



JOIN US THURSDAY, SEPTEMBER 19TH @ 1:30PM
AS WE SHARE STORIES & MEMORIES OVER COFFEE
TO CELEBRATE THE LIFE OF OUR FRIEND
CRAIG FINLAYSON

WE WILL BE CLOSING AT 2PM SAT. SEPT. 14
CALL US OR CHECK OUR FACEBOOK PAGE FOR OUR DAILY SPECIALS

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

FREE The little FREE

McBride Paper

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

For the week of Wednesday, September 11th, 2024

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

EMIL ANDERSON
 MAINTENANCE | ROBSON

DOOR PRIZES!

Emil Anderson's Winter Maintenance 'Winterizing' Career Fair on September 20th, 2024

Winter Road Maintenance Operators

- Seasonal full-time and part-time
- Overtime opportunities
- On-site Training
- Set Shifts

Requirements

- Safety conscious
- Valid Class 3 license w/air or higher
- Ventilable snowplow experience an asset
- Ability to work outdoors in all weather conditions

*Accommodation based on availability, to be discussed during the interview stage. Union Wages: \$29.15 to \$34.29

Join us!
Friday, September 20th at Centennial Park from 12 pm - 3 pm.
 Bring your family and enjoy a BBQ while discovering exciting careers in winter maintenance. Don't miss this chance to connect with industry professionals and kickstart your career! Apply on the spot and take the first step towards a rewarding opportunity within the maintenance industry.

For more information visit our website at <https://emilanderson.ca/careers>.

TERRY FOX RUN

Terry Fox Run, Ride or Slide...September 15, 2024. Register at 10:00 at the bench in front of the High School, walk when registered, 5kms to the RR tracks, 5 Km back, do what you're able. If you need more information call Eleanor Johnson @ 250-569-2459. If you're pledging other than on pledge sheets, please add the Run identification #BC0421, it registers McBride as the run site. Thanking you all in advance.

THANK YOU

Thank you to Linton, Barb and helpers from the Country Girls Kitchen for all the wonderful food they prepared at every Farmer's Market.
 -Sheila Finnerty

LEGION NEWS

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.

VALLEY PIEGEMAKERS QUILT GUILD

Our Raffle Quilt - club members will continue selling tickets for \$2.00 each until our draw September 27th, 2024, at 3pm in the McBride and District Public Library. The quilt is on display at the Valley Museum and Archives.

Food Bank News

We have collection boxes all year long, located at McBride AG Foods, McBride TGP and Canada Post. If you would like to make a monetary donation to the food bank, cheques **MUST** be made payable to: **The McBride Seventh Day Adventist Church**. Please send monetary donations along with name, address and phone number to Box 603 McBride BC V0J 2E0 or leave at the Beanery 2 Bistro. Donations may be made on-line at mcbritheadventist.ca - under the menu tab - On-line giving - Community Service (Food Bank). The contact number for the food bank is Julie 250-569-3186 or 250-569-7436 and Beryl 250-569-7350. We are located at 852 2nd Ave. (Basement entrance at left of building).

LIBRARY NEWS

Community Literacy Task Group meeting - Wed., 11th September, 12pm. Have ideas for literacy initiatives in McBride? Come along! All welcome.

Dunster Poetry Workshop - next one is Wed., 18th September, from 10:30am-12:30pm at Dunster Schoolhouse. Come along for some fun with poetry. If you would like us to bring materials from McBride Library for you to collect at this session, please call us on 250-569-2411 or email library@mcbribebc.org.

BC Libraries Present - Thurs., 19th September, 6:30-8pm. A virtual author series on Indigenous Fiction. Following the success of her groundbreaking memoir *A Mind Spread Out on the Ground*, Alicia Elliott's new novel *And Then She Fell* has quickly become an award-winning national best-seller. It's a story about Native life, motherhood, and mental health that follows a young Mohawk woman who discovers that the picture-perfect life she always hoped for may have horrifying consequences. Join Alicia Elliott in conversation with award-winning author Carleigh Baker. All events are hosted on the BC Libraries Present Crowdcast channel: crowdcast.io/@bclibraries-present. Stop in at the library if you have questions about this series, or need tech help signing up.

McBride Library's 75! - Save the date: Sat., October 19th, 2-5pm. Join us at the library for a party to celebrate the 75th anniversary of McBride Library! Cake, refreshments, prizes and kids' activities. Come dressed as a favourite author or character from a book: prizes for the best-dressed adult and child!

One-to-one help - Provided by 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. Do you know someone who would like to be read to? Not all books have been made into audiobooks, but Cathy can read any favourites to interested adults or children. Please call us for details or to set up an appointment. Next time you're in the library, check out our Word of the Week!

D&D for Teens - Tues. 3:30-5pm. Ages 12-18. Please call for details: 250 569 2411.

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 at 1:30pm. Call for details: 250-569-2411.

Weekly Adults' Programs - Fibre Artists Knit & Crochet Group (Wed., 10am) - beginners welcome; Writing Group (Fri., 1:30pm). Call 250-569-2411 for details of either program.

Regular Library Hours - We are back to our regular library open 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.

D & T INDUSTRIES

250-569-7758 / 7050



BEANERY MATH
Kids + School =
LOADED COFFEE TIME



Beanery 2 Bistro
 PATIO OPEN 250-569-0133
 Mon.-Fri. 6am-5pm, Sat.&Sun. 9am-5pm Closed-Stat Holidays

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

Sept. 12-18

Check Out Our MEAT MANAGER SALE

Everyday is CASELOT SALE at McBRIDE TGP

~Excluding Sales or Saves Item
 •Pre-Order Caselot available

Have a Great Week!!

OPEN 365 Days a Year 8am-8pm

Bank. Borrow. Invest. Insure.

INTEGRIS CREDIT UNION

Become a member today!

integriscu.ca 1-866-554-3456

Cougar Den Cabins

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

Grass fed beef quarters for sale.
 \$5.50/Lb. hanging weight plus \$120 for disposal & transportation fee per quarter with cut/wrap \$.95/Lb.
 For more information contact Melanie at (250) 793-4742

WAHOO ENTERPRISES

820-1st Ave. 250-569-0320
 Don't forget Wahoo carries most of the school supplies your child will need.

Heartland RESTAURANT

250-569-0032

Need a cook for Heartland Restaurant
 Willing to train or prep cook, drop resume off at restaurant attn: Josh or Tammy



RICH BOYZ MECHANICAL LTD.

JTR 2002-2021

Heavy Duty/Commercial Transport Repairs
 CVSE Inspection Facility Commercial Truck Parts
 Monday-Friday 9-5 250-569-2470

Meraki Builders

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

Septic Tank Pump Outs

If you don't remember when it was last pumped... It's time!! 2 - 5 years depending on usage. One year for a B&D!! Don't let solids plug up your drain field!!

Right-to-your-RV Septic

Weekly, Bi-weekly & Monthly Pump Out Schedules

Porta Potties

We have nice clean porta potties to help with your Reunions, Weddings and Construction Sites

Garden Water & Wildfire Preparedness

We're hauling Fraser River Water to your holding tanks for garden watering, wildfire preparedness or any non-potable need!! McBride Home Hardware is offering many sizes of water holding tanks at great prices!!

Robson Valley Septic & Water Hauling

Dome Creek, McBride, Dunster, Valemount, Blue River
 (250) 569-7812 "The Friendly Little Truck!!"

ROBSON VALLEY I.D.A. TELE PHARMACY

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

Antibacterial WET ONES

40% off

~~~~~

# New MAKEUP Now In Stock



## VALLEY MUSEUM & ARCHIVES

Have you ever been inspired by the colourful designs of nature?  
 Then the **FLORA & FUNGI EXHIBIT** is for you! SEE YOU SOON!  
 OPEN Tuesday to Friday 11-4pm  
 Admission By Donation

**Take a Break in McBride...B.C.s Friendliest Town!!**





**McBRIDE HOTEL**  
250-569-2277  
100 First Ave.

**Cold Beer & Wine 7 DAYS A WEEK 11am-11pm**

**Howard Logan**

**Annual Pool Tournament**

**SUNDAY, September 14, 2024 Starting at 1p.m.**  
FREE POOL - Sundays & Wednesdays

**Capsular Therapy  
Mobile Massage**

Call Shaun for info  
@ 780-700-7169

**FOREVER PRINTING & SIGNS**

**Home of The Little McBride Paper**  
Phone: 250-569-3110  
email: contact@fpas.ca www.fpas.ca

**YRB Yellowhead Road & Bridge**

Slim Creek is accepting applications for plow truck operators for the 2024/2025 winter season. Applicants need minimum Class 3 with Air. Wages and benefits as per B.C.G.E.U Collective Agreement. Send resume with driver's abstract to Don Danroth  
General Delivery, Dome Creek V0J 1H0 or dond@yrb.ca phone 250-981-3879

**Whistle Stop Gallery**



Open 9am to 5pm daily in the train station

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!  
250-569-8891

**McBride AG Foods**  
250-569-0140

**2004 BACK TO SCHOOL Super Saver Booklet**  
Sale Prices in effect till September 21, 2024  
HOURS: Monday to Saturday: 6:30am to 6:30pm  
Sunday: 9:00am to 5:00pm  
**SENIOR'S DAY 65+**  
Every Wednesday - 10% Off  
**FRESH FISH FRIDAYS**

For All Your

**FIREWOOD NEEDS**

Serving Valemount to McBride  
\$250 round - \$300 split Full Cord  
Discounts Available  
Terrance Pallagi 250-569-4280

**Gigglin' Grizzly Pub**

OPEN from 5pm to 9pm,  
Thursday, Friday, Saturday and Sundays  
for dine in, patio and take out.  
250-569-0101.

Grizzly RV Park - 24 fully serviced sites  
(water, sewer, 30/50 amp).

Call 250-569-0128 or drop into the pub during business hours for more information.

**Pub & RV Park for sale**



**250-569-2666**

1021 SE Frontage Road

**LICENSED  
AUTOMOTIVE**

**& DIESEL MECHANIC**

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

**BIRTHDAY WISHES SEPT. 11-17**

Gerald Moore, Kenton Bressette, Michelle Wolney, Sylvia Melnychuk, Amber Godfrey, Danica Martin, Irene Berndsen, Jesse Trask, Aiden Roth, Hafsa Divleli, Heather Littlechild, Wyatt Maronets, Sawyer Smith, Troy McFarland, and to any we have missed, Happy Birthday!

**RVCS NEWS**

**MONs Family Place Drop-In** is on Mondays from 9am-noon at RVCS (942 3rd Ave., McBride) unless otherwise stated. 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 250-569-2266 or email: events@rvcsbc.org. September 11 Play at RVCS in lieu of September 9th. September 16 Creating with play dough for National Play Dough day! September 30 No Drop-in; statutory holiday  
**THUR., September 12th** In support of Literacy Month this September, we are inviting all poetry lovers and coffee enthusiasts to join us from 1-3pm. Come share your favorite poems at RVCS McBride 942 3rd Ave., listen to your local talent and enjoy a cozy afternoon. Bring your friends, your favorite poems and love for coffee! Lets create a warm and inspiring atmosphere. No registration required. This program is brought to you by the McBride Adult Literacy Program. If you have any questions please contact the office at 250-569-2266 or email events@rvcsbc.org.

**WED., September 18th** RVCS would like to invite you to Love Bomb a Shameless Hussy Productions critically acclaimed musical. A rock concert within a play, this theatre production takes an intimate and emotionally brave look at sex trafficking in Canada as countless lives have been and continue to be affected by this epic problem. The play starts at 7:00pm at the McBride Secondary School 1300 2nd Ave. The event is geared towards older youth and adults. This program is brought to you by RVCS Anti-Violence Team. This is a free event, no registration required.

**THUR., September 19** Unleash your creativity and enjoy a relaxing afternoon of painting, guided by talented Leahha at RVCS 942, 3rd Ave. McBride. Whether you're a seasoned artist or just starting out, this event is perfect for everyone. Join us from 1pm-3:30pm, materials will be provided and registration is required, please contact the office 250-569-2266 or email events@rvcsbc.org. This program brought to you by the RVCS Adult Literacy Program.

**Are you interested** in taking a Possession Acquisition License (PAL) course this fall? Contact us to be placed on a list. If we have enough interest you will be contacted first and given the opportunity to register. We need a minimum of 10 people in order to host this course. The course would run Oct. 26th & 27th. The course would be held at the RVCS office in McBride 942 3rd avenue. Contact the office to be placed on the list 250-569-2266 or email events@rvcsbc.org.

**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-**Set of 267/60/R20 Mud & Snow Studded Tires. Avalanche Extreme. Low Mileage. Ph: 250-569-7761 ••FREE-Kittens ready to go. 3 black & white, 2 siamese types. Greggo, up the Beaver ••**For Sale-**1998 Mercedes C230 - \$9700.00. 1988 Mercedes 560SEL \$15,000. 2003 Ford Explorer Eddie Bauer \$9000.00. 1966 Case 930 Comfort King \$3000.00. All good running condition - for more information call 250-569-7814 ••**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. |                       |                   |                |

**Take a Break in McBride...B.C.s Friendliest Town!!**

**Proud to work hard  
on your behalf**

**SHIRLEY BOND**  
BC UNITED MLA  
PRINCE GEORGE - VALEMOUNT

250-612-4181  
Shirley.Bond.MLA@leg.bc.ca  
@ShirleyBondforBC  
@shirleybond



**FUN FRIDAY**

September 13th - 10am to 5pm

Fresh Cinnamon Buns & FREE Frog Coffee all day!!  
Friday, September 13th

**FREE SAMPLES All Day to 5pm!!**

**NEW - Nature's Path Frozen Waffles**  
2 flavours - Home Style & Buckwheat Wildberry  
& Organic Date Syrup

**Wed 11th to Tues 17th**

**20% OFF**

**ORGANIC Frozen Waffles**

**10% OFF**

**ORGANIC Date Syrup**

Open  
Mon to  
Friday  
10 - 5

**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

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

Delivering Fuel  
East to McBride & Valemount



Four Rivers  
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Commercial, Farm & Personal

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

|                                                                                     |                                                                                     |                                                                                 |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Prince George:</b><br>Tel: 250.564.3488<br>TF: 866.309.2667<br>Fax: 250.564.3433 | <b>Valemount Cardlock:</b><br>1500 - 9th Avenue<br>Valemount BC<br>TF: 866.309.2667 | <b>McBride Cardlock:</b><br>2130 Zeidler Road<br>McBride BC<br>TF: 866.309.2667 |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|

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

**Robson Valley's Source  
for all things Ag.**

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

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

|               |                                      |                |
|---------------|--------------------------------------|----------------|
| Douglas Fir   | <b>BRKH</b><br>Custom Woodworks Ltd. | V-Joint        |
| Cedar         |                                      | Flooring       |
| Spruce        |                                      | Decking        |
| Birch         |                                      | S4S            |
| Pine          |                                      | Shiplap        |
|               |                                      | 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

Most Christians believe we get our reward at death. The Bible teaches we get our reward at two separate resurrections. Which do you believe?  
Contact Bible Truth. Phone 250-569-7077. Box 185, McBride. B.C.

# MINDFULNESS DAY

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

The  
Goat Shed

ANNUAL  
AUTHOR  
AWARENESS  
BENEFIT  
DECIDE  
EVENT  
GENERAL  
GROUPS  
JUDGE  
MEDITATION  
MIRROR  
OBSERVE  
ONLINE  
ORGANIZED  
PRIDE  
PROFOUND  
PUBLIC  
PUBLICATIONS  
RAISE  
SEPTEMBER  
SHAME  
THOUGHT  
TWELFTH  
WISDOM  
WORKSHOPS

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