



250-569-2666

1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANIC

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

Blue Wave Fundraiser advertisement featuring Rosalyn Bird, Conservative Party of British Columbia candidate, with details on the Friday September 6 event at Elks Hall.

From Roslyn Very excited about my upcoming fundraiser, Friday, 6 September in the Beautiful Community of McBride.

The Robson Valley is such a Tourism Treasure for BC and Canada! From the breathtaking views of mountains, world class mountain biking, spectacular back country activities: hiking, camping, hunting, fishing, snowmobiling, skiing and it's rich Indigenous History, it's a vacation destination worth planning!!

I would be honoured to represent such an incredible and diverse electoral riding!!

Whistle Stop Gallery advertisement featuring local artists and crafts, open 9am to 5pm daily in the train station.

McBride AG Foods advertisement featuring 2004 Back to School Super Saver Booklet, Senior's Day 65+, and Fresh Fish Fridays.

Firewood Needs advertisement serving Valemount to McBride, offering \$250 round - \$300 split Full Cord discounts.

Gigglin' Grizzly Pub advertisement, open from 5pm to 9pm, Thursday, Friday, Saturday and Sundays, serving food and drinks.

McBride Paper advertisement, serving BC's friendliest town and area since 1996, featuring 'The little FREE McBride Paper'.

Terry Fox Run advertisement for September 15, 2024, including registration details and contact information for Eleanor Johnson.

THANK YOU Community Thank You - The Elks and Royal Purple would like to thank all those that donated cash, food and/or volunteered, to help those affected by the fire evacuation.

Coming Events advertisement for Three Valleys Community Development Cooperative, featuring an apple pressing event on Thursday, September 5th.

Legion News advertisement for Legion Bingo & 50/50 starting on Wednesday, September 4th, 2024, at the Royal Canadian Legion Hall.

Valley Piecemakers Quilt Guild advertisement for their Raffle Quilt, with tickets available for \$2.00 each.

Hospital Auxiliary News advertisement for the McBride and District Hospital Auxiliary, with a meeting on Monday, Sept. 9 at 3:30pm.

Birthday Wishes Sept. 4-10 advertisement for Amanda Rich, Billie Littlechild, Brody MacMaster, Cora-Lee Poehnel, Flo Mynio, Brian Wallace, Autumn Smathers, Wyatt Blouin, Wes Keim, and to any we have missed.

Food Bank News advertisement for McBride AG Foods, offering collection boxes for monetary donations to the food bank.

Train schedule information for McBride Station, including VIA Rail routes and contact details.

Important Phone Numbers list including emergency services, government services, and local businesses.

Robson Valley Drywall Services advertisement, offering board and tape services, contact 778-201-7114.

Shirley Bond advertisement, BC United MLA Prince George - Valemount, with contact information and a photo of Shirley Bond.

Fun Friday advertisement for Uncle Mark's Specialty Market, featuring fresh cinnamon buns, free frog coffee, and various pizza samples.

Delivering Fuel advertisement for CO-OP, offering commercial, farm & personal fuel services.

Horseshoe Lake Ventures advertisement, located at 377 Main Street McBride, B.C., contact 250-569-0075.

Robson Valley's Source for all things Ag advertisement, offering feed and farm supplies, dog and cat food, and agricultural parts.

BRKH Custom Woodworks Ltd. advertisement, offering quality millwork and custom woodwork services.

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

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

**NEW INVENTORY ARRIVING REGULARLY
 COME IN AND CHECK IT OUT!**

WE WILL BE CLOSING AT 2PM SAT. SEPT. 7

CALL US OR CHECK OUR FACEBOOK PAGE FOR OUR DAILY SPECIALS

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

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
- 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)

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&B!! 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

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**New MAKEUP Now In Stock**

**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 9 No Drop-in; RVCS Office Closed. September 11 Play at RVCS in lieu of September 9th. September 16 Playing with play dough for National Play Dough day! September 30 No Drop-in; statutory holiday.

**THURS., September 5th** Join us for our Tech Drop-in between 11am-3pm at RVCS McBride 942 3rd Ave. Our literacy program will help you learn about your technology and answer questions. No registration required, this program is brought to you by the McBride Adult Literacy Program and funded by CALP. If you have any questions please contact the office at 250-569-2266 or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

**TUES., September 10th, 17th & 24th** Seniors are invited to join us for Indoor Chair Exercise at RVCS 942, 3rd Ave. from 2-3pm. All abilities and backgrounds welcome, drop in for this free class, no registration required. Staying active as we age is essential for our health and mental wellness. This program is brought to you by the RVCS Seniors program. If you have any questions please contact the office at 250-569-2266 or email [events@rvcsbc.org](mailto:events@rvcsbc.org).

**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](mailto:events@rvcsbc.org).

**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 Ave. 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.

**A LITTLE THINKER...**

Anger; the feeling that makes your mouth work faster than your mind.

**BUY, SELL, RENT & MISG.**

**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**-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**-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 - layled 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.

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 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!!**

**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**

**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

**D & T INDUSTRIES**  
**250-569-7758 / 7050**

**BEANERY MATH**  
**Kids + School = LOADED COFFEE TIME**  
 Mon.-Fri. 6am-5pm, Sat.&Sun. 9am-5pm Closed-Stat Holidays

**Beanery 2 Bistro**  
 PATIO OPEN 250-569-0133

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

**Sept. 5-11**  
**Check Out Our 2 FOR DEALS**  
**in stock, plus more in all departments**  
 ~while quantities last  
**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)

**Looking to trade Grass Fed Beef, Baking, Farm Produce, Shop Tools & Farm Equipment, or Jersey Cross Milk Cows, for fire wood delivered.**  
**Contact Melanie: 250-793-4742**

**Robson Valley Arts & Culture Council Presents...**  
**2024 Fraser Heritage Festival: Maker Faire**  
 Join us for this year's RVACC Fraser River Heritage Celebration on September 7th at Koeneman Park, McBride, from 1-3pm. This free and fun event will be a skills showcase. Be prepared to see: historical italian martial arts (sword-fighting) demos with Randy Packer, yarn processing: carding, spinning, dyeing, knitting (various artisans), painting with Glen Fear, stringed-instrument making with Larry Stamm, miniatures scenery/backdrop modelling with Jeff Nadwidny, kids' crafts and activities table. All welcome.  
 Questions? Email [rvaccevents@gmail.com](mailto:rvaccevents@gmail.com) or call Abi at the library on 250-569-2411.

# WAHOO ENTERPRISES

820-1st Ave. 250-569-0320

Don't forget Wahoo carries most of the school supplies your child will need.

## 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@mcbridebc.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](http://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.

# SUICIDE PREVENTION DAY



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| <b>ACTION</b>     | <b>FEDERATION</b> | <b>ORGANIZATION</b> | <b>SIDE</b>     |
| <b>ATTEMPTS</b>   | <b>FEELINGS</b>   | <b>PAIN</b>         | <b>SOCIAL</b>   |
| <b>AWARENESS</b>  | <b>GENDER</b>     | <b>PLANS</b>        | <b>STIGMA</b>   |
| <b>COMMITMENT</b> | <b>HEALTH</b>     | <b>POLICIES</b>     | <b>STRATEGY</b> |
| <b>DEVELOP</b>    | <b>HOPELESS</b>   | <b>PREVENT</b>      | <b>TABOO</b>    |
| <b>EVENTS</b>     | <b>MENTAL</b>     | <b>SEPTEMBER</b>    | <b>TENTH</b>    |
|                   |                   |                     | <b>WORLD</b>    |

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