

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
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DRIVERS WANTED

Driving locally transporting CN crews.
Must have a Class 1, 2 or 4.
8 Hour shifts, includes Afternoon
and Graveyard Shifts.
For more information or questions call
250-569-7600

Rich boyz TOWING

Thriving Towing and Recovery Business
FOR SALE.

Full fleet of light and heavy duty trucks.
ICBC approved compounds in both McBride
and Valemount. Terms and Equipment
negotiable. Serious inquiries only.
Call Joe 250-569-7298

Robson Valley Arts & Culture Council AGM

Wednesday, 28th Feb., 5pm in McBride Library.
If you enjoy music, art, photography, reading,
sculpture or pottery, sewing, gardening, knitting
or other fibre arts, dance, theatre, learning
languages, comedy, museum visits, movies and
learning about other cultures, then RVACC has
something for you! We need new members and
new volunteers on our Board of Directors to keep
RVACC going. Previous RVACC events have
ranged from the 2022 Robson Valley Garden
Tour to Art in the Ancient Forest.

All welcome, and no need to RSVP. If you have
questions, you can email contactrvacc@gmail.com
or ask at McBride library or museum.
We hope to see you there!

Gigglin' Grizzly Pub

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

McBride AG Foods

250-569-0140

ALWAYS CANADIAN

Happy Long Weekend!

Great Grocery Giveaway Savings Booklet
ENDS - February 17

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

Meraki Builders

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

Heartland RESTAURANT

250-569-0032

HELP WANTED - Servers & Cook
Please Apply with Resume
Attention Lori or Phone 250-319-2613

FREE The little FREE McBride Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, February 14th, 2024

IN LOVING MEMORY

Rose Sutter

A Dear Friend, a mother,
a grandmother.
Rosie's Celebration of life
will be announced soon.
Her beloved dog Daisy
will live her days out
with her friend Tracy.



COMING EVENTS

Did you know that Rocky Mountain Speedway will be reopening the dirt track for racing in Valemount this year? They have been busy reclaiming it and getting it ready for use this season! Are you interested in building a car but not sure where to start? Need to make connections and build a team? Want to be part of the racing community? Just a little curious about it all? Joe Rich will be hosting an information session Feb. 18, 4pm, 790 Barnes Road (at the Shop). Come check out our current project cars and parts! All are welcome! No experience necessary! Representatives from 'Rocky Mountain Speedway' will also be there to answer questions.

The McBride Old Age Pensioners Organization (OAPO) will be holding a workshop on Advance Care Planning on Wednesday, February 21st from 1pm to 3pm at the common room of Beaverview Lodge in McBride. This workshop will include going through the Ministry of Health booklet called "My Voice" which give information and forms for advance planning for your health care, representation agreements, wills, Power of Attorney and other issues that are best dealt with early. If you would like to attend we advise you to get a copy of "My Voice" booklet" ahead of time so you can look through it. They are available free at the Public Health Office in McBride (next to the hospital) from Monday to Thursday from 9am to noon and 1pm to 4pm. At the workshop, will be the Public Health Nurse Ashley Flavelle and the former Notary, Linda Fry to answer questions and explain your options. A great workshop for all Seniors! For more information call Pete Amyoony 250-968-4334 or e-mail peteam@telus.net.

Please come out to the McBride District Hospital Auxiliary AGM on Monday, March 4, 2024, 7:00pm at 812 2nd Avenue (Mary Hooker's home). This group raises money for extra equipment for the care and comfort of our patients in our Health Care system. We need new members to bring us new ideas and help with the fundraising. We welcome any new members!

The Open Gate Community Garden accepts garden books and garden magazines to hand out free at our Annual Robson Valley Seedy Saturday event coming up on March 9, 2024 at the Dunster school. Should you have any gently used garden books and or magazines that you would like to pay it forward, give myself a call at 250-569-0043 and or bring them to the event and place them on the Free Garden Books table. Thank you, Much appreciated, Penny.

GURLING CLUB NEWS

McBride Curling Club would like to say thank you to all our supporters and volunteers for the Ladies bonspiel on Feb. 2-4. Congratulations to Leonard M, for dedication award for 52 years of supporting, coaching and keeping the McBride Curling Club open. Our next meeting on Thursday Feb., 15th at 7pm, we will be finalizing details for Mixed Loggers Bonspiel on March 22-24. Stay tuned for details by end of the week.

DUNSTER NEWS

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. 17, 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 lrsimpson@outlook.com or Pete Amyoony 250-968-4334 or email peteam@telus.net ALL WELCOME !!!

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!!

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

10% OFF
All Produce
Til Feb 16th

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!!
ALL Local and/or Organic

10% OFF
Til Feb 16th

Real Organic Sourdough Breads & Artisan Loaves

Beatrice - Soft White Sandwich Bread - reg \$9.99	Blanche - White Sourdough - reg \$5.49
Blanche Baguette - reg \$4.49	Wesley - 100% Whole Wheat - reg \$7.49 to \$8.49
Larry - 100% Ladoga - reg \$7.49	Stewart - 100% Ancient Spelt - reg \$8.39
Karl - Ancient Kamut - reg \$7.79	

Feb 16th 10am to 7pm

FUN FRIDAYS

Fresh Cinnamon Buns & FREE Frog Coffee all day!!
And...FREE Sausage and Bread Sample 4 to 7pm!!

Open
Late
Fridays
Until
7:00



Uncle Mark's
Specialty Market

A Local & Organic Grocery Store & More!!
Jerky, Sausage, Produce, Baking, Dairy, Bulk Goods
926 - 1st Ave, McBride (250) 569-3003
eat@unclemarks.ca www.unclemarks.ca

Open Mon to Thursday 10 - 5 & Fri to 7pm



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	<p>Quality Millwork BRKH Custom Woodworks Ltd.</p>	V-Joint Flooring
Cedar		Decking
Spruce		S4S
Birch		Shiplap
Pine		Moulding
		Custom Work
		Channel Siding

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

ROBSON VALLEY

DRYWALL SERVICES

Board and Tape 778-201-7114

@robsonvalleydrywallservices

If the wages of sin is death and breaking even one of
God's commandments is sin, shouldn't we be
keeping all ten?
Contact Bible Truth.
Phone 250-569-7077. Box 185, McBride, B.C.

Thank you!

FEB. 13TH 2024 MARKS OUR 6 YEAR ANNIVERSARY.

A GREAT BIG THANK YOU TO EVERYONE WHO HAS WALKED THROUGH OUR DOOR - WHETHER ONCE OR EVERY DAY FOR THE PAST 6 YEARS. WE ARE EVER GRATEFUL FOR YOUR SUPPORT AND KINDNESS. WE LOOK FORWARD TO WHAT THE FUTURE HOLDS AND HOPE THAT YOU'LL CONTINUE TO BE A PART OF OUR JOURNEY.

FRIDAY LUNCH SPECIAL - PEROGIES SERVED WITH SMOKIES AND KRAUT

WE WILL BE CLOSED THURS. FEB 15TH DUE TO PLANNED BC HYDRO OUTAGE WE WILL BE CLOSED MON. FEB 19TH FOR FAMILY DAY HAVE A SAFE & HAPPY LONG WEEKEND.



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

WAHOO ENTERPRISES

820-1st Ave. 250-569-0320
We will be closed from Sunday, Feb. 18 to Monday, Feb. 26. Re-open Tues., Feb. 27 at 10:00a.m. Sorry for any inconvenience.



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

Robson Valley Septic

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

ROBSON VALLEY IDA TELE PHARMACY

We are open Monday-Friday 9-5
Closed Saturday & Sunday
www.robsonvalleyidapharmacy.com
250-569-8811

#3 - 411 Main Street, McBride

Robson Valley IDA Will Be Closed
Monday, February 19th For Family Day.

In Store Sale!

Christmas Giftware
30% OFF

Select Boost and Ensure 6 Packs
30-40% OFF

Halloween Candy
50% OFF



Personal Income Tax Services

Starting March 1st regular hours are 10 am - 3 pm,
Monday to Friday at the McBee office
532 Main Street, McBride.

For more information or to book your appointment
call Bobby-Jo at 250-569-7319

NOW is the time to collect and organize your important tax documents such as T-4, T-5 and other T slips along with medical receipts, travel, tuition fees, etc.

CHIMNEY CLEANING Full Service Pipe & Stove

\$100 plus \$20.00 gas for there and back.
Phone: 250-968-4370

BUY, SELL, 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 Norddal 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.

BIRTHDAY WISHES FEB. 14-20

Bob Craigie, Brooklyn Basran, Joyce Rolston, Krystal Sarasin, Marnie Maronets, Sheila Basran, Norma Wheeler, Emilio Caputo, Zeeva Lamming, Christine Monroe, Matt Elliott, Pat Cousineau, Rayann Flynn, Tony Vizza, Alex Mercuri, Travis McRae, and to any we have missed, Happy Birthday!

LIBRARY NEWS

Community Literacy Task Group meeting - Please consider coming along to the Community Literacy Task Group Meeting on Fri., 23rd Feb. at 2pm. This is your opportunity to share your ideas about community literacy and set our Literacy Coordinator's direction for the year. All welcome. If you are unable to make the meeting, but are interested in the topic, or have any ideas, please email Cathy at literacy@mcbridebc.org, or drop into the library on Wednesday or Thursday mornings.

One-to-one help from our Literacy Outreach Coordinator, Cathy. Cathy can help with forms and other paperwork, or internet queries, etc. Every second Wednesday morning, from 10.30am-12pm: next one is on Wed., 21st Feb.

Graphic Novel Introduction - Curious about the graphic novel genre? Come along for a conversation about the genre on Fri., 16th Feb., from 3-4pm, led by Ari. Aimed at adults and older teens (15+). No need to register.

Community Paramedicine - Paramedic Rodger Peterson will be at the library offering various health checks, tests and advice starting at 1:30pm on the following dates: Thurs., Feb. 15th and Thurs., Feb. 29th. No need to make an appointment - all welcome. In partnership with the BCEHS.

D&D for Teens - Tues. 3:30-5pm. 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.

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, on Thursday afternoons. Call for details! 250-569-2411.

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.

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.

A LITTLE THINKER...

The trouble with getting to work on time is that it makes the day so long.

RVCS NEWS

MONs Family Place Drop-In is on Mondays from 9am-noon at RVCS (942 3rd Ave., McBride). 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 19 Stat Holiday no FPDI. 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 (942 3rd Ave.). 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.

THUR., Feb. 15th This event has been CANCELLED! Seniors are invited to come and expand their mind by participating in an engaging discussion about The History of Valentine's Day - Coffee House & Discussion and enjoy some social time with friends! Held at the RVCS office in McBride (942 3rd Ave.) 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.

THU., Feb. 15th 10-11:30PM join a virtual focus group in the Robson Valley looking for what changes are needed to the Family Court process. Are you a survivor of Intimate Partner Violence or Family Violence and have navigated the Family Law Court system? We would like your insights and opinions to help make the system work better. Join us virtually over Zoom. A second date is available on WED., Feb. 21st 1pm-2:30pm. Registration is required, please contact the office at 1-844-324-2004 or email events@rvcsbc.org to save your virtual seat. All participants will receive a \$100 Amazon gift card. Funded by the BC Society of Transition Housing and RISE Women's Legal Centre.

MON. through THURs, McBride RVCS (942 3rd Ave.) has a FREE FOOD PANTRY that's available to all! Emergency top-up food is accessible to our clients, Family Place Drop In 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.

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!!

D & T INDUSTRIES

250-569-7758 / 7050



OPEN : FEB. 17 9AM-5PM

CLOSED - FEB. 18, 19 & 20.

HAVE A HAPPY LONG WEEKEND

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



250-569-0133



McBride TGP Grocery Store

211 Main Street 250-569-2525

Happy Long Weekend!!

TGP SCRATCH, SNAP & WIN

See In-Store for details

Sign Up at TGPwin.ca

\$135,000 in Prizes & Discounts available

Feb. 15 - Feb. 21

Purex Bathroom Tissue

Double 12's or Ultra Triple 8's 7.99

Coca-Cola or Canada Dry Products

6 x 222 ml 3 for 12.00

Bubly Sparkling Water Beverage

12 x 355 ml 2 for 11.00

Plus Deposit, Levies or Enviro Charges Where Applicable

Plus Deposit, Levies or Enviro Charges Where Applicable

OPEN 7 Days per week 8am-8pm



Integris Insurance Services

Rosemary L. Hruby, CAIB

250-569-2264

Integris Insurance will be OPEN

Saturday, February 17, regular hours 10am to 3pm

We will be CLOSED

Monday February 19, 2024 for Family Day

& Tuesday, February 20 due to a planned

BC Hydro power outage.

Sorry for the inconvenience!

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

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

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)

ROMANCE

AMOUR
ATTRACTION
CANDLES
CHOCOLATES
CONNECTION
CUPID
DANCING
DINNER
EMOTIONS
FALLING
FEELINGS
FIRE
FLOWERS
HEARTS
INTIMATE
LAUGHING
LIGHTING
LOVE
MOOD
MUSIC
RELATIONSHIP
SHARING
TALKING
WALKING
WINE

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



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