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Serving BC's Friendliest Town and Area since 1996!!! For the week of Wednesday, November 22<sup>nd</sup>, 2023

## **BRIDAL SHOWER**

Ladies open house bridal shower celebration for Barb Baer (soon to be McCoy!) Wednesday, November 22 at the Mountain Chapel Pentecostal Church in McBride from 7:30 to 9:30 pm.

# **GOMING EVENTS**

McBride's Annual Bung Bung Vintage Snowmobile Weekend Friday, November 24th, evening 7pm ish. Freestyle Snowmobile Jump Show downtown. FREE for everyone. Elks/Royal Purple will have hot dogs and cocoa for sale in the park pavilion. Vintage sled show and shine and Elks hosted Bung Bung Mixer 19+ at the Elks Hall. Saturday Lucille Hillclimb for riders. Please contact Matthew Elliott (250-569-7450) for all things snowmobile and Elks/Royal Purple for Mixer info/tickets.

Kids' shopping day sale at McBride Centennial on Thursday, Nov. 23 and Friday, Nov. 24th. Donations of Gently used items are welcome for the Kids' shopping day sale at McBride Centennial. Due to lack of storage space, donations will be accepted on these two days only. Thank you to all who are keeping the annual tradition going! Funds raised go toward the grade 7 class trip.

McBride Big Country Snowmobile Association club meeting Wednesday, December 6th @ 6:30pm at Welcome Home. Everyone welcome!!

#### **GOMMUNITY ANNOUNGEMENTS**

Tickets for the McBride and District Hospital Auxiliary amazing Christmas Food Hamper raffle are available from auxiliary members, McBride AG Foods, McKale House, the Beanery 2 Bistro and Welcome Home. Tickets are 3/\$5. First prize is a hamper of Christmas food complete with a turkey (sponsored by McKale House/ McBride Self Storage) and second prize is a turkey (sponsored by Thunder Valley/Gigglin' Grizzly). Keep your eyes open for the Community Christmas Card form that will appear in your post office box. Say Merry Christmas to friends and family for only \$5 (\$10 for businesses). All funds raised go to purchasing equipment for the hospital. Questions? Call/text Carol 250-569-7176 or Pat 250-569-7521.

Covid & Flu Vaccinations available at McBride Community Health Services, 1126 - 5th Avenue. Please call: 250-569-2026 to book an appointment.

OAPO: All Seniors of Robson Valley are invited to a Christmas Dinner on December 6, 2023 at 12:00 noon at the Elks Hall. Ticket are FREE which must be presented at the door. There will be Door Prizes. Tickets can be picked up Welcome Home or Beanery 2 Bistro.

Auxiliary News - The McBride and District Hospital would like to announce the beginning of our Christmas fund-raising season. Tickets for our amazing Christmas Food Hamper will be available from auxiliary members and at various businesses in town. The funds raised go to purchasing equipment for the hospital. In the past couple of years these purchases included a cast cutter and a hi-tech emergency room stretcher. We have recently committed more than \$35,000 towards a new ultrasound machine, bili blankets, and a bariatric bed. Purchase tickets, support the Auxiliary and give yourself a chance to win a hamper full of food, including a turkey!! And a turkey will be awarded as a second prize!

# SCHOOL NEWS

McBride Secondary Winter Craft Fair. Make sure you come out and do your early Christmas shopping on Sunday, December 3rd at the Robson Valley Community Hall from 10:00 - 4:00 p.m. Admission \$2.00. This year we have 44 vendors selling a wide variety of crafts, baking etc. for all the people on your Christmas list. Proceeds go to the McBride Secondary PAC, Sr. Girls Volleyball and Sr. Boys Basketball. There will also be a concession, raffle prizes and you can pick up your Community Calendar if you purchased one. There will be a few extras available. The Winter/Christmas Theme Cake Decorating Contest is also happening. 1st, 2nd, and 3rd place prizes available. Patrons of the Winter Craft Fair can purchase raffle tickets for each cake entered for a draw at the end of the event to take your favorite cake home. Proceeds of the cake raffle will be shared between the internal stakeholders and external stakeholders of the building of Christmas hampers needed within the community. Thank you in advance for your support! McBride Centennial 2023 Winter Fundraiser - Again, this year, the McBride Centennial will be taking orders for Purdy's Chocolates. Purdy's Holiday Chocolates - Deadline to order November 28th with pick-up December 12-15th at McBride Centennial. To place and pay for an order on-line, go to fundraising.purdys.com and click on JOIN CAMPAIGN 16875. If you have any questions, please contact Olivia Vizza at 250-569-2721.



250-569-8891

There are over 100 local artists and artisans that exhibit and sell their work through the non-profit Whistle Stop Gallery.

True craftsmanship and artistry made right here in the Robson/Canoe Valley.

Visit us today and see what we have created!

Open 10am to 5pm daily in the train station





#### **Robson Valley Ventures** McBride BC

#### **Terrance McNally** 250-569-7945 robsonvalleyventures@gmail.com

#### **HVAC SERVICES**

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Furnaces

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**Providing WETT inspections** in the Robson Valley area.

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
High School 250-569-2295	Fire Hall 250-569-3117
The Little McBride F	Paper 250-569-3110
BC BUS844-564-7494 Report	t Forest Fires - 1-800-663-5555
Inquiry B.C1-800-663-7867 - For Toll	Free Calling to Provincial Numbers
Dial this Number 1st and ask operator to	o connect you to provincial department.
Take a Break in McBride	B.G.s Friendliest Town!



### 250-569-2666

**1021 SE Frontage Road** 

#### LICENSED AUTOMOTIVE

& Lots of Other Stuff!!

& DIESEL MECHANIC

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



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

# **Check out Stihl's selection** of cordless tools!

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





#### **BIRTHDAY WISHES NOV. 22-28**

Ben Davis, Cailey McFarland, Kathy Molendyk, Zipporah Lamming, Maimoona Divleli, Jacqueline Kent, Aaron Baumbach, Andy Hubbell, Ron Kent, Shane Sarasin, Tyler Peterson, Amanda Moore, Elijah McKenzie, Gavyn Rich, Keisha McMaster, Seth McMaster, and to any we have missed, Happy Birthday!

#### **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. MONs 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. No registration required. For more information call 1-844-324-2004 or email: events@rvcsbc.org. November 27 Tumble time 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.

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 Youth ages 10-13 are invited to join the Youth Book Club Starting Nov. 22nd until Dec. 20th Wednesdays 3-4pm at the McBride Library (521 Main St.). Brought to you by Community Adult Literacy Program and in collaboration with the McBride & District Public Library. Registration is required contact RVCS at 1-844-324-2004 or email events@rvcsbc.org for more information.

MON., Nov. 27th Everyone is invited to Join us in wearing Purple to help kick off 16 Days of Activism Against Gender-Based Violence. Together, let's end violence against women and girls! Gender-Based Violence includes any act pf violence or abuse that can result in physical, sexual or psychological harm or suffering because of female gender.

WED., Nov. 29th Seniors are invited to Join us for an afternoon of collaboration, creativity and hope, crafting quilt squares in our Stitching in Solidarity event from 1-3pm at the McBride office. All supplies are provided and alternatives to sewing available. The quilt squares will be put together by our Anti-Violence team with squares created by folks across the Robson Valley who are standing up in solidarity against gender based violence. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org this project is brought to you by the Anti-Violence Program & Seniors Programs.

FRI., Dec. 1st Everyone is invited to our Financial Abuse Workshop at the McBride office from 10:30-11:30am. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org this project is brought to you by the Anti-Violence Program.

WED., Dec. 6th Everyone is invited to drop in to our Cedar Plank Words of Empowerment Workshop from 11:00am-3:00pm. Join us for an afternoon of creativity, learning and fun, making cedar wall plaques with words of empowerment, at the McBride office. We will be painting and /or using wood burners for this project. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org.

WED., Dec. 6th Everyone is invited to come and remember the 14 young women were murdered in a horrific act of gender-based violence, these 14 young women were engineering students at L'Ecole Polytechnique Montréal. We will be holding a candle light vigil at the McBride office starting at 3:45pm. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org

THUR., Dec. 7th Everyone is invited to attend our Signs of Abuse Information session at the McBride office from 11:00am-12:00pm. No registration required, refreshments provided. Contact the office for more information 1-844-324-2004 or email events@rvcsbc.org this information session is brought to you by the Anti-Violence Program.

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 & MISG.

# **HIGH COUNTRY RENTAL & REPAIR**



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TOLL FREE: 877.926.7099 LOCAL: 250.569.7099 SERVICE@HIGHCOUNTRYREPAIR.CA

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#### 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



For sale: Full size pickup headache rack. From an older model Ford, 64-in inside box measurement by 96 in Long. Well built. \$400 obo. Two bedroom, two bath home with shop and firewood storage shed. Basement. Across from the elementary school in McBride. Call 250-569-7504 ·· For Sale: Dining room cabinet with glass shelves and doors. Asking \$395.00. Contact 250-569-4094...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-For Sale-2 Storage Sheds 10x16 white metal exterior on 2 skids, 60" door. \$4,500 each. Ph: 780-903-9129 -• 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-Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469. . . . . . . . . . . . . . . .

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.G.s Friendliest Town!!

Community Nedley Depression and Anxiety Recovery Program™

# Get your life back!

Learn how to:

- Identify depression and anxiety and their causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Eat for optimal brain function
- Overcome addictions
- Manage stress
- Defeat depression and anxiety
- Achieve peak mental performance

Feel better, think clearer, and live a healthier, happier life.

# ATTEND A FREE INTRO SESSION

TUES, DECEMBER 12, 2023

# AT 7:00 PM

MCBRIDE SECONDARY SCHOOL 1300 - 2ND AVENUE MCBRIDE, BC

> 250-968-4493 rpk12305@gmail.com

#### The Goat Shed

#### **COLD AND FLU SEASON**

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### **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. Running until the end of November, this is 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.

D&D for Teens - Tues. 3:30-5pm (NEW TIME). Ages 12-18. Please call for details.

**Tuesday Chess Club** - Tuesdays from 5-6pm. All ages and levels of ability welcome.

**Community Paramedicine - Community** Paramedic Rodger Peterson will be in the library to offer health checks (blood pressure, blood glucose, etc.) and health advice on Wednesday, 29th November at 1:30pm. No appointment needed.

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.

Board Teens - Thurs. 3-5pm. A drop-in session for those ages

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

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. 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.

**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 - Tues. 10-6, Wed. and Thurs. 10-5, Fri. 1-8 and Sat. 1-5

#### ELKS & ROYAL PURPLE NEWS

**Elks and Royal** Purple Christmas Hampers. If you know of a family or individual who would benefit from receiving a Christmas Hamper this year, please call Tanya Phillips at 250-569-7788 by December 10th. Also, if you would like to make a cash donation towards the hampers, please contact Tanya. Your support in helping families and individuals in need within our community is greatly appreciated!

#### **GHURGH 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, Lamming Pit Rd. Saturday mornings. Sabbath School 9:20 to 10:45 Music, Mission and Smallgroup Bible Study, 6 age groups Cradle Roll to Senior. Worship Service 10:45 to 12:15. Everyone welcome. • 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 - layled 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.