

ROBSON VALLEY IDA TELEPHARMACY

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

Robson Valley

IDA

now has

Easter Goodies

in stock!



Me & Bobby McBee

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.

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

WHAT'S FOR LUNCH?

WED. - MUSHROOM SOUP & ROAST BEEF PANINI
THURS. - BUTTER CHICKEN OVER RICE/GRILLED NAAN
FRI. - CHEESY BROCCOLI SOUP/CHEDDAR BACON PANINI

WE WILL BE CLOSING AT 2PM ON SAT. MARCH 9TH AND SAT. MARCH 16TH

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

CHIMNEY CLEANING
Full Service Pipe & Stove
\$100 plus \$20.00 gas for there and back.
Phone: 250-968-4370

BIRTHDAY WISHES MAR. 6-12
Josie MacMaster, Mathue Miskie, LaRose Birky, Chantelle Jackson, Lacey Blouin, Mike Savarella, Ann Schwartz, Betty Baer, Alyssa Doherty, Kevin Chiupka, Aaron Ford, and to any we have missed, Happy Birthday!

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

Robson Valley Septic
Dome Creek, McBride, Valemount, Blue River - 250-569-7812

OAPO NEWS

The McBride Old Age Pensioners Organization (OAPO) will be holding a second workshop on Advance Care Planning on Wednesday, March 20th from 1pm to 3pm at the common room of the 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. In this second workshop, we will be filling out forms that you can take to your Doctor and have it entered into your health records so medical staff will know your wishes. A great workshop for all Seniors! For more information call Pete Amyoony 250-968-4334 or e-mail peteam@telus.net.

FREE The little FREE McBride Paper



Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, March 6th, 2024

McBRIDE FIGURE SKATING NEWS

It's that time of the year again when the McBride Figure Skating Club puts their end of year show and this one is sure to set your soul on fire! The stakes are high, the lights are bright, the luck is flowing and the skaters are ready to show you the night life in VEGAS! The show is Saturday, March 9th, doors open at 5:30pm and the show begins at 6:30pm with admission by cash donation. Try your hand at the 50/50, check out the gifts and goodies table and grab a bite to eat at the concession hosted by Live Different! See you all there for a show you won't forget!

CHAMBER OF GOMMERGE NEWS

McBride & District Chamber of Commerce held an information meeting February 26th, 2024 where Dan Wingham from Integris Credit Union gave a presentation regarding the prospect of Integris adding banking to the insurance service already being provided. He was clear that community buy-in is essential to the success of this venture and the approximately 50 people in attendance were a receptive audience. Letters of interest can be sent to: Alison Hoskins, CAO and/or Jim Rivett, Board Chair. Any account opened in Prince George would be able to be transferred to McBride should a branch open.

There is a strong core of business people who are interested in spearheading this effort and other opportunities to enhance and sustain business in the Robson Valley, but we need more members and more people for the Board of Directors. The next step for the Chamber is an organizational meeting on Tuesday, March 19th in the Robson Valley Community Center from 7-9pm. "In hopes of reviving the Chamber of Commerce, you're invited to this open meeting! Come with your ideas and smiling faces!" Chamber meetings are open for anyone to attend; to become a Chamber member you do not need to have a business, you do need to have an interest in the sustainability of McBride and the Robson Valley. Chamber meetings are an opportunity to connect, network, become informed and to work together to influence improvements for residents, businesses and visitors. The Chamber represents the area from Dome Creek to Dunster, and Robson Valley Tourism (part of the Chamber) represents the area from the Ancient Cedar Forest to Mount Robson. These organizations work to improve the livelihoods of businesses and residents.

LEGION NEWS

Bingo & 50/50 Wednesday, March 6, 2024 Royal Canadian Legion Hall 805 4th Ave. Doors open at 6 pm Games Starts at 6:30 Sharp. Cash Prizes & Door Prize. Everyone welcome must be 19 & up.

The McBride Royal Canadian Legion Branch #75 has no hours of operation. We do however rent the hall for small functions. The Contact person is Dennis Rejman at 250-569-2692. Legion Meeting on the first Tuesday of each month (except July and August). Meetings start at 7:00 pm. We are always looking for new members. You can contact us if you would like to be a member.

COMING EVENTS

Logger's Bonspiel Dance Saturday, March 23, 2024, 9:00 p.m. - 1:00 a.m., McBride Elks Hall. Come out and show everyone your best dance moves to the local "Elks" DJ. Tickets are \$15.00. There will be a cash bar and designated driver(s) available. Tickets are available at Welcome Home and Mountainview Boutique. They will also be available at the door.

McBride Big Country Snowmobile Association club meeting Wednesday, March 6th @ 6:30pm at Welcome Home. Everyone welcome!! Thank you to McBride AG and McBride TGP for their generous donations for the family day bbq! It was much appreciated by everyone!

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.

DUNSTER NEWS

Dunster Fine Arts School Society Annual General Meeting. Monthly Director's Meeting to follow. Dunster Schoolhouse on Wednesday, March 6th at 5:30 to 7:30 pm. Everyone Welcome! Agenda items can be sent to Nancy at nancy@dunsternancy.ca

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 March. (Mar. 16. Mark it 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 lrttsimpson@outlook.com or Pete Amyoony 250-968-4334 or email peteam@telus.net ALL WELCOME !!!

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!!

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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



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accounts@monasheecommunications.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

IRISH UP YOUR COFFEE at the Beanery 2.
Happy St. Patrick's Day!
250-569-0133
Mon.-Fri. 6am-5pm, Sat.&Sun. 9am-5pm Closed-Stat Holidays

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

TGP SCRATCH, SNAP & WIN
See In-Store for details
Sign Up at TGPwin.ca
\$135,000 in Prizes & Discounts available
~ 3rd Shopping Spree

3 DAY RED HOT SALE
MARCH 11, 12 & 13 only
Co-Op Gold Cheddar or Mozzarella Cheese
600g - 700g - Limit 2 \$6.99 While Quantities Last

With Easter fast approaching, it's that time again for your chances to win this roughly 6 lb. Purdys Chocolate Easter Bunny Valued at \$340.00
This Draw starts March 4, 2024 and draw date is March 29, 2024.
Free to enter for all of legal ages - no Purchase necessary. Best of luck to all!
Who will be the Winner this Year?

OPEN 7 Days per week 8am-8pm

ELKS/ROYAL PURPLE NEWS

ELKS AND ROYAL PURPLE NEEDS YOUR HELP FOR PIONEER DAYS! We are planning Pioneer Days for May 31 - June 2 this year. Already we have a few events that are scheduled. If you would like to host an event or volunteer at an event eg. concession, bar shifts at dance, face painting, kids games etc., it makes the weekend run more smoothly. We are also looking for any musicians wanting to play in the park. If you would like to do a shift in the bar (must have Serving It Right Certificate) or if you could just put in a shift to help at the dance it would be greatly appreciated. If you can help in any way, please contact Kathy Molendyk at 250-569-7201. If you are interested in helping in the Concession, please call Heather Zahn through Facebook Messenger and if interested in working a shift at the dance bar call Tanya Phillips at 250-569-7788.

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

March SUPER SAVER Booklet
March 3 - 30, 2024

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)

McBride & District
PUBLIC LIBRARY 250-569-2411

521 Main Street McBride, BC V0J 2E0

WINTER 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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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 MECHANIC AND 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
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Call Joe 250-569-7298

LIBRARY NEWS

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.

RVGS 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 unless otherwise stated. For more information call 1-844-324-2004 or email: events@rvcsbc.org. Mar. 11 Swimming in Valemount at BW (registration required). Mar. 18 Plan flowers to take home & first day of Spring. Mar. 25 Decorate Easter eggs and April Fool's Day craft.

WED Join us for Pottery Class with Lyuba Milne on March 20 1-3:30pm at RVCS 942 3rd Ave. where Lyuba will teach us clay molding techniques. Spots are limited and registration is required for this no-cost workshop. Contact 250-569-2266 or events@rvcsbc.org to book your spot.

TUES Soup and Bun is happening on March 26 11:30am-1:30pm at RVCS (942 3rd Ave., McBride). Come in out of the cold to enjoy a warm bowl of soup (by donation) with friends. This month's delicious soup is made by Bev McLennan - thank you! Contact 250-569-2266 / events@rvcsbc.org for more info.

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.

BUY, SELL, RENT & MISG.

For Sale-Lengths of new, dark green soffit, j-trim, fascia cladding and drip edge. Call for amounts and pricing. 1 steel, black painted headache rack for early model ford. 4x8 box. Good shape well built. \$350. 250-569-7504•For Sale-2004 Kawasaki. KLX 400 Enduro. Road Legal Dirt Bike, lightly used. New tires \$4100 call or text #250-589-7032•For Sale-Dining table, wood veneer w/rounded corners & one 18" leaf, table 5' long, 3'6" wide \$100; Standing lamp, black metal stand 5'6" high w/1 ceiling lamp & 1 flexible lamp \$50. Call Katharine 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.

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 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.			

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250-569-2666

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•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

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ROBSON VALLEY

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@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.



VALLEY MUSEUM & ARCHIVES

Over 100 years of telephones
on display!

Posts & Party Lines ~
a journey through 20th century
telecommunications.

FREE ADMISSION!

Open 11-4pm Every Tuesday to Friday

**15%
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Que Pasa
Til Mar 8th/24

Salsa - Mexicana & Chipotle
Mild & Medium
Nacho, Jalapeno Lime Tortilla Chips
Hard Shell & Soft Flour Tortillas
All Organic!!

ALL WEEK - Organic JUNK FOOD!! :)
15% OFF Frankie's Organic Cheese Puffs
3 Flavours

FUN FRIDAYS
March 8th - 10am to 7pm

Fresh Cinnamon Buns & FREE Frog Coffee all day!!
& Free Samples of Organic
Frankie's Cheese Puffs

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

Check out... www.unclemarks.ca every week!!

INTERNATIONAL WOMEN'S DAY

ABUSE
 AGAINST
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 GENDER
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 HOLIDAY
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 SUFFRAGE
 VIOLENCE
 WOMEN

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The
Goat Shed

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