

Did you know you can request a doctor's appointment over Zoom?

Contact the McBride Health Centre to request a Zoom appointment with your family doctor

250-569-2251 ext. 2000

Not familiar with Zoom?

We can help, call 250-961-7650



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

TGP 2023 SCRATCH SNAP & WIN

You could WIN a Ski-doo Expedition or \$25,000 CASH. Over \$130,000 in prizes available to be won!
*Scratch-Sign-up at TGPwin.ca and Scratch for a chance to INSTANTLY WIN! *SNAP! Shop at any TGP location and SNAP a photo of your receipt with a minimum \$35 spend. WIN! Every valid receipt uploaded earns you entries for chances to WIN! Ends November 1, 2023. Any Questions - stop by your TGP Store

HALLOWEEN CANDY IN STOCK

Oct. 19 - 25
Co-op GOLD
Natural Spring Water
24x500 ml (limited 3) **3 for 8.97**
Plus Deposit, Levies or Enviro Charges Where Applicable
Coca Cola or Canada Dry Products 12x355 ml or Nestea Ice Tea 12x341 ml
2 for 13.00
Plus Deposit, Levies or Enviro Charges Where Applicable
Come in and Check Out our SAVINGS DEALS
6 Centsibles including Cookies 900 g 2 for 9.00

OPEN 7 Days per week 8am-8pm

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&E!! **Don't wait for winter!!**
Don't let solids plug up your drain field!!
"The Friendly Little Truck!!"
We rent nice Porta Potties too!! :)

ROBSON VALLEY I.D.A. TELEPHARMACY

We are open Monday-Friday 9-5
Closed Saturday & Sunday
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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, October 18th, 2023

COMMUNITY ANNOUNCEMENTS

Annual Food Drive for the McBride SDA Food Bank. If you have been blessed with more than enough and have some to share with those who do not, consider making a donation to the food bank. Please leave your donation of non-perishable food in a disposable bag or box and leave by your door Wednesday, October 25. Volunteers will collect the donations between 3pm and 7pm. Should your house be missed please call 250-569-7436 for pickup or you may leave your donation in the donation box at the Post Office or the McBride Library. If you are in need of food, the food bank is available by private appointment: 250-569-3186 or 250-569-7436. Thank you for your amazing support of our local food bank program! Sponsored by the McBride Seventh Day Adventist Church.
McBride Community Calendar - Make sure you order your Community Calendar by October 31st. The Elks and Royal Purple will be taking orders again for calendars. The price is still \$11.00. Calendars are pre-paid only. Money can be dropped off with Gina, at Mountainview Boutique/Main Street Pizza. At that time, she has order forms for new purchases and also the birthday/anniversary/memorial dates from last year's orders. Make sure you add your dates. Thank you for your support!

To the kind person, (his name starts with a Y), who found my envelope between the grocery store and the hospital, correctly assuming it was mine, could you please put it in another envelope and drop it off for me at the Hospital, where I live. Next year I will be 100 years old. Your generosity will be rewarded by life.

Covid & Flu Vaccinations available every Wednesday 9:00am-12:00pm & 1:00pm-3:00pm at McBride Community Health Services 1126 - 5th Avenue, McBride. Please call: 250-569-2026 or 1-833-838-2323 to book an appointment.

Found: October 12, Ripped chair pad, blown here during wind storm. Phone 250-569-8807 for more information.

BIRTHDAY WISHES OCT. 18 - 24

Katharina McNaughton, Ryler Penner, Nova Gladys Barnes, Gillian Hooker, Pete Amyoony, Shelby Trask, Harlen Whitford, Travis Smith, Wade Phillips, Jeff McNaughton, John Wheeler, Thea Franke, Ernie Klassen, Joyce Godfrey, and to any we have missed, Happy Birthday!

LIBRARY NEWS

Little Moose Playschool - an early years literacy program for children aged 3-4 and their caregiver(s). At the Elementary School every Tues. and Thurs. from 9-11:30am. This is an 8-week program, and a collaboration with the Centennial Elementary School and Little Munchkins Daycare. To register your child, or to ask any questions, please call us on 250-569-2411 or email library@mcbridebc.org.

Fibromyalgia/Chronic Pain Support Group - First meeting is at the library on Wednesday, 18th October, from 10-11am. All welcome. **D&D for Teens** - Tues. 3:30-5pm (NEW TIME). Ages 12-18. Please call for details.

Sunshine Stories - Every Thurs. 10:30-11:00am. For 0-5s and caregivers; songs, stories and fun! In partnership with Decoda Literacy Solutions/Literacy Task Group.

Trivia Night - Back at the library on Friday, 27th October, 6:30pm. You can either sign up as a team (up to 6 players), or join in with an existing team - call us for details! Kids welcome. Trivia, prizes and a whole lot of fun!

Board Teens - Thurs. 3-5pm. A drop-in session for those ages 12-18 to enjoy some of the library's many board games. Have a favourite game you like to play? Bring it along!

Book Clubs for Adults - We now have two monthly book discussion clubs for adults - one is a traditional book club, where everyone reads the same book: The other book group reads different books on a set topic - the next one is Alternative Fiction (meeting on Thurs., 26 Oct. at 1:30pm). Call for details! 250-569-2411.

Weekly Adults' Programs - Fibre Artists Knit & Crochet Group (NEW DAY: Wed., 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.

Uncomfortable Discussions - with Kim McNaughton and Susan Umstot. Thanks to all the participants in our first Uncomfortable Discussions session. Next session: Friday, 13th October, 5pm. We have a question box in the library, if you would like to add your own anonymous uncomfortable questions for discussion. In partnership with Decoda Literacy.

Tuesday Chess Club, starts again on Tues., 7th November, from 5-6pm. All ages and levels of ability welcome.

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.

Winter Hours - We are back to our regular winter hours. Tues. 10-6, Wed. and Thurs. 10-5, Fri. 1-8 and Sat. 1-5.

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
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Farrier Service
McBride, BC
250-569-3319

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

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

WIRELESS INTERNET
McBride / Dunster / Tete Jaune / Valemount

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

D & T INDUSTRIES
250-569-7758 / 7050

It's **PUMPKIN SPICE** time
at the **Beanery 2...**
Mon.-Fri. 6am-5pm, Sat.&Sun. 9am-5pm Closed-Stat Holidays
Patio is Open!! 250-569-0133
Beanery 2 Bistro



VALLEY MUSEUM & ARCHIVES
TWO RIVERS Regional Outreach Exhibition presents:
Otipemisewak: The People Who Own Themselves
A narrative series of acrylic paintings by Prince George-based Metis artist Erin Stagg
OCTOBER 17- NOVEMBER 17
at the Valley Museum & Archives
To register for Erin's painting workshop on Tuesday Evening, Oct. 24
call 250-569-3000 or email curator@valleymuseumarchives.ca

Integris Insurance Services
Rosemary L. Hrubby, CAIB
250-569-2264
Is customer service your passion?
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Hr_co@integriscu.ca

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ATV | DIRT BIKE | SNOWMOBILE | LAWN & GARDEN
WWW.HIGHCOUNTRYREPAIR.CA
Tuesday-Saturday OPEN 10 am - 6 pm
Sunday - CLOSED
Monday - CLOSED
For after hours text Elliott at 250-569-7099

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

Robson Valley Pet Hostel
I have loved being part of your lives for almost forty years. Thank you for all of your support and kindness. I'm retiring soon and almost entirely booked until then. At this time, I don't have alternate suggestions for pet care. If you need to confirm existing reservations, please text: 250-569-7457

Mountain View Boutique

265 Main St., McBride, BC



**Apparel, Housewares
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Featuring local artisans.

HOURS

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

Equipment for Hire M4 Construction



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Mini Excavator – Landing Clearing, Tight Spaces,
Water Lines, Hydro Lines, Septic Lines, Trenches

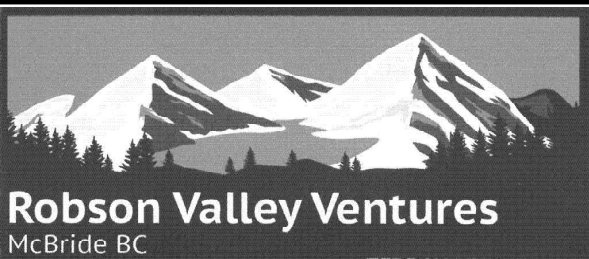
Skid Steer – Landscaping Leveling, Debris Removal

Grass fed beef for sale or trade

Stew \$7.50/Lb Beef Ribs \$5.75/Lb
Roasts starting at \$9.95/Lb Other cuts available.
Wild Flower Honey with comb.
125 ml Jars \$6 250 ml Jars \$15
The following available for sale or trade - delivered
Fire Wood, quality hay, vegetables, Garden seeds, etc.
Jersey milk cows, commercial cow/calf and bulls
that are quiet & gentle.

*Shop tools & Farm equipment
*German Shepherd &

German Shepherd, Pyrenees Maremma cross Puppies.
Contact Melanie: 250-793-4742



Robson Valley Ventures
McBride BC

Terrance McNally
250-569-7945

robsonvalleyventures@gmail.com

HVAC SERVICES

INSTALLATION / REPAIR / MAINTENANCE
•Furnaces •Air Conditioning
•Ventilation •Wood & Pellet Stoves



Providing WETT inspections
in the Robson Valley area.

McBride AG Foods

250-569-0140

CASELOT NEXT WEEK

SENIOR'S DAY 65+
Every Wednesday - 10% Off

HOURS:

Monday to Saturday: 6:30am to 6:30pm
Sunday: 9:00am to 5:00pm

FRESH FISH FRIDAYS

CHIMNEY CLEANING plus Full Service on Pipe & Stove. \$100 + \$20 travel fee.

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FOREVER PRINTING & SIGNS

Home of The Little McBride Paper

Phone: 250-569-3110

email: contact@fpas.ca

www.fpas.ca

October is Breast Cancer Awareness Month
Join us every Friday in October for regular coffee by donation
with all proceeds going to the Breast Cancer Society of Canada.
Pink Ribbons will be available during the campaign.

What's for Lunch on Thursday?
SMOKY BACON MAC 'N' CHEESE/GARLIC BUN
CALL US OR CHECK OUR FB PAGE FOR OUR DAILY SPECIALS



Monday - Saturday - 8:30am - 4 pm

Follow us on Facebook - fb.me/youarewelcomehome

Call us - 250-569-0215

COMING EVENTS

Everyone is welcome to join us for The Annual Harvest Pot-Luck Dinner Sat., Oct. 21st at 5pm sharp at the Dunster Community Hall. Entry by donation to the rental of the hall. Following the meal will be the door prize draws at 6:30pm. We ask each person to bring a small prize of home canning, home grown veggies, home-made craft, etc. so each person can go home with their chosen door-prize. Following the door prize draws, at 7pm there will be a short film or a discussion on Local Land Use Options and Local Food Security. Sponsored by Three Valleys Community Development Cooperative and Dunster Community Association. For more information call Pete at 250-968-4334 or Rashmi at 250-566-4361.

A new season of Curling starts on Friday, October 27, 2023. Everyone is welcome.

RVGS NEWS

McBride RVCS: For more information call or email: 250-569-2266/events@rvcsbc.org. All events are located at 942 3rd Ave. McBride, and no registration is required, unless otherwise stated.

MON's Family Place Drop-In is on Mondays from 9am-noon at RVCS. Join for connection with other families, parenting resources and fun for you and your 0-6 year old children. For more information call 1-844-324-2004 or email: events@rvcsbc.org. October 23 Colour and play at RVCS. October 30 Halloween fun, face paints, treats and games at RVCS.

TUE's Come and join us in McBride for ASL Sign Language 12pm-1pm at RVCS office in McBride. Drop in for beginners to advanced. Learning a second language improves cognitive and literacy skills for all ages. Plus it is lots of fun! Brought to you by McBride Family Literacy Program For more information call 1-844-324-2004 or email: events@rvcsbc.org.

TUE's Join us for the McBride Reading Circle starts at 2pm for our take on a "Book Club" where we will read together aloud, and discuss together each week. Our first novel pick is "Ishmael" by Daniel Quinn, "...a philosophical novel that examines the human condition as fundamentally influenced by our self-constructed culture" Brought to you by McBride Adult & Family Literacy Program For more information call 1-844-324-2004 or email: events@rvcsbc.org.

WED., Oct. 18th Join us to craft your own Decorative Tealight Holder! Wednesday, from 1-3pm at Robson Valley Community Services. Funded by CALP, brought to you by McBride Adult Literacy Program Space is limited, so sign up today! For more information call 1-844-324-2004 or email: events@rvcsbc.org.

TUES ages 8 to 12 years are invited to join our Worry Dragons program happening at the RVCS office in McBride from 3:00-4:00pm starting Oct. 24 to December 5. Come along with Child and Youth Mental Health Staff to tame your Worry Dragons. This program is designed to help children with anxiety learn new skills to cope with their worries. Parents will need to attend the first and last sessions and registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information.

WED's Free Parent Workshop How to Talk so Kids Will Listen starting Oct. 25th from 7-8pm at the McBride Centennial Elementary School, (limited spaces Registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information. This workshop is brought to you by RVCS' Family Support Program and the McBride Centennial Elementary School.

SAT., Oct. 28th RVCS would like to invite you to a night of education and entertainment. Dissolve is a shameless hussy productions show on drug facilitated sexual assault. This is a free of charge event happening in McBride at the Roundhouse Theatre (McBride Secondary School) at 8 pm. The show will be about 45 minutes in duration and there will be a dialogue session afterwards. This show is geared towards high school aged individuals and up. For more information call 1-844-324-2004 or email: events@rvcsbc.org.

MON through THURs, McBride RVCS 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, this project is made possible thanks to grant funding from United Way of BC, and the residents of the Robson Valley! Contact RVCS at 1-844-324-2004 or email foodsecurity@rvcsbc.org. The local Food Bank is also available: 250-569-3186.

BUY, SELL, RENT & MISC.

For Sale-Heavy Duty Singer sewing machine. Seldom used. 3 years old. \$125.00. Contact (250) 569-4080••**For Sale-Frigidaire CFEF3054UWK** Range (white) and a NuTone Allure Range Hood. \$375 for the pair. Phone 250-569-3110••**For Sale-New GPS** locator for Cattle (China) \$120.00 Ph: 250-569-4112 Ray••**Wanted:** Fridge, good condition, contact Lee Ph:778-258-7800••**For Sale-2000 Ford F250 Diesel,** 7.3 litre. Runs and drives fine, many new parts. Selling for parts - truck out of province, don't want to recertify. \$3,500 Firm. Ask for Lee. Ph# 778-258-7800••**For Sale-100 thousand BTU "Lowboy"** diesel oil furnace and tank (hook-up etc.) Best offer/you haul, contact Betty Long 778-258-3804 or Terrence McNally (250)569-7945••**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
		The Little McBride Paper	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.C.s Friendliest Town!!

ROBSON VALLEY

DRY WALL SERVICES

Board and Tape 778-201-7114
@robsonvalleydrywallservices

It is judgement time in heaven. When your name comes up, which book will it be written in?

Contact Bible Truth. Phone 250-569-7077.
Box 185, McBride. B.C.

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Organic Dairy

Cream-On-Top
Milk
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Cinnamon Buns

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Rice
Beans

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



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www.brkh.ca

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Open Thursday, Friday, Saturday

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- dine in or take out.

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**Robson Valley
Home Hardware**
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**We will be
CLOSED**

**on Friday, October 20 for inventory.
Sorry for any inconvenience.**



PURPLE THURSDAY
The 3rd Thursday in October

CRP CANADIAN ROYAL PURPLE

October 19, 2023

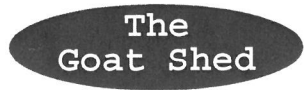
Join us and wear PURPLE to raise awareness around the connection between interpersonal violence and brain injury.

Together we can make a difference!

CHURCH NEWS N' THINGS

McBride Evangelical Free Church on First Avenue at Lonsdale Street. Sunday worship at 10:30am. Phone 250-569-2378. •**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 10am for in-person worship (vaccinations not required.) All are welcome; we welcome all ages, all genders and sexual orientation, 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** 2nd & 4th Sunday - Mass 11:00. All other Sundays - layed Celebration of the Word. Ph: 250-569-2606. •**Mountain Chapel (POAC)** at Third and Main St. McBride Services Sundays at 11am. Everyone Welcome. Ministers phone 250-569-0291.

**INTERNATIONAL STUTTERING
AWARENESS DAY**



S	S	E	S	E	V	I	T	A	G	E	N	U	K	I	ANNUAL
H	H	E	D	N	V	R	R	E	T	T	U	T	S	D	ATTITUDES
D	G	T	I	G	O	R	T	V	E	J	N	S	V	I	AWARENESS
R	B	N	Y	T	M	I	N	Z	Q	A	U	P	S	S	CAMPAIGNS
A	A	O	D	M	L	F	L	T	H	E	A	S	N	C	CELEBRATION
Z	U	I	A	N	N	U	A	L	S	C	E	A	G	R	DIFFICULTIES
F	E	T	S	F	K	Y	C	C	I	N	L	T	I	I	DISCRIMINATION
Z	S	A	I	E	V	T	Y	I	E	M	W	T	A	M	EVENTS
W	U	R	H	A	S	N	R	R	F	D	Y	I	P	I	FACED
Z	O	B	U	P	Y	E	A	A	R	F	T	T	M	N	HIGHLIGHT
H	V	E	C	E	B	W	C	R	M	B	I	U	A	A	ISAD
T	R	L	P	O	A	T	X	O	D	S	V	D	C	T	ISSUES
H	E	E	T	P	R	R	O	I	N	Q	P	E	M	I	MILLIONS
B	N	C	I	L	B	U	P	T	R	D	L	S	D	O	MYTHS
N	O	P	D	E	T	H	G	I	L	H	G	I	H	N	NEGATIVE
															NERVOUS
															OCTOBER
															PEOPLE
															PUBLIC
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															SMART
															STAMMER
															STUTTER
															TWENTY

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