

TGP
The Grocery People

McBride TGP Grocery Store
211 Main Street 250-569-2525

Back to School:
3 WEEKS OF SAVINGS

Aug. 18 to Aug. 24

KRAFT
Peanut Butter
or All Natural
1 kg

\$5.99

BREYERS
Classic
Frozen Dessert
1.66 L
selected varieties

\$3.99

McBride and area *Everyday Best Values*

~Local Savings Program Now In Effect~
OPEN 7 Days per week 8am-8pm

ROBSON VALLEY I.D.A. TELE PHARMACY

OPEN Mon.-Fri. 9-4 Closed 12-1 for lunch
www.robsonvalleyidapharmacy.com
250-569-8811
#3 - 411 Main Street, McBride

Cracked Heal Treatment

237mL Tube
Regular Price \$8.99

Sale Price \$6.49 + tax

Nicorette/ Nicoderm

Select Types and Sizes

UP TO \$13.50 OFF



Delivering Fuel
East to McBride &
Valemount



Four Rivers
Co-operative

Commercial, Farm & Personal

Visit our Gas Bar in Prince George!
6749 Westgate Avenue - Tel: 250.964.2697

Prince George:
Tel: 250.564.3488
TF: 866.309.2667
Fax: 250.564.3433

Valemount Cardlock:
1500 - 9th Avenue
Valemount BC
TF: 866.309.2667

McBride Cardlock:
2130 Zeidler Road
McBride BC
TF: 866.309.2667

Welcome Home
Give us a call or check our Facebook Page to find our daily *Lunch Specials*.

Join us **Saturday, August 20th 1-3pm** for our first **'Music on the Patio'** with the lovely and talented **Sara Wilkinson**. Composing and performing music for over 20 years, Sara brings life to folk, soul, jazz & rock. She will have CDs available for purchase. *BYOLC (lawn chairs). If the weather is bad we'll move things indoors.

Strawberry Blemonade is BACK
Try our NEW Mulberry Lemonade!

Follow us on Facebook - fb.me/youarewelcomehome
Monday - Saturday 8:30am to 5pm 250-569-0215

RV or MOBILE HOME PAD for Rent in Riverbend Mobile Home Park.
250 - 587 - 6340

Rich boyz MECHANICAL AND TOWING
250-569-2470

RICH BOYZ is in search of Admin/Clerical staff.
10-20 hours per week during the summer increasing in the winter as work load increases.
Summer hours are scheduled Mon-Fri.
Winter hours are 7 scheduled 7 days per week.
Send resume to tanya@richboyz.ca

FREE The little McBride Paper FREE

McBride Paper

Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, August 17th, 2022

THANK YOU

To the kind and caring community of McBride. I just wanted to say how much I appreciate you all for making my life so enjoyable in the last year!! When I started working in the AG Foods grocery store last fall, I was at a time in my life when I needed just what you gave me. You loved and accepted me just for who I was and I can't thank you enough for that! I have had the best time seeing you all everyday and having a good time together! A million and more thanks also to Jae n Liz for giving me the job and also to the awesome staff I worked with! And I better not start naming the rest of you off or the list will never end! I will miss you more than you can imagine! My number is 250-569-7613. Please keep in touch and come see us in Alberta any time. You will forever be in my heart! Love you all too much and God bless you!

~LaRose Birky

WEBSITE NEWS

We have been working on making The Little McBride Paper on our website clearer and easier to read plus with a better zooming feature. Check it out at www.fpas.ca

CHAMBER NEWS

Come join the fun at the McBride Chamber of Commerce's Downtown Lemonade Sale on Saturday, August 20th from 10am to 3pm. Come browse the sidewalk sale, refresh with a glass of lemonade and maybe find a treasure or two at the Trunk Sale.

IN LOVING MEMORY

Tribute Services for Katherine McLeod

A life, so beautiful deserves a special Tribute. You are invited to help us honor the life of Katherine (Kathy) McLeod. Leave your sadness at the door, but bring rather your stories, your laughs, and happiness. Tribute Services will take place on August 27th, 2022 at 12:30pm at 1590 Koeneman Road, McBride. Food and drinks will be provided to help salute and regard her with the highest esteem. To help with the preparation, we ask that you let us know if you plan to come to this celebratory occasion. Please text 403 998 9643 or email bmcLeod1027@gmail.com by August 20th, 2022.

Royal Canadian Legion Branch #75 (McBride)

presents another summer of MAIN STREET 'In Car' BINGO (Rain or Shine). Wednesday September 7th. Drive in between 1st and 2nd Avenues on MAIN ST., McBRIDE. Parking and Bingo Card sales start at 6:00pm Bingo Games start at 6:30pm sharp. 10 Regular Games and 1 Jackpot - Cash Prizes. CASH ONLY - NO CHEQUES - NO CREDIT. Bring your own Bingo supplies, Dabbers, clip and or lap boards to hold your cards. (You'll be playing in the comfort of your vehicle). Have fun!! Thank you for supporting Your local McBride Legion Branch #75.

COMMUNITY ANNOUNCEMENTS

McBride Community Market - Do you "make it, bake it, grow it"? Do you live between Dome Creek and Albreda? Then think about joining us as a vendor at the McBride Community Market every Friday from 11:00 to 2:00 until Sept. 2, 2022. Adults \$10/ space per week Children under 12 \$2.00. For further information contact Jackie Edwards jackie.c.edwards@gmail 250-569-7101.

McBride Community Market Concession will operate from the Royal Purple's food booth with your favourite menu of hamburgers, hot dogs, fries and the ever popular taco in a bag. Every Friday through to September 2nd from 11:00 a.m. to 2:00 p.m. For more information contact Fred and Kat at 778-254-4393 or fandkat@yahoo.com. See you there!

BIRTHDAY WISHES AUGUST 17-23

Levi Cole, Jedin & Jordin Klassen, Annie Fode, Jessie Littlechild, Jodi Littlechild, Paige Molendyk, Catherine Blouin, Annie Han, McKinley Hicks, Raj Basran, Sonnia Carmont, Les Hack, Susan Blouin, Dylan Anderson, Max Elliott, Robert Ambury, Tammi McFarland, Mabel Moore, and to any we have missed, Happy Birthday!

McBride & District PUBLIC LIBRARY 250-569-2411

521 Main Street McBride, BC V0J 2E0

Summer HOURS
Tuesday 10-6
Wednesday and Thursday 10-5
Friday 12-8
Saturday 12-5
library@mcbridebc.org mcbride.bc.libraries.coop

Please contact The Little McBride Paper with all coming events, news, trivia, comments, etc!! Phone: 250-569-3110, email: contact@fpas.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.fpas.ca.

Scott & Susan (Oscar & Broom)
All articles and ads are not the expressed opinion of this paper or it's owners.

Take a Break in McBride...B.C.'s Friendliest Town!!

Robson Valley Septic & Water Hauling

Right-to-your-RV Septic & Water • Bulk Water Delivery
Dome Creek, McBride, Valemount, Blue River - 569-7812

It's Septic Tank Time!!

If you don't remember when it was last pumped
It's time!! 2 - 5 years depending on usage.
One year if you run a B&B!! **Don't wait for winter!!**
Don't let solids plug up your drain field!!
Booking now for spring, summer & fall!!

"The Friendly Little Truck!!"

THE HEAT IS ON, BEFORE IT'S GONE COOL OFF AT THE BEANERY 2

BEANERY 2 PATIO NOW OPEN 250-569-0133
Mon.-Fri. 6am-5pm, Sat. & Sun. 9am-5pm Closed Stat Holidays

Meraki Builders Construction and Renovations
250 569 7885 (Mitch) 250 569 4109 (Brenden)

GRAVEL TRUCK AND EXCAVATOR SERVICES.

PHONE 778-258-0093 OR 250-569-7885

"Grampa Garlic"



Michael Jackson will be at the Community Market on Friday, 19 August.

He will discuss garlic in general and details about the 13 types he raises.

Actual sales of garlic will be on Friday, 2 September.

HORSESHOEING

Gary Schwartz
Farrier Service McBride, BC
250-569-3319

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

UNCLE MARK'S CUSTOM MEAT CUTTING
Field to Plate Service, ☺ "Stress free animals humane harvest, custom sausage, make better meat"
\$5 bags of bones and bird suet Mark Roth 250-569-7805

MONASHEE COMMUNICATIONS
1-877-295-0655
www.monasheecommunications.ca
accounts@monasheecommunications.ca

WIRELESS INTERNET
McBride / Dunster / Tete Jaune / Valemount

INSULATION & DRYWALL
250-569-0320

HISTORIC MCKALE HOUSE
421 Main Street 250-569-7176
Check out our inventory reduction sale, including BIG books! Enter our draw for a Folkmanis puppet!!
Draw is Sat., Aug. 20.
This week: Th-Fr 10-4; Sat 10-2

HORSESHOE LAKE VENTURES
377 Main Street McBride, B.C.
250-569-0075

LOTS OF STIHL SHOES AND WORK-BOOTS IN STOCK.
ALSO STOCKING BEKINA BOOTS
•Feed and Farm Supplies •Dog and Cat Food
•Full Hydraulic Hose and Fitting Supply
•Agricultural Parts/Repair •Automotive Parts/Accessories

ROBSON VALLEY PHYSIOTHERAPY
Phone 250-569-7995
robsonvalleyphysio@gmail.com

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

Cougar Den Cabins
250-569-7308
Daily, Weekly & Monthly Rates
1800 Samson Rd. McBride (bottom of Lucille mountain)

MAIN STREET PIZZA

265 MAIN STREET MCBRIDE, BC

PIZZA – CALZONE – GARLIC BREAD
CHICKEN – WINGS – GIFT CARDS

WEDNESDAY – SATURDAY
11AM-8PM – (778) 258-4991



D & T INDUSTRIES
250-569-7758 / 7050

A LITTLE THINKER...
If I agreed with you we'd both be wrong.



Robson Valley Home Hardware

BUSINESS FOR SALE

250-569-7769 250-569-7084

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 Frear

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

ANOTHER LITTLE THINKER...
We never really grow up,
we only learn how to act in public.

RVCS NEWS UPDATE

MONs 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. Aug. 22: Water Day at RVCS. Aug. 29: Edible pudding slime at RVCS.

FRI., AUG. 19 will be the last Friday Morning Summer Group with Lotte at Steve Kolida Park from 8:30-11:30am for 0-7 year olds and their caregivers. Come and meet some other kiddos, enjoy playtime and fun! No registration required. Call 250-569-2266 for more info.

WEDs 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. Aug., 17: Pictionary, a fun drawing game at RVCS. Aug. 24: Bean Bag Toss at Koeneman Park (1pm meet at RVCS). Aug. 31: The therapeutic benefits of colouring at RVCS!

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.

LIBRARY NEWS

Sponsor a Tree - Would you like to sponsor a tree in your own name, on behalf of a business, or perhaps to memorialize a loved one? We would like to add trees to the library garden and are offering sponsorship to members of our community. Cost is \$500, including commemorative plaque. For details, speak to Abi: library@mcbridebc.org or 250-569-2411.

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 bcsr.ca. We will have a medal presentation ceremony and prize draw at the library at the end of the summer.

Kids' Fun Thursdays - Last sessions are on Thurs., 18th August. Thanks to all the children that have joined us! 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.

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.

Kids' Coding Club - Ages 9-14, on Fridays at 12.30pm. Sessions are FULL, but please let us know if you would like us to run more coding sessions in the future.

Weekly Adults' Programs - Fibre Artists (Thurs., time varies), Writing Group (Fri., 1.30pm). Call 250-569-2411 for details.

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 to place your order.

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" window insert for a metal door. Phone 250-569-3110•**For Sale**-Schwinn 470 Elliptical. Brand New, Bluetooth Screen for live Treks. \$900.00 o.b.o., 1997 Cadillac Deville, Great comfortable ride, leather seats, wood grain \$2800.00 o.b.o. Located in Crescent Spur. Ph:250-569-7814•**For Sale**-Puppies: \$500.00. Half Golden Retriever, Quarter Lab, Quarter Border Collie. 1st Shots - Ready to go. Call Rosy at 250-569-7386•**For Sale**-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•**For Sale**-Honda Lawn Mower, Runs Great, \$1000 Phone: 569-7822•**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.

GHURGH 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 viarail.ca Phone:1-888-842-7245

Going West, Train #5 - Sundays, Wednesdays, Fridays...2:44pm

Going East, Train #6 - Mondays, Thursdays, Saturdays...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	Village250-569-2229
Hospital	250-569-2251	Reg'l Dist' 1-800-667-1959
Health Unit	250-569-2251	RV Comm. Srv. 250-569-2266
K to 7 School ..	250-569-2721	Food Bank250-569-3186
High School	250-569-2295	Fire Hall250-569-3117
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 ...		
Dial this Number 1st and ask operator to connect you to provincial department.		

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

Mr. Roth's Famous Popcorn

Organic Dairy
Cream-On-Top
Milk
Quark
Cheese
Cream

Bulk Organics
Ancient Grains
Rice
Beans

Grassfed
Chem/Med-FREE

Beef Sausage & Smokies

Homemade Frozen Meals
Sourdough Baking
Cinnamon Buns

Homemade Ice Cream Sandwiches

Uncle Mark's Tasty Food
OPEN... Monday - Friday 8-5

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

Return-It
Express
Ticket Kiosk

Rich boyz MECHANICAL AND 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



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

Time to think about winter - yuck!
Pellet or Wood stove
need a W.E.T.T. inspection?
They are required for all wood appliances

McBride AG Foods

250-569-0140

ALWAYS CANADIAN

CASE LOT Ends Aug. 20

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

Satan's business is tempting us to sin. Can God's grace keep us from sinning? Who is more powerful?
Contact Bible Truth. Phone 250-569-7077.
Box 185, McBride. B.C.

JNR AUTO SERVICES

250-569-2666

1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANICS

We are looking for a front counter person.
Please apply with resume in person
or email to wiltsie33@yahoo.ca

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



The Corporation of the Village of McBride

2022 GENERAL LOCAL ELECTIONS NOTICE OF NOMINATION PERIOD

Public Notice is hereby given to the electors of the Village of McBride that a General Local Election will be held on Saturday, October 15, 2022 and that nominations for the offices of:

Mayor - 1
Councillor - 4

will be received by the Chief Election Officer or a designated person, as follows:

By hand, mail or other delivery service: 100 Robson Centre, 855 SW Frontage Road PO Box 519 McBride BC V0J 2E0	From: 9:00 a.m. on Tuesday, August 30 th , 2022 To: 4:00 p.m. on Friday, September 9 th , 2022
By fax to: 250-569-3276 By email to: cfo@mcbride.ca	From: 9:00 a.m. on Tuesday, August 30 th , 2022 To: 4:00 p.m. on Friday, September 9 th , 2022 Originals of faxed or emailed nomination documents must be received by the Chief Election Officer by 4:00 p.m. on Friday, September 16th, 2022

Nomination forms are available at the Village Office, 100 Robson Centre from 9:00 a.m. July 26th, 2022 to the close of the nomination period 4:00 p.m. September 9th, 2022.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day Saturday, October 15th, 2022;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified under the *Local Government Act* or any other enactment from voting in an election in British Columbia or being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

CAMPAIGN PERIOD EXPENSE LIMITS

In accordance with the *Local Elections Campaign Financing Act*, for the 2022 general local election, the following expense limits for candidates during the campaign period apply:

Mayor \$10,797.83
Councillor \$ 5,398.92

THIRD PARTY ADVERTISING LIMITS

In accordance with the *Local Elections Campaign Financing Act*, for the 2022 general local elections, the following third party advertising limits apply:

Mayor and Council \$ 809.84

For further information on the **nomination process**, please contact:

Sandy Salt, Chief Election Officer 250-569-2229
Chris Tupy, Deputy Chief Election Officer 250-569-2229

For further information on **campaign period expense limits and third party advertising limits**, please contact Elections BC:

Toll-free phone: 1-800-661-8683
Email: electoral.finance@elections.bc.ca
Website: www.elections.bc.ca

BAD POETRY DAY

The
Goat Shed

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

AUGUST
AWFUL
CHANTS
COMPOSE
CREATE
EIGHTEENTH
ERROR

EVIL
EXPRESSION
FORM
FREE
GOOD
HAIKUS

HUMAN
HYMNS
LIMERICKS
POETRY
SHARE
SONNETS

TEST
THURSDAY
TRIAL
VERSE
WATERS
WRITE

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

Make your home FireSmart

The Regional District of Fraser-Fort George is offering complimentary FireSmart Reviews to homeowners in your community this summer.

During a FireSmart Review, our team identifies your wildfire risks and outlines the steps to take to create a FireSmart property. The work can be simple, easy and inexpensive – like creating a non-combustible zone around your home, relocating flammable items and clearing away debris.

**Request a FireSmart Review
at rdffg.bc.ca or 1.800.667.1959,
or come and meet our team:**

Thursday August 25

• Valemount Farmers' Market, 4 - 7 pm

Friday August 26

• McBride Farmers' Market, 11 am - 2 pm

Saturday August 27

• Dunster Farmers' Market, 11 am - 1 pm



FOREVER PRINTING & SIGNS

**Home of
THE LITTLE McBRIDE PAPER**

for more information please contact
Scott or Susan at 250-569-3110,
fax: 250-569-0220, email: contact@fpas.ca
website: www.fpas.ca