

# Capsular Therapy Mobile Massage

Call Shaun for info  
@ 780-700-7169

## A LITTLE THINKER...

Humpty Dumpty had a great fall.  
Summer wasn't bad either.

# 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

**ALWAYS CANADIAN**

**LAST WEEK**  
2004 BACK TO SCHOOL  
Super Saver Booklet  
Sale Prices in effect till September 21, 2024

**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

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

WHAT'S FOR LUNCH FRIDAY?  
SPINACH & FETA LASAGNA W TOASTED GARLIC BUN  
CALL US OR CHECK OUR FACEBOOK PAGE FOR OUR DAILY SPECIALS

Monday - Saturday - 8:30am - 4pm  
Follow us on Facebook - fb.me/youarewelcomehome  
Welcome Home  
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 18<sup>th</sup>, 2024

## COMMUNITY CALENDAR

McBride Elks/Royal Purple Community Calendar Sales. If you are interested in purchasing a 2025 McBride Elks/Royal Purple please stop by Mountainview Boutique to prepay for your Community Calendar. Calendars remain at \$11.00 each. Members will be contacting those that purchased a calendar last year. If you bought one last year, Mountainview Boutique (Gina) will have the list of your birthdays, anniversaries and memorial dates. If you are new, she will have a form to fill out or bring in a list of dates you would like to be on the 2025 calendar. If you want to renew your ad or would like to purchase an ad square (if available), they are \$40 small ad, and \$50 large ad. This includes a free calendar (includes your celebration dates). Please contact Kathy Molendyk at 250-569-7201. Deadline to order your calendar is Friday, October 25th. The McBride Elks/Royal Purple thank you for your support!

## LIBRARY NEWS

**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 bestseller. 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.

**Beginners Writing Workshop** - First Steps in Writing is an intensive hands-on writing workshop aimed at complete beginners. Learn from author Maureen Brownlee how to get yourself to the page - and stay there! Participants are expected to attend all 5 workshop sessions: Tues. 8, Wed. 9, Thurs. 10 Oct., Wed. 16 Oct., and Wed. 23 Oct. (10am-3pm each day). Various exercises and techniques for new writers. The workshop is free, but places are very limited, so reserve yours by calling the library on 250-569-2411 or emailing Cathy: literacy@mcbridebc.org. In partnership with Decoda Literacy. Tea/coffee provided, but please bring a packed lunch.

**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.

## 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 [mcbrideadventist.ca](http://mcbrideadventist.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).

All our trains are back! Drop by McBride Station for more information!  
VIA Rail Schedule [viarail.ca](http://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!!



## 11 ANNUAL POKER RIDE

Saturday, September 21st

Proceeds toward trails, staging areas and camp facilities in the Robson Valley

WHERE: McIntosh Equestrian Recreation Site, turn off Highway 16 onto McIntosh Road 12 km west of McBride (2km east of Clyde Creek) - Look for green McIntosh highway signs.

Registration start 10 am; Last rider out by noon; all riders must return by 3pm.

Length of ride approximately 3 hours (14km)

Food service starts at 3pm.

PRICE: Participating riders and Ghost Riders: \$25.00, (includes first hand & dinner after the ride).

Additional hands: \$5.00 each Dinner only: \$10.00

Youth: All children under 19 must wear a helmet, have a youth waiver signed by parent/legal guardian, and be accompanied by their parent, legal guardian, or, by A BCHBC MEMBER NAMED ALTERNATE identified on BCHBC Named alternate form signed by parent/guardian (PRIOR TO ATTENDING).

Contact [bdawnhickerty@gmail.com](mailto:bdawnhickerty@gmail.com) to obtain Named Alternate form.

BRING A LAWN CHAIR

BC Gaming event license # 153583

## FUN FRIDAY

September 20th - 10am to 5pm

Fresh Cinnamon Buns & FREE Frog Coffee all day!!  
Friday, September 20th

FREE SAMPLES All Day to 5pm!!

NEW Flavours - Frankie's Organic Snack Puffs

NEW Product - Farming Karma BC Fruit Sodas

Many Flavours!!

Wed 18th to Tues 24th

20% OFF

Farming Karma BC Fruit Sodas

10% OFF

Frankie's Organic Snack Puffs

Open

Mon to

Friday

10 - 5



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

Delivering Fuel

East to McBride & Valemount



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TF: 866.309.2667  
Fax: 250.564.3433

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1500 - 9th Avenue  
Valemount BC  
TF: 866.309.2667

McBride Cardlock:  
2130 Zeidler Road  
McBride BC  
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

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Quality Millwork.

894 1st Ave, McBride

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Siding

[admin@brkh.ca](mailto:admin@brkh.ca)

250-569-3175

[www.brkh.ca](http://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.



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
- Verifiable 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>.

**Meraki Builders**

**Construction and Renovations**

250 569 7885 (Mitch) 250 569 4109 (Brenden)

**Book Your Septic Pump Out Before Winter!!**

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

**Porta Potties**

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

**Robson Valley Septic & Water Hauling**

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

**ROBSON VALLEY IDA TELE PHARMACY**

We are open Monday-Friday 9-5  
Closed Saturday & Sunday  
[www.robsonvalleyidapharmacy.com](http://www.robsonvalleyidapharmacy.com)  
250-569-8811

#3 - 411 Main Street, McBride

**Robson Valley IDA will be CLOSED**

**Monday, September 30th in Honour of National Day for Truth and Reconciliation.**



**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



MCFC is pleased to announce that a 10-year supply deal has been entered into with BKB. We are happy to continue our commitment to supply as much fiber as possible to our local mills and are pleased to support a company like BKB, who provides industry and employment to many within our community.

**OAPO NEWS**

The members of the McBride Old Age Pensioners Organization, would like to 'Thank' Gaby, sorry no last name known, for the wonderful surprise of her donation of the Birthday Cake to our September Birthday celebration. It was very delicious, and appreciated!!

**BIRTHDAY WISHES SEPT. 18-24**

Dan Mynio, Patrick Koch, Reece Forster, Jace Wallis, Kim Hruby, Amanda Befound, Autumn Hutchison, Lindee Kluthe, Asher Smith, Jesse Doherty, Liam Barnes, Adam Roth, Brandon McLennan, Cole Peterson, Dana Phillips, Iyla Ondang, Leonard Barnes, Loretta Simpson, Quinn Bassani, Hal Carmont, Marissa Quam, 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](mailto:events@rvcsbc.org). September 23 Truth and Reconciliation activities in collaboration with Indigenous Literacy, September 30 No Drop-in; statutory holiday.

**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 19th** Unleash your creativity and enjoy a relaxing afternoon of painting, guided by talented Leaha 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](mailto:events@rvcsbc.org). This program is 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](mailto: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](mailto:foodsecurity@rvcsbc.org). The local Food Bank is also available: 250-569-3186.

**VALLEY PIEGEMAKERS QUILT GUILD**

Our Raffle quilt is hanging in the Valley Museum until the draw date of September 27th in the McBride & District Public Library at 3pm. There may be a few tickets available for sale at the Valley Museum and Welcome Home. We would like to take this time to thank our members, Gina of Mountainview Boutique, Fran and staff of Welcome Home and Bridget and staff of Valley Museum for helping in the sales of our raffle tickets. Our club meets once a month for 2 days of quilting, piecing, sewing at the Elks Hall. This weekend Sept. 20th & 21st 9 to 4 will be our first of the season at the Elks Hall. Drop in if you would like to know what we do as a Quilt group.

**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.

**CHURCH 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.

\*\*\*\*\*  
Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, etc!! Phone: 250-569-3110, email: [contact@fpas.ca](mailto: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](http://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



**BEANERY MATH**

Kids + School =

**LOADED COFFEE TIME**



PATIO OPEN 250-569-0133

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



**McBride TGP Grocery Store**

211 Main Street 250-569-2525

Sept. 19-25

**DOLLAR DAYS Great Savings**

~Including Multiple Buys

**Pumpkins In Stock**  
more varieties on the way

Have a Great Week!!

OPEN 365 Days a Year 8am-8pm

Bank. Borrow. Invest. Insure.

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**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

**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

**FOREVER PRINTING & SIGNS**

Home of The Little McBride Paper

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email: [contact@fpas.ca](mailto:contact@fpas.ca) [www.fpas.ca](http://www.fpas.ca)



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JTR 2002-2021

Heavy Duty/Commercial Transport Repairs  
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Monday-Friday 9-5 250-569-2470



Friends of  
Craig Finlayson  
are invited to  
**Welcome Home**  
on Thursday,  
19 September at  
1:30pm to remember  
Craig.  
Bring your best  
Craig stories!  
All welcome.



# WE'RE LOOKING FOR YOU!

We're looking for experienced retail banking individuals who are friendly, reliable, enjoy working in a team environment and have a passion for helping others!

**If this sounds like you, we'd love to hear from you!**

Submit a resume & cover letter to [hr\\_co@integriscu.ca](mailto:hr_co@integriscu.ca)

LEARN MORE ABOUT INTEGRIS AT [INTEGRISCU.CA](http://INTEGRISCU.CA)

## The Goat Shed

- |           |           |
|-----------|-----------|
| BAGGINS   | HOBBIT    |
| BAREFOOT  | HONOUR    |
| BILBO     | HOSTING   |
| BIRTHDAY  | LARGE     |
| DANCING   | LORD      |
| DISPLAYS  | MERRIMENT |
| EVENTS    | PARTY     |
| FESTIVAL  | RINGS     |
| FIELD     | SECOND    |
| FIREWORKS | SEPTEMBER |
| FOOD      | SHIRE     |
| FRODO     | TOLKIEN   |
|           | TWENTY    |

## HOBBIT DAY

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

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