  
 DIVINE LOCAL  
 DOCTOR MALCOLM  
 EDUCATION MONDAY  
 EQUALITY PLAN  
 FAITH RELIGION  
 FIFTH SPIRITUAL  
 FREEDOM TABLETS  
 GREATER TWENTY  
 HEAD

## BUY, SELL, RENT & MISC.

For Sale-1 Table Top Bladeless Fan, 10", \$50.00. 2 Table Top Fans 8", never used, \$20.00 each. 48"x24" Basement Slider Window and a 22"x36" metal door window insert. Phone 250-569-3110. •For Sale-20" Seacan 1170 cu. ft. Has only been shipped twice. Like new. Comes with welded storage hooks inside. \$6000. Coleman 10HP Powermate 5000watt Generator. 220/120 Gas fuel. \$250. Call 778-258-3766. •For Sale-Large 48 inch ceiling fan with lights and mounting hardware. Green marble finish and brass accents. \$50.00. Call 250 569-4080. •For Sale-Tenco 16 ft. dump box/sand spreader combo with liquid tank and spray system. \$3000. 250-968-4419. •Apartment for rent in McBride. The Historic McKale House (421 Main Street, McBride, BC) is accepting applications to rent the 2 bedroom walk up apartment located above of the bookstore. The unit is fully furnished (everything but linens) and includes fridge, stove, dishwasher, washer and dryer. The unit, available July 1, rents for \$1000.00/month plus hydro. Satellite TV and Internet available. This is a NO SMOKING and a NO PETS accommodation. Off street parking is provided for one vehicle. Additional information available by phone or text to Rick at 250-569-7620. •For Sale-Honda Lawn Mower. Runs Great, \$100 Phone: 569-7822. •Wanted-Good electric cook stove. Please call 250-569-8860 any time after 10a.m. •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.

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