

**ROBSON VALLEY I.D.A. TELEPHARMACY**

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

Select Christmas & Halloween Stock  
UP TO 30% OFF

plus

Come check out our In Store Sales  
and Save up to 30% OFF

Assorted Pads and Tampons 20% OFF

Select Clairol and Revlon Hair Dye 20% OFF

All items in Front Sale Bin 30% OFF

**What's for lunch?**

WED. - SPINACH & CHEESE TART & CHEESY CAULIFLOWER SOUP  
THURS. - NAAN PIZZA & MEXICAN TORTILLA SOUP  
FRI. - SMOKY BACON MAC'N CHEESE & TOASTED 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



"The Friendly Little Truck!!"  
We rent nice Porta Potties too! : )

**Robson Valley Septic**

Dome Creek, McBride, Valemount, Blue River - 250-569-7812

**BIRTHDAY WISHES JAN. 30 - FEB. 6**

Terri Jensen, Junior Hutchison, Clint Moore, Bruin Keim, Gerry Smith, Tanner Molendyk, Paolino Caputo, Remi McLennan, Shelly Hatchard, Matt Villemure, Adele Ford, Jaedyn Rich, Lorna Hallwas, and to any we have missed, Happy Birthday!

**BLACK HISTORY MONTH**

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

**The Goat Shed**

AFRICAN  
AMERICAN  
CELEBRATE  
CLUBS  
COMPASSION  
COUNTRY  
CULTURE  
DIASPORA

DIVERSE  
ESSENTIAL  
EVENTS  
EXHIBITIONS  
FORD  
HERITAGE  
HONOUR  
IMPORTANT

KENT  
PEOPLE  
PROGRESSIVE  
PROSPEROUS  
PUBLIC  
SCHOOL  
STATE  
TEACHING  
TRADITION

**FREE The little FREE McBride Paper**



Serving BC's Friendliest Town and Area since 1996!!!

For the week of Wednesday, January 31<sup>st</sup>, 2024

**COMING EVENTS**

Mark your Calendar and come watch great entertainment at the Ladies Curling Bonspiel and Old Timers Hockey Weekend on February 2, 3, & 4 down at the Rec Centre.

McBride Big Country Snowmobile Association club meeting Wednesday, February 7th @ 6:30pm at Welcome Home. Everyone welcome!!

**THANK YOU**

Huge "Thank You" to my "Secret Santas" both 2023 and 2022! Your amazing kind generosity warmed me all over... I also extend many thanks to RVCS and its dedicated workers; for me namely to their one of a kind hard working contractor RICHARD HALLWAS. His kind help enables me to stay in my place. All the best to all of you!  
Nadia (Tracy & Coral)

**DUNSTER NEWS**

The Dunster Schoolhouse presents: Valentine's Night Out on Saturday, February 10th. East Indian Inspired Cuisine, 80's music and dress. Doors open at 6:00, Dinner 6:30 and Music 8:00. Cash Bar. Advance tickets only. \$45.00 - reserve at 250-569-4026 or e-transfer funds to dunsterfass@gmail.com. No Minors.

The Dunster Community Association will be hosting Community Potluck Lunches again this winter at the Dunster Community Hall. They will be on the first and third Saturday of February and March. (Feb. 3 and 17 and Mar. 2 and 16. Mark them on your calendar!) The Doors will be open at 11:30am and Lunch will be at 12:00PM Sharp. Also, you can purchase your 2024 DCA Memberships from Pete Amyoony. For more information contact: Loretta Simpson 250-968-4453 or email lrtsimpson@outlook.com or Pete Amyoony 250-968-4334 or email peteam@telus.net ALL WELCOME !!!

**GURLING GLUB NEWS**

Mixed Loggers Bonspiel March 22-24, details will be announced soon. Curling Lanes and Lounge are opened Friday and Saturday's at 7pm located inside recreation center. Our drop in fee to curl is 5.00. Our Lounge is cash only. Ladies that are in Bonspiel come practice or just socialize in the lounge, bring a friend or two. Excited for everyone to come and see us Friday and Saturday's!!

**HOSPITAL AUXILIARY NEWS**

Did you know the McBride and District Auxiliary gratefully accept donations in memory of a loved one? The name of the loved one is added to our in memoriam plaque found in the hallway just outside the lab at the hospital. The next Aux. meeting will be held Feb. 5 at 7pm. @ 821 2nd Ave. We are a small group which is in need of members in order to continue our successful fund-raising. Bring your ideas, energy, and skills! For more info contact Carol @ 250-569-7176, Pat @ 250-569-7521 or Mary Hooker @ 250-569-7164.

**CHAMBER NEWS**

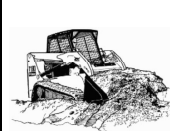
Are you being heard? Are you involved in local decision making? Do you need a voice? The McBride Chamber of Commerce provides businesses with an influential avenue to voice their ideas for economic improvement in their community. A strong membership contributes to a stronger Chamber, and that can have a more positive impact on decisions made toward retention of local business as well as attracting investment into the area. Credibility counts and for over 75 years the McBride and District Chamber of Commerce has been the respected voice of business in McBride. Working closely with Council, community organizations and all levels of government, McBride and District Chamber of Commerce members help ensure positive, progressive action in the Robson Valley. In the past the business community has successfully lobbied for highway signage, a dedicated year round visitor centre, the Horseshoe Lake picnic area, the MRDT, a stable power supply and a voice in economic and tourism development. The business community was able to do this because they had an organization that gave them a united and powerful voice that had credibility and focus. Now we have bigger challenges that we all need input in: Scotiabank leaving McBride and the need for financial services in McBride, the ongoing drought and water uncertainty, economic and tourism development and creating a business friendly Village. Coming out of COVID the Chamber has lost most of its executive and needs a restructuring and new directors to set direction and priorities for the business community. The current directors are providing administrative and organizational support and will continue to do so, however the main direction of the chamber needs to be set by you - by business and industry. By joining the chamber you become the chamber - you set the priorities, you speak for business, you decide how the chamber can best support your business. To find out how you can influence economic development, improve the business climate in the area and make sure that your voice is heard at the Village Council table and other levels of government join us: at the McBride Library Monday, February 26th from 7pm to 8:30 pm for a Chamber information meeting. Make your voice heard!

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!!

**Equipment for Hire M4 Construction**



Gerald Moore  
250-569-7147



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

Skid Steer - Landscaping Leveling, Debris Removal



1-877-295-0655

www.monasheecomunications.ca  
accounts@monasheecomunications.ca

MONASHEE COMMUNICATIONS

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

ROSES ARE RED, VIOLETS ARE BLUE  
THE COFFEE IS HOT  
AT THE BEANERY 2



250-569-0133  
Mon.-Fri. 6am-5pm, Sat.&Sun. 9am-5pm Closed-Stat Holidays



**McBride TGP Grocery Store**

211 Main Street 250-569-2525

**3 DAYS ONLY**  
**February 5, 6 & 7**  
**Co-Op Gold**  
Potato Chips - 200 g Kettle Cooked - 180 g  
~Selected Varieties - While Quantities Last  
**4 for 5.00**  
Feb. 1 - Feb. 7  
**Kraft Dinner or Specialty Dinners**  
156 - 200 g or KD Cups 58 g 4 for 5.00  
**Sirloin Tip Oven Roast**  
Cut from Canadian AA or Higher Beef  
**5.99 / lb.**  
**Tim Hortons Coffee Pods**  
30's **\$18.99**  
OPEN 7 Days per week 8am-8pm

**Integris Insurance Services**  
Rosemary L. Hruby, CAIB  
250-569-2264  
**PLEASE DRIVE CAREFULLY**  
We still have  
**Winter Road Conditions**

**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

Sunday & Monday - 10 am - 9 pm  
Tuesday - CLOSED Wednesday - CLOSED  
Thursday, Friday & Saturday - 10 am - 9 pm  
For after hours text Elliott at 250-569-7099



# McBride AG Foods

250-569-0140

**ALWAYS CANADIAN**

**Great Grocery Giveaway Savings Booklet**  
January 7 to February 24

**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**

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

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

**Delivering Fuel** East to McBride & Valemount

**CO-OP** Four Rivers Co-operative

Commercial, Farm & Personal

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

<b>Prince George:</b> Tel: 250.564.3488 TF: 866.309.2667 Fax: 250.564.3433	<b>Valemount Cardlock:</b> 1500 - 9th Avenue Valemount BC TF: 866.309.2667	<b>McBride Cardlock:</b> 2130 Zeidler Road McBride BC TF: 866.309.2667
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**McBRIDE HOTEL**  
250-569-2277  
100 First Ave.

**COLD BEER & WINE OFFSALES 7 DAYS A WEEK**

**SUPER BOWL LVIII & Pool Tournament**  
Sunday, February 11  
Sign in 12 noon - 1pm Tournament Starts  
**HELP WANTED - Bar Maid**  
(with or willing to get Serving It Right)  
Phone Matt 250-569-7996

## BUY, SELB, RENT & MISG.

**For Sale-SIRIUS** Onyx EZR satellite radio and boombox. Everything you need to listen to SIRIUS XM at home and in the car. Comes with extra cable and external antenna. \$100. Phone (250) 569-4080. **FOR SALE:** small wooden entryway table with spindle legs, 24x17x31, contains electric Singer sewing machine - needs repair, \$50. Full set of golf clubs with zippered bag, clean & in good condition, not used since late '90's, \$100. Pair of rawhide-&wood snow shoes, medium size, without harness. \$50. Call Katharine at 250-569-7364. **FOR SALE:** Ikea Norrdal bunkbeds w foam mattresses, fitted sheets, pillows & cases \$250; Cuisinart AirFryer Toaster Oven \$50. Call Katharine 250-569-7364. **For sale:** 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-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-Stihl** and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

## LIBRARY NEWS

**Library Annual AGM** - Our AGM will be on Wed., 7 Feb. at 5:30pm in the library and also on-line via Zoom. If possible, please let Abi know if you intend to come along, for planning purposes: library@mcbridebc.org or 250-569-2411. We are looking for new volunteers to join the Library Board of Trustees - if you can spare roughly 30 minutes each month to attend a Board meeting and are interested in finding out more, please chat to Abi!

**D&D for Teens** - Tues., 3:30-5pm. Ages 12-18. Please call for details.

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

**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 12-18 to enjoy some of the library's many board games. Have a favourite game you like to play? Bring it along!

**Weekly Adults' Programs** - Fibre Artists Knit & Crochet Group (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.

**Fibromyalgia/Chronic Pain Support Group** - next meetings are as follows: Fri., 2 Feb. 7:15-8pm.

**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.

## RVCS 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. Registration is not required. For more information call 1-844-324-2004 or email: events@rvcsbc.org. February 5 Tumble time. February 12 Valentine's day craft. February 19 Stat Holiday no FPD. February 26 Show your support early and wear a pink shirt and play with play-Doh.

**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.

**MON's Feb. 5/12/26** and March 4, 2024 from 3-4pm, RVCS offers The Circle; a group for girls ages 9-12 years. Hosted by the Child & Youth Mental Health and PEACE Program, girls will be part of a group that brings them together through art, conversation and activities, to explore topics such as our values, stressors, affirmations, wellness, and connection. RVCS office in McBride. A small snack will be provided. Registration is required. Please call 1-844-324-2004 or email events@rvcsbc.org

**WED., Jan. 31st** Join us for Soup and Bun at the RVCS office in McBride from 12:00pm-2:00pm enjoy some fresh home made soup and buns with friends. No registration required, this program is brought to you by the RVCS McBride Seniors Program for more information call 250-569-2266 or email: events@rvcsbc.org.

**MON., Feb. 5th** Let's sit together and enjoy a movie matinee. This matinee is featuring Tuesday's With Morrie, based on a book by Mitch Albom. It's an award winning film and we will have a discussion circle afterwards. Held at the RVCS office in McBride from 1-3pm. Brought to you by the RVCS McBride Adult Literacy Program. Contact the office for more information call 250-569-2266 or email: events@rvcsbc.org.

**WED's Starting February 7th** to March 13th Join us for a Six Session Healthy Cooking Program Food Sense that is Free of cost. Cook simple & delicious meals, Share tips in the kitchen, Learn how to read nutrition labels. Held at the McBride Secondary School in the Foods Room (1300 2nd Ave.) from 4:30-7:30pm. Children 13 and up are welcome with adult accompaniment. Registration is required please contact the office register 250-569-2266 or email events@rvcsbc.org. This program is brought to you by the RVCS Adult Literacy and Family Support Program.

**THUR., Feb. 15th** Seniors are invited to come and expand their mind by participating in an engaging discussion about The History of Valentines Day - Coffee House & Discussion and enjoy some social time with friends! Held at the RVCS office in McBride from 1-3pm. Refreshments provided. Brought to you by the RVCS McBride Seniors Program. For more information call 250-569-2266 or email: events@rvcsbc.org.

**TUE., Feb. 13th** Come join us for a Red Willow Walk, a day of knowledge and sharing, building a gift of love. An afternoon of traditional plant knowledge and crafting a willow heart for Valentines day. From 1:30-3:00pm we will meet at Dominion walking trailhead and continue on to RVCS office in McBride. Registration is required, to reserve a spot please contact us at 250-569-2266 or e-mail: events@rvcsbc.org This program is brought to you by the RVCS Indigenous Literacy 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.

## CHURGH 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 Small-group 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 - 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.

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!!**

## Gigglin' Grizzly Pub

Open Thursday, Friday, Saturday and Sunday from 4:00pm.  
Dine in or take out.  
250-569-0101

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

**ROBSON VALLEY**

**DRYWALL SERVICES**

Board and Tape 778-201-7114  
@robsonvalleydrywallservices

Does God burn sinners in hell forever or is it a false teaching satan has invented to turn people away from God?  
Contact Bible Truth.  
Phone 250-569-7077. Box 185, McBride. B.C.

**VALLEY MUSEUM & ARCHIVES**

The Valley Museum & Archives has a new exhibit!  
Posts & Party Lines ~ a journey through 20th century telecommunications.  
**FREE ADMISSION!**  
Open 11-4pm Every Tuesday to Friday

**Uncle Mark's**  
Open Weekdays 10 - 5  
926-1st Ave, McBride (250) 569-3003

Unpasteurized Honey Organic Dairy Non-homogenized Milk Homemade Frozen Meals Organic & Non-GMO Snacks Organic Ancient Grains, Rice & Beans Local & Organic Produce Organic Baking Ingredients Organic Spices Grass-fed Chem/Med Free Meat	<b>AWESOME Home-made Ice Cream SANDWICHES &amp; Mr Roth's Famous Popcorn</b>
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& Lots of Other Stuff!!

**JNR AUTO**

250-569-2666  
1021 SE Frontage Road

**LICENSED AUTOMOTIVE & 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 our winter glove options!**

- 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

Did you know that most of the public art you see in McBride has been sponsored and created by Whistle Stop Gallery artists?  
We have over 100 local artists and crafters showing their work in the Gallery and working to make the Robson Valley beautiful.  
Visit the Gallery and see how our artists and artisans are helping build community through culture!  
**Open 10am to 5pm daily in the train station**

**BRKH Custom Woodworks Ltd.**  
Quality Millwork. 894 1st Ave, McBride

Douglas Fir	Cedar	Spruce	Birch	Pine
V-Joint	Flooring	Decking	S4S	Shiplap
Moulding	Custom Work	Channel	Siding	

admin@brkh.ca 250-569-3175 www.brkh.ca

Fridays are Late night shopping til 7pm

Open Weekdays 10 - 5



**Uncle Mark's  
Specialty Market**

A Local & Organic Grocery Store & More!! 😊  
Jerky, Sausage, Produce, Baking, Dairy, Bulk Goods  
926 - 1st Ave, Mcbride, BC (250) 569-3003  
[eat@unclemarks.ca](mailto:eat@unclemarks.ca) [www.unclemarks.ca](http://www.unclemarks.ca)

Open Weekdays 10 - 5



# AVALON ORGANIC DAIRY is available again!!

**Starting Friday, Feb 2nd...**

The truck comes in Thursday the 1st (the day before)  
but we don't know what time yet?? 😊

**Organic Everything...**  
**Milk, Butter, Whipping Cream, Sour Cream,**  
**The Best Chocolate Milk Ever 😊**  
**Cottage Cheese, Organic Ice Cream!!**  
**Grass Root A-2 Milk, Awesome Cheese**  
**& Dairy for Lactose sensitive folks!!**

To celebrate we're having a

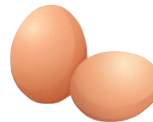
# 10% OFF

**Almost everything in store SALE!!**

Except Produce that's on sale on the back!!  
There are limits on some items! Rain Checks Available!!

Also...

## Coligny Organic Free Range Eggs



Check out their website and see why we chose them!!

**More Savings on the other side...**

Our new supplier also has a great selection of  
Organic Produce!!

# 20% OFF All Produce

Until Thur, Feb 8th when the next truck comes in!!

## Everything ORGANIC...

Fresh Lettuce (Iceberg, Leaf, Romain Hearts)  
Oranges, Grapefruit, Apples, Mangos, Celery,  
Green Onions, Bananas from family farms and  
Local Chem-Free Fresh from the root cellar...  
Spuds, Beets, Rutabaga, Parsnips & Carrots!!

Other products available at Uncle Mark's  
for 10% OFF all week...

25 to 50lb bulk bags and small bags of **Ancient Grains** (Einkorn, Kamut, Spelt), Wheat (Marquis, Red Fife, Bishop) Barley (Pearled, Black), Rolled Oats, Rye, **Beans** (Adzuki, Garbanzo, Kidney, Navy, Black Turtle and many more), **Rice** (Jasmine, Sushi, Basmati, and more), Peanut Butter, Jam, Breakfast Cereal, Home-made Sourdough Bread, Amazing FROG COFFEE!!, Fruit Juice, Canned Goods, Organic Chips, Snacks and Junk Food!! And much more!!

What to expect Friday, Feb 2nd...

## Fresh Cinnamon Buns and FREE COFFEE ☕

Also...

Free Tasty Samples of some products!!

Hope to see you there!! 😊

Fridays are Late night shopping til 7pm

Open  
Weekdays 10 - 5



**Uncle Mark's  
Specialty Market**

A Local & Organic Grocery Store & More!! 😊  
Jerky, Sausage, Produce, Baking, Dairy, Bulk Goods  
926 - 1st Ave, Mcbride, BC (250) 569-3003  
[eat@unclemarks.ca](mailto:eat@unclemarks.ca) [www.unclemarks.ca](http://www.unclemarks.ca)

Open  
Weekdays 10 - 5

**More Savings on the other side...**