

**Gigglin' Grizzly Pub**  
*Open*  
*5pm to 9pm, Thursday to Sunday*  
 Grizzly RV Park - 250-569-0128  
 24 fully serviced sites  
 (water, sewer, 30/50 amp)  
**Pub & RV Park for sale**

**McBride!**  
**BECOME A MEMBER TODAY!**  
 Open your new Integris Credit Union membership and discover the credit union difference!  
\*Terms and conditions apply, for more information speak to one of our experts!  
**Integris McBride**  
 210 Main Street, McBride  
 Wednesday - Thursday  
 10:00 AM - 4:00PM  
 Friday  
 10:00AM - 5:00PM  
 1-866-554-3456  
 www.integriscu.ca

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



**PIONEER DAYS CHILI**  
 NEXT WEEKEND  
 Mon.-Fri.6am-5pm Sat. & Sun. 9am-5pm Closed Stat Holidays PATIO IS OPEN



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

**Book Your Septic Pump Out**  
 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!!"

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

**Wheel into Summer Booklet**  
 May 4-31, 2025  
 Hours:  
 Monday to Saturday 6:30am - 6:30pm  
 Sunday 9:00am - 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

**Robson Valley Home Hardware**  
 250-569-2284  
**Your Local One Stop Shop for**  
**•APPLIANCES •FURNITURE**  
**•HOUSEWARE •WINDOWS •SIDING**  
**•WOOD STOVES •PELLET STOVES**  
**•KITCHEN CRAFT •And More**

**FREE The little FREE**  
**McBride Paper**  

  
**Serving BC's Friendliest Town and Area since 1996!!!**  
*For the week of Wednesday, May 28<sup>th</sup>, 2025*

**IN LOVING MEMORY**  
 Lucille Teskey  
 1928 - 2016  
 Mama we miss you.  
 We think about you always.  
 You will never be forgotten.  
 We hold you close within our hearts.  
 And there you will remain.  
 To walk with us throughout our life.  
 Until we meet again!  
 We love you. -Your loving family.


**CELEBRATION OF LIFE**  
**Jean Claude (John) Rivard**  
 January 15, 1962 - December 7, 2024  
 John was born in Sarnia Ontario, from there at an early age (12) he moved to St. Catharines, Ontario. He met new friends (lifelong buddies) attended school while living with one of his older sisters and her family. With a pack of Best Buds, they travelled out West in 1980 for work, that's where he met his life long Partner Penny. We left the West and travelled back to Ontario, where we ventured the back roads and fished along the way. John decided he wanted a work trade, so he challenged his grade 12 and aced it, then attended College for his Millwright apprenticeship where he was the top of his class. Prior to 2003, the Mountains were calling us once again, so we packed up and moved to BC. We couldn't have picked a better place here in McBride to call home. John's passion was the love of Music, learning to play the guitar and Fishing. He jammed with a few locals here in McBride, and helped create our local Band, The Roadside Splinter. John was sport orientated and played years of Baseball, Hockey, Darts and Golf. He cherished 'Riding in the Wind'. John was predeceased by his Father, Mother, older brother, sister-in law, 3 brother-in laws, 3 nephews and 2 nieces. John faced his illness with grace and determination and if it wasn't another obstacle that had gotten in his way, he would have kicked butt with the cancer. He leaves to mourn his wife of 42 years Penny, his God Daughter and her family, two older sisters, a younger brother and sister and all of their families and many friends here in BC and Ontario. Please join us in a celebration of his life, Saturday, May 31, 2025 at 11:00am in the Elks hall, light refreshments served.



**COMING EVENTS**  
**Bob and Hazel Balcaen Memorial Parade** - The annual Bob & Hazel Memorial Parade (hosted by the McBride Elks/Royal Purple), is Saturday, June 7, 2025. No Theme. Meet and register at 10:00 a.m. at Post Office. Parade starts at 11:00 am. No entry fee. Note: Due to insurance reasons, candy can't be thrown from floats. It now must be handed out. Categories are Best Children's, Show & Shine, Overall Float and Horse(s). Call Rosemary Hruby at 250-569-2264 for more details.  
**Ozalenka Alpine Club AGM** is scheduled Wednesday, June 11 7PM @ 365 Lamming Pit Road. Anyone is welcome to attend and become a member.  
**Colour Fun Run/Walk/Wheel** on Friday, June 13th. 12:15 start at McBride elementary - all ages all mobilities. 2km, 5km and a 10 km route. No entry fees. Volunteers and colour station helpers needed call 250-230-8035 if interested. A fun community event. White t-shirts available \$10 Pre order.  
**McBRIDE ANGLICAN UNITED CHURCH** 15 June, 2025 Celebration day of becoming an Affirming congregation invitation to the public to join in a worship service and celebratory time of fellowship and snacks afterward.  
**SUNDAY, JUNE 22nd. 8x8 AUCTION & YARD SALE @ The DUNSTER SCHOOLHOUSE.** 10:00am - 2:00pm. Burgers will be available! No charge for vendors, just bring your own table. Blank 8x8's are available now to pick up at the Dunster General Store, McBride Museum and Infinity. Any medium is accepted as long as it is an 8x8 size. We can't wait to see what you will create and thank you for supporting this fun Schoolhouse fundraiser!  
**AUGUST 1st-3rd DUNSTER SCHOOL REUNION!** 50+ years of students, teachers, parents, and community members who have participated in the Dunster School in any capacity, come and celebrate this historic place over the weekend! All welcome. More details coming soon!  
**NEW VIA Rail Schedule** viarail.ca Ph 1-888-842-7245  
 Westbound train #5 Sun., Wed., Fri.: 12:44 pm  
 Eastbound train #6 Mon., Thurs., Sat.: 12:18 pm  
 Dome car included! Visit McBride Station for more info.

**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!!**

**WHAT'S FOR LUNCH?**  
 JOIN US THURSDAY FOR THE DEBUT OF THE CHICKEN-BACON-PICKLE RANCH WRAP IT'S DILL-ICIOUS!  
 MARK YOUR CALENDARS - SAT. JUNE 7<sup>TH</sup> FOR SOME SPECIAL MENU ITEMS: DRINKS & FOOD...AND THE PIONEER SUNDAE!  
 MORE DETAILS NEXT WEEK!  
  
 Follow us on Facebook fb.me/youarewelcomehome  
 Mon. - Sat. 8:30am to 4:00pm  
 Call us - 250-569-0215

**Delivering Fuel**  **Four Rivers Co-operative**  
 East to McBride & Valemount  
 Commercial, Farm & Personal  
 Visit our Gas Bar in Prince George!  
 6749 Westgate Avenue - Tel: 250.964.2697  

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

  
**HORSESHOE LAKE VENTURES**  
 377 Main Street McBride, B.C. 250-569-0075  
**Robson Valley' 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 Cedar Spruce Birch Pine  
 V-Joint Flooring Decking S4S Shiplap Moulding Custom Work Channel Siding  
 admin@brkh.ca 250-569-3175 www.brkh.ca

  
**VALLEY MUSEUM & ARCHIVES**  
 See you at Pioneer Days!  
 10am - 4pm  
 The Museum will be open Saturday, JUNE 7  
 Bring your friends & family to the Kitchen Exhibit

**WHISTLE STOP GALLERY**  
  
 Handcrafted, Heirloom quality...  
 You will find it at the Whistle Stop Gallery in the Train Station  
 Home of Robson Valley Artists and Artisans since 2002  
**Happy 2025!**  
**OPEN 10-5 DAILY AT THE TRAIN STATION**

  
**AMY HOCK**  
**ENERGY THERAPY**  
 250-569-0198  
 Call for info or appointment

  
**250-569-2666**  
 1021 SE Frontage Road  
**LICENSED AUTOMOTIVE & DIESEL MECHANIC**  
**HELP WANTED - looking for a general labourer, mechanical knowledge is an asset. Apply with resume.**  
 MONDAY to FRIDAY 8:30am - 4:30pm  
 SATURDAY & SUNDAY - CLOSED



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

Father's Day  
Cards  
In Stock  
&  
Graduation Cards  
In Stock



McBRIDE  
HOTEL  
Bar: 250-569-2277

ICE COLD OFFSALES  
BEER, COOLERS & WINE AVAILABLE  
11:30am-11pm 7 days a week

Looking for a parttime server to join our  
team!! Apply in person with reume  
anytime after 4pm Wednesday to Sunday.

FUN FRIDAY

May 30th 10am to 5pm : )

Fresh Cinnamon Buns & FREE Frog Coffee all day!!

Friday, May 30th

FREE SAMPLES 10 to 5pm!!

Root Cellar

BULK Spuds & Beets

with Organic Butter

Wed 28th to Tues 3rd

\$1/lb

Roth Farms chem-free spuds

10% OFF

All Organic Butter

Open

Mon to

Friday

8 - 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!!

Legal

Notice of Sale under the Warehouse Lien Act to Clifford Ferguson, the debtor and registered owner of one 1993 Mazda B2200 pick up VIN JM2UF1230P0391167 which shall be sold on June 20, 2025 at 10:00 am for unpaid storage and other costs of \$6,541.50. Submit bids to Thunder Valley Towing, Box 525, McBride BC V0J 2E0 prior to June 15, 2025.

LIBRARY NEWS

Need technology? Ipad's are available to borrow with your library card. Use at home for learning, entertainment, shopping, and video calls. Use to access to ebooks and audiobooks. Ask staff for help downloading materials using the Libby App in the library that you can listen to/view later without internet.

Miniature Painting - Saturday, January 25, 1:30-3:30. Ages 10+. Anyone is welcome to join this drop in workshop facilitated by Jeff Nadwdny. Regular Weekly Programming - check our website - https://mcbride.bc.libraries.coop/.

COMMUNITY ANNOUNCEMENTS

McBride Open Gate Community Garden will be holding our Annual Spring Plant Sale on Saturday, June 7th from 10:00 am until 1:00 pm at the garden behind the McBride Elks Hall. (Pioneer Days Weekend). We usually have a great selection of bedding plants as well as house plants and cuttings and perennials to fill up your garden and greenhouse. Once again, we are asking for donations of extra plants, cuttings and divisions of your plants on the day before the sale or the early morning of the sale by dropping them off at the garden on Second Avenue. This is our big fund-raiser of the year to help keep the garden going. If you would like to volunteer to help on the day of the sale or need more information, please call Pete at 250-968-4334 or Dorothy at 250-569-3343. Thanks for your support!

BINGO NEWS

Bingo-McBride Legion: Wednesday, June 4th. (last one till fall.) Early Bird 6:30p.m. Everyone Welcome!!

THANK YOU

Big shout out and thank you to Derrek and Karen Shaw for printing and donating the McBride Men's Shed t-shirts. Now we will be "styling" when we are out working in the community. Thanks for your support. -McBride Men's Shed

BIRTHDAY WISHES MAY 28-JUNE 3

Corey Schock, Beth Frederick, Fiori Mercuri, Gabe Bressette, Meagan Ryan, Cohen Hruby, Marlene Davis, Braden Martin, Brice Littlechild, Renato Caputo, Colton Taphorn, Ethan Melnychuk, Leighton Barnes, Ayla Smith, and to any we have missed, Happy Birthday.

ELKS & ROYAL PURPLE NEWS

McBride Elks/Royal Purple Annual Pioneer Days. Make sure you put June 6-8, 2025 on your calendar! The McBride Elks and Royal Purple are starting to organize this year's Pioneer Days! If you have an event you would like to include in the Schedule of Events, please contact Kathy Molendyk at 250-569-7201. We are always looking for different ideas, musical groups etc. Also, without community support we can't have a successful, fun weekend. Therefore, we need volunteers! If you are interested in helping in any way, whether that is setting up/cleaning up for an event, cooking at concession, helping out at dance etc., please contact Kathy.

McBride Elks and Royal Purple Need Members! We are a national charitable organization promoting and supporting community needs through the voluntary efforts of local members. Our support focus is on McBride and the surrounding area. The Elks Lodge was instituted in 1933. The Royal Purple was instituted in 1948 and in 2000 McBride Elks and Royal Purple became a joint lodge. The Lodges continue to play an active role in the community. They meet at 172 Holdway Street, McBride every 1st & 3rd Tuesday of the month at 7:00 p.m. (ex. July/Aug.). We do not have a membership fee and it's not necessary to attend all meetings!

A LITTLE THINKER...

One night a Deer, a Skunk and a Duck went out for dinner at a restaurant. When it came time to pay, the Skunk didn't have a scent, the Deer didn't have a buck, so they put it on the Duck's bill.

RVCS NEWS

WED's: Family Place Drop-In for the Month of May is Wednesdays 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. May 28 Aboriginal Awareness week, stories, toys and crafts.

THUR May 29: Join us for Tech Drop-In and stop by 942 3rd Avenue on Thursday, May 29th, 2025, from 1-4 PM for some basic tech support. Come by with questions about using technology, and we will support you to learn more about your device. Registration is not required for this drop-in event. This program is brought to you by the Adult Literacy Program.

MON through THUR: McBride RVCS (942 3rd Ave.) has a FREE FOOD PANTRY that's available to all! Emergency top-up food is accessible to our clients 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 events@rvcsbc.org. The local Food Bank is also available: 250-569-3186.

BUY, SELL, RENT & MISG.

For Sale-Fat Tire Bike, Norco Bigfoot. Medium Frame. Hardly used. Bought in Nov. 2024. Was \$1450 new. Selling for \$700. Call 778-258-0334•For Sale-4L glass jars \$3 each. 4L square pails \$2 each. 16L square pails \$4 each. Phone 250-569-0133•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. Sunday school Sept. - May @ 9:30am - 10:15am for ages 5 - 10. Potluck on the last Sunday of each month, all are welcome. Weekly Bible study in small groups, reach out for more details. 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.

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!!

ROBSON VALLEY

DRY WALL SERVICES

Board and Tape 778-201-7114  
@robsonvalleydrywallservices

Meraki Builders

Construction and Renovations

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



Uncle Mark's  
Specialty Market

A Local & Organic Grocery Store & More!!

Now Open  
8 to 5  
Weekdays

Now stocking...

Organic Layer Organic Poultry Scratch  
Organic Barnyard Mix for All Critters  
Organic Mineral

Also... We're now the Purolator Depot!!



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

May 29 - June 4

Whole Red Seedless Watermelon  
6.99 each

Corn on the Cob  
.77

Boneless Beef Stirploin Halves -  
Cryvoc Wrapped  
~raised in Canada

Have a Great Week!

OPEN 365 Days a Year 8am-8pm

Cougar Den Cabins

250-569-7308

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

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.

ANOTHER LITTLE THINKER...

What happend when the duck fell upside-down?  
He quacked up!



McBride & District  
PUBLIC LIBRARY

521 Main Street McBride, BC V0J 2E0

Regular Library Hours

Tues. 10-6,

Wed. and Thurs. 10-5,

Fri. 1-8, and Sat. 1-5

library@mcbridebc.org mcbride.bc.libraries.coop

McBRIDE  
THRIFT STORE

We will be having 2 days for \$1.00 bag days. To be on May 30, Friday. We will give you 2 bags, when you come into the store, you can fill with clothes, shoes and material only. Hope to see you there. Thank you again everyone for your donations.

-McBride Anglican United Church.

FOREVER PRINTING  
& SIGNS

Home of THE LITTLE McBRIDE PAPER

•Signs •Magnetics •Sandwich Boards  
•Vehicle Decals •Window Decals  
•Business Cards •Memorial Cards •Posters •Binding  
•Address Labels •Full Color Laser Photo Copies  
•Invitations •Brochures •Trophies •Engraving •T-shirts  
for more information please contact  
Scott or Susan at 250-569-3110,  
email: contact@fpas.ca  
website: www.fpas.ca



## Small Town, Big Impact: McBride Project Wins BCEDA Award

McBride, BC - In late March 2025, IntegrIS Credit Union nominated its McBride Branch initiative for the BC Economic Development Association's (BCEDA) Community Project Award, which honours economic development efforts in communities across BC. Their nomination was officially supported by the McBride Community Forest Corporation, the McBride Chamber of Commerce and the Village of McBride.

At the BCEDA Summit held in Penticton on May 15, 2025, the IntegrIS McBride project was announced as the winner of the Community Project Award - Population <10,000.

Jim Rivett, former Board Chair of IntegrIS and past Mayor of Clinton, BC, accepted the award on behalf of IntegrIS at the banquet. In his remarks, Rivett recounted how McBride lost its only bricks-and-mortar financial institution after 67 years - an event that significantly impacted the community's economic stability and future.

"From the moment we were invited into the conversation, it was clear: McBride residents and businesses weren't looking for charity," said Rivett. "They were looking for a partner. A partner who would help co-create a sustainable solution rooted in local ownership, accountability and trust."

Throughout 2024, IntegrIS collaborated with the McBride Chamber of Commerce, the McBride Community Forest Corporation, the Village of McBride, and numerous other local businesses and residents to develop a shared, community-led business case which they presented to their Board of Directors in late July. Given the positive response from people in McBride and the west Robson Valley, the Board approved the business case.

The result: within just over a year, the new IntegrIS McBride branch became a reality. On March 5, 2025, the permanent location officially opened its doors. Prior to that, IntegrIS rented space at the McBride & District Public Library, where their staff began connecting with residents and businesses, onboarding members and providing early services. By May 15, the branch had been open for 70 days and had already achieved some key annual growth targets. "In this, the Year of the Cooperative, we can think of no better example of what a successful partnership and community ownership truly means," Rivett said.

IntegrIS McBride enables residents and businesses to complete their banking and investment needs locally - no longer requiring a perilous 5-hour roundtrip to Prince George on the highway. It has also created new job opportunities both within IntegrIS and through increased economic activity in the community. According to IntegrIS CEO Alison Hoskins, the project has helped strengthen collaboration between community groups and residents. "The success of this initiative demonstrates how community-driven financial solutions can address service gaps in rural areas while providing a model that can be replicated in other communities facing similar challenges," said Hoskins.

Hoskins also emphasized the importance of local ownership in the cooperative model. "IntegrIS, like all credit unions, has a requirement to build and hold capital through profit accumulation to retained earnings to serve members and communities. IntegrIS profits remain in our region by being shared with all members through annual dividends, reinvested through our Community Enrichment strategy and growing our capital holdings, which in-turn enables us to better Life Out Here for all who call 'here' home," Hoskins said.

As a demonstration of its continued commitment, IntegrIS will host the McBride branch grand opening during Pioneer Days on June 7, 2025, at noon. The IntegrIS Board of Directors, Executive Leadership Team, and senior management will be in attendance to participate in the festivities.

Additionally, IntegrIS is supporting the McBride Elks No. 247 with the popular 'ICUBBQ' - a four-barbecue trailer that has fundraised over \$300,000 for local causes throughout the region over the past decade. Additionally, IntegrIS has contributed \$1,000 to assist the Elks and Royal Purple to feed Pioneer Days' volunteers throughout the weekend.

Both Rivett and Hoskins stressed that the establishment of the McBride branch is a direct result of grassroots effort and determination. During his acceptance speech, Rivett concluded, "To the people of McBride thank you! You've proven that small communities don't need to wait to be saved. You can take control of your own future; we're proud to stand beside you as a partner in your financial wellness. This award is a recognition of what's possible when cooperatives and communities work together."

### About IntegrIS Credit Union

IntegrIS Credit Union respectfully acknowledges that we operate on beautiful and unceded Dakelh and Secwepemc Territories. IntegrIS is a financial cooperative with \$1.8 billion in assets under administration, offering banking, insurance (including ICBC Autoplan), Financial Planning, and Group Benefits to over 27,000 members in the North Central BC region. As a living wage employer, IntegrIS continues to be a leader and community enriching organization. For more information about IntegrIS, visit: [www.integriscu.ca](http://www.integriscu.ca)

# WORLD BICYCLE DAY

AFFORDABLE  
AROUND  
BICYCLE  
CAMPAIGN  
CLASS  
CLEAN  
ENVIRONMENTAL  
GLOBE  
GRASSROOTS  
HUMANITY  
JUNE  
LONGEVITY  
MEANS  
PROMOTE  
RELIABLE  
RESOLUTION  
RIDING  
SERVES  
SIMPLE  
SOCIOLOGY  
SUSTAINABLE  
THIRD  
TRANSPORT  
UNIQUENESS  
VERSATILITY

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

The  
Goat Shed

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