

WHAT'S FOR LUNCH?
WED- CHICKEN GUMBO
THU- POTATO BACON SOUP & TOASTED BUN
FRI- BALSAMIC CHICKEN WRAP
MON - VEG. SOUP & HAM/SWISS PANINI
TUES- MEXICAN TORTILLA SOUP/CHEESE QUESADILLA

Have you tried our
Baja Chicken Wrap?

Welcome Home
Gifts & More

Follow us on Facebook - fb.me/youarewelcomehome
 Monday - Saturday 8:30am to 4pm 250-569-0215

Mountain View Boutique
 265 Main St., McBride, BC

Apparel, Housewares and more!
Featuring local artisans.

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

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

Check the age of your HOT WATER TANK.
 After ten years, insurers will want them replaced.

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

Chocolate Easter Bunny
 To help us all HOP INTO SPRING
 Enter our Free Draw for a 6 lb. Chocolate Easter Bunny made by Purdys Chocolate Valued at \$300.00
 Draw date April 5th, 2023.
 Limit one entry per person per day

OPEN 7 Days per week 8am-8pm

ROBSON VALLEY IDA TELEPHARMACY

We are open Monday-Friday 9-5
 Closed Saturday & Sunday
 www.robsonvalleyidaharmacy.com
 250-569-8811
 #3 - 411 Main Street, McBride

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Four Rivers Co-operative

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 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
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FREE The little FREE McBride Paper

Serving BC's Friendliest Town and Area since 1996!!!
 For the week of Wednesday, March 8th, 2023

ELKS AND ROYAL PURPLE
 NEEDS YOUR HELP FOR PIONEER DAYS! We are planning Pioneer Days in conjunction with the McBride Secondary School Reunion for June 2-4th this year. Already we have a few events that are scheduled. If you would like to host an event or volunteer at an event, food booth, pancake breakfast, face painting, etc., it would be greatly appreciated. Also looking for musicians to play in the park and people with their Serving It Right to work at the dance bar at the Recreation Centre. If you can help in any way, please contact Kathy Molendyk at 250-569-7201. If you are interested in helping with the Food Booth, please call Bev McLennan at 250-569-7634 and if interested in working a shift at the dance bar call Tanya Phillips at 250-569-7788.

GOMING EVENTS
 The Open Gate Community Garden is Hosting their 10th Annual Seedy Saturday on Saturday, March 11 from 10-3 pm at the Dunster Schoolhouse Doors open at 9:30. This year theme is Bringing in the Wild! Come join us for this free event on Presentations on pollinators, herbs, seed saving and permaculture. There will be displays and vendors, bee displays, seed library, gardening magazines and books, home-made preserves & goodies, earth ware pottery planters, seed sales, and lots more.
 General Meeting for McBride Big Country Snowmobile Association on Tuesday March 14th at 6:30 pm, held at Welcome Home on main street. Everyone Welcome to come, enjoy a coffee, get updates, progress and everything Snowmobile related.
 McBride Farmers Institute Banquet - Everyone Welcome! Guest Speaker will be Vanessa Foord M.Sc., P.Ag. Research Climatologist. March 25, 2023 at the McBride Community Center - 441 Columbia St.. McBride. At 2p.m. come check-out the product/display booths. 5p.m. Meet & Great. 6p.m. Dinner. Silent Auction, Door Prizes, Product Booths & Displays. Tickets are at Horseshoe Lake Ventures and Welcome Home: Adults \$25, Child (3-12) \$1 per year, Child (0-3) Free.

Hospital Auxiliary News
 The McBride and District Hospital Auxiliary has made a decision to help support the Hospital in their request of a new much needed ultrasound machine that will be extremely beneficial to our community. We have committed to 20,000 and have also applied for some grant in aids to help. Our fundraising goes to all purchases for patient care. A heartfelt appreciation to you all for supporting our fundraisers so we can support direct patient care.
 The McBride and District Hospital Auxiliary is holding their AGM on March 20th at 7pm at 400 Shantz Place. All are welcome.

COMMUNITY ANNOUNCEMENTS
 Dunster Community Association Saturday Pot Luck Lunches. 1st and 3rd Saturday of the month until March 18th at the Dunster Community Hall 11:30am to 1:00pm. Lunch served at 12:00 noon sharp. Coffee, tea and juice provided. Donations to the Dunster Community Association gratefully accepted. Hope to see you there! All Welcome! Contact: Loretta (250-968-4453) or Pete (250-968-4334).
 Pioneer Days Silent Art Auction. Do you do arts or crafts? Would you be willing to donate something to a silent art action fundraiser of the Elks and Royal Purple for Pioneer Days? Please phone 250-569-2758 or email watercolours569@gmail.com. Thank you for considering a donation.

ELKS/ROYAL PURPLE NEWS
 Elks/Royal Purple Up-coming events. **Poker Nights** (19+) will begin at 7:00 p.m. on Friday, March 10th and Friday, April 14th. Cash bar \$5.00/drink and snacks available. **Teen Nights** (open to all teens) will run 7:00 - 9:00p.m. on Friday, March 24th and Friday, April 21st will be the wind up until fall. Consists of games, movies, open mic, retro video games. Refreshments and snacks will be available. **Adult Game Night** (19+) will run 7:00 - 9:00p.m. on Thursday, March 16th and Thursday, April 20th will be the wind up until fall. Bring your own game or we will have crib boards, darts, chess, cards etc. Cash bar \$5.00/drink and snacks available. **Elks/Royal Purple Return It Program.** If you have bottles etc. and would like to donate them to the Elks/Royal Purple, you can pick up labels from Robson Valley Harvest Company or Uncle Mark's. Just use PIN 377235. Thank you in advance for your donation.

BIRTHDAY WISHES MAR. 8-14
 Ann Schwartz, Betty Baer, Alyssa Doherty, Kevin Chiupka, Aaron Ford, Amy Hodgins, Eli Baumbach, Erich Monroe, Erwin Bend, Liam McFarland, Paytyn Molendyk, and to any we have missed, Happy Birthday!

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!!

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

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

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

WIRELESS INTERNET
 McBride / Dunster / Tete Jaune / Valemount

INSULATION & DRYWALL
250-569-0320

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

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

HOUSEKEEPING
 call Sarah 250 569 7505

McBRIDE HOTEL
 Bar: 250-569-2277
 or 250-569-7996

1st Annual LADIES POOL TOURNAMENT
 Sunday, March 19 - Sign up by Noon
 Prizes, Drink & Shooter Specials
 Lots of Snacks & Fun.
 Remember, we are OPEN Wednesdays now at 4pm - Free Pool.

HIGH COUNTRY RENTAL & REPAIR

4700 HWY 16 WEST MCBRIDE, BC V0J 2E0
 TOLL FREE: 877.926.7099
 LOCAL: 250.569.7099
 SERVICE@HIGHCOUNTRYREPAIR.CA
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WWW.HIGHCOUNTRYREPAIR.CA
 Monday 10am-9pm
 Tuesday closed Wednesday closed
 Thursday 10am-9pm Friday 10am-9pm
 Saturday 10am-9pm Sunday 10am-9pm
 After hours parts / service please text (250) 569-7099

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

If you're wanting a life with more meaning and purpose, try spending a few minutes reading the gospels starting with John, and prayer, at the beginning of each day.
 Contact Bible Truth, Phone 250-569-7077. Box 185, McBride, B.C.

Irish up your Coffee down at the Beanery 2
 Mon.-Fri. 6am-5pm, Sat. 9am-5pm Closed Sun. & Stat Holidays

Beanery 2 Bistrot
 250-569-0133

Robson Valley Pet Hostel
Grooming & Boarding
 Ann Schwartz - Animal Health Technician
 Website with information and galleries:
250-569-3319 www.pethostel.ca

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

McBride AG Foods

250-569-0140

SENIOR'S DAY 65+
Every Wednesday - 10% Off
March Super Saver
March 5-April 1
Lots of GREAT SPECIALS

HOURS
Monday to Saturday - 6:30am to 6:30pm
Sunday: 9:00am to 5:00pm
FRESH FISH FRIDAYS

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

SCHOOL NEWS

McBRIDE SECONDARY SCHOOL REUNION 2023. Saturday, June 3rd, 2023 at the McBride Rec Centre. Tickets are available at Welcome Home, \$50/ticket for dinner & dance, by way of cash or cheque. Tickets will NOT be sold at the door, but are available until May 12th. The reunion is open to anyone who either attended or graduated, staff included, ALL YEARS up to and including 1990, and a guest. 19+ event, cash bar. For more information visit our Facebook group, McBride Secondary School Friends & Reunion, e-mail mcbrideschoolreunion2019@gmail.com or call/text Charlene at 250-614-4874. All proceeds to be donated to the Elks/Royal Purple.

VALLEY MUSEUM & ARCHIVES
Coffee Cards are back at the museum!
Buy 6 coffees & get one free!

Winter Exhibit: **EVERYTHING MUSIC** Tues - Fri 11 to 4pm
Pop in to see artifacts & archival images from throughout the Robson Valley!
Stay tuned for mini music concerts at the museum!

Robson Valley Septic & Water Hauling
Right-to-your-RV Septic & Water
Bulk Water Delivery
Dome Creek, McBride, Valemount, Blue River
250-569-7812
"The Friendly Little Truck!!"

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

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

WHISTLE STOP GALLERY
250-569-8891
Visit the Whistle Stop Gallery
Home of Robson Valley
artists and artisans
since 2002.
Open 9 to 5 daily in the train station

Grass fed beef for sale or trade
Lean Hamburger \$5.90/Lb
Stew \$7.50/Lb Beef Ribs \$5.75/Lb
Dog meat scraps \$4/Lb
Other Beef cuts available.
Looking to trade our beef for grocery items.
The following available for sale or trade.
Jersey milk cows,
commercial cow/calf pairs and bulls;
they are quiet, gentle and most are halter broke.
Shop tools & Farm equipment for sale.
Contact Melanie: 250-793-4742

LIBRARY NEWS

We are Hiring! - We are looking for our next Community Literacy Outreach Coordinator. This is a contract position of 7 hours a week; days/times are flexible. Visit our website or speak to Abi if you would like to know more. Closing date is 4pm on Wednesday, 15th March.

Community Paramedicine - Community Paramedic Rodger Peterson can offer services within the library such as a blood pressure check, blood glucose monitoring, or provide help and advice on a range of healthcare topics, including nutrition and First Aid. If you see Rodger in the library, please feel free to approach him with your health questions.

Tuesday Chess Club - Every Tuesday, from 5-6pm. All ages and abilities welcome - Travis is happy to teach beginners and help improving players.

Youth Book Club - Wednesdays 3-4pm. Ages 10-13. A new weekly book club; discussion, games and snacks. Partnership with RVCS and Decoda Literacy. Register by calling RVCS at 250-569-2266 or emailing events@rvcsbc.org. Full for now, but sign up for the wait list.

Book Clubs for Adults - We now have two monthly book discussion clubs for adults - ask us for details!

Weekly Adults' Programs - Fibre Artists Knit & Crochet Group (Thurs., 10am) - beginners welcome: in the library, and on-line too. Writing Group (Fri., 1.30pm) - in the library. Call 250-569-2411 for details of either program.

Collection/Delivery Service - We are still happy to prepare book/DVD/puzzle orders for you, and deliver to your doorstep. Call 569 2411 or email library@mcbridebc.org to place your order.

RVGS NEWS

MONs Family Place Drop-In is on Mondays from 9am-noon at RVCS (942 3rd Ave.) and 1pm-4pm (outdoors as scheduled below). Join for connection with other families, parenting resources and fun for you and your 0-6 year old children. No registration required. Call 250-569-2266 for more info.

WEDs Seniors Drop-In Coffee House is every second Wednesday from 1-3pm with Sandy. All seniors are invited to come by for some social time, a warm beverage and snacks at RVCS (942 3rd Ave.). Next dates are: 15 & 29th. Call 250-569-2266 for more information.

TUEs Seniors Physiotherapy Health Series with Vanessa McGibbon is a 3 part series starting Tuesdays MAR. 7th, 14th and 21st fall prevention, strengthening and pelvic floor health. RVCS (942 3rd Ave.) Registration is not required.

MONs MAR 14, 21 & 28 seniors are invited to Dance Exercise with Jodie at the Beaverview Lodge (1084 5th Ave.). Drop in and try out some seated dance moves and exercises each week. No registration required. In partnership with RVCS. Call Jodie for more info: 250-230-8035.

TUE., MAR. 14th Slime Making and Skating ages 7-10 year olds come create home-made slime to take home and get some ice skating time from 1-4pm. Registration is required 250-569-2266/events@rvcsbc.org

Wed., MAR. 15th Lego Play and Skating ages 7-10 years old come build cool structures using Lego and your own imagination! Along with skate time from 1-4pm. Registration is required 250-569-2266/ events@rvcsbc.org

TUE or WED MAR 21st or 22nd McBride's Great Big Scavenger Hunt Register for either date to take part in a community wide scavenger hunt 9:30-12:30pm. Registration is required 250-569-2266/ events@rvcsbc.org .

THUR MAR 23 from 1-3pm Rock Painting for Seniors from 1-3pm seniors are invited to channel their inner Picasso while painting rocks at RVCS (942 3rd Ave.). No artistic experience necessary and all materials are provided. Registration is required by March 14th.
THUR MAR 23 from 4-5pm it's the next Men's Shed Meeting in McBride at 942 3rd Ave. Led by men for men! Let's discuss topics the group is interested in. Snacks provided. No registration required. 250-569-2266 for more info.

MON through THURs, McBride RVCS now has a FREE FOOD PANTRY that's available to all! Emergency top-up food is accessible to our clients, preschool program and anyone who walks through the door. We share and accept donated foods that are safe and fresh for use. Contact RVCS at 250-569-2266 or email foodsecurity@rvcsbc.org. The local Food Bank is also available: 250-569-3186.

BUY, SELL, RENT & MISC.

For Sale-One pair New Ladies Size 10 black leather genuine Mukluk's with side Tassels. \$320 value, selling for \$200. Text 778-258-0045•**For Sale:** Young adult Muscovy ducks; hatched Oct. 2022. Various colors. \$20 each. Call or text 250-569-7019•**For Sale**-NAD T748 Receiver. \$200.00. Phone 250-569-3110•**For Sale**-Eggs \$5.00/dozen. Ph:250-569-7733•**For Sale** - 48"x24" Basement Slider Window and a 22"x36" window insert for a metal door. Phone 250-569-3110•**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.

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	Village	250-569-2229
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 Bank	250-569-3186
High School	250-569-2295	Fire Hall	250-569-3117
		Dental Office	The Little McBride Paper
		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.			

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& Smokies



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Ice Cream
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Uncle Mark's
Tasty Food

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McBride
(250) 569-3003
www.unclemarks.ca

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SATURDAY & SUNDAY - CLOSED



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CLEARANCE SALE
50% OFF

on Select
Clothing, Underwear
& Footwear

D & T INDUSTRIES
250-569-7758 / 7050

Me & Bobby McBee
Personal Income Tax Services
Starting March 1st, 10 am - 3 pm
Call to book your appointment
Bobby-Jo Carswell 250-569-7319 Linda Fry 250-569-0101

ROBSON VALLEY
DRYWALL SERVICES
call or text 7782017114
@robsonvalleydrywallservices

McBride & District 250-569-2411
PUBLIC LIBRARY
521 Main Street McBride, BC V0J 2E0
REGULAR HOURS
Tuesday 10-6
Wednesday and Thursday 10-5
Friday 1-8
Saturday 1-5
library@mcbridebc.org mcbride.bc.libraries.coop

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Scott or Susan at 250-569-3110,
email: contact@fpas.ca
website: www.fpas.ca

INTERNATIONAL WOMEN'S DAY

The
Goat Shed

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

ABUSE
AGAINST
CALLS
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GENDER
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MARCH
MOVEMENT
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RIGHTS
SUFFRAGE
THEME
UNIVERSAL
VIOLENCE
WEDNESDAY
WOMEN

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