ROBSON VALLEY PLANT TELE PHARMACY

We are open Monday-Friday 9-5 Closed Saturday & Sunday www.robsonvalleyidapharmacy.com 250-569-8811

#103 - 411 Main Street, McBride

Closed September 1 for Labour Day

All In The Details Carpentry

Matthew Fletcher

- Licensed Red Seal Carpenter
- Complete interior and exterior finishing Quality Craftsmanship





SKID STEER for hire



Adam Krajewski 778-201-7114 instagram @robsonvalleydrywallservices

Cougar Den Cabins
250-569-7308
Daily, Weekly & Monthly Rates



Aug 15th 10am to 5pm :)
Fresh Cinnamon Buns & FREE Frog Coffee all day!!

Friday, Aug 15th

FREE SAMPLES 10 to 5pm!!
Frankie's Organic Puffs (Many Flavours)
& Sober Carpenter Near Beer

Wed 13th to Tues 19th 20% OFF

Frankie's Organic Puffs (All Flavours)

10% OFF ©
Organic Near Beer (All Flavours)

Open
Mon to
Friday

8 - 5



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

GOMMUNITY ANNOUNCEMENTS

McBride Community Market Fridays, from 11:00 am to 2:00 pm in the pavilion at Steve Kolida Park. Bring your own table. Space rent is \$10.00 per week. The sale of high risk foods requires a permit from Northern Health. For further information contact Jackie Edwards at 250-569-7101 jackie.c.edwards@gmail.com

Dunster Farmers Market is up and running again for the 45th year. Join us at Dunster Community Hall every Saturday from 11am to 1pm until the end of September. No fee for vendors. All welcome! We offer a nice lunch of local beef burgers, local veggie burgers, hot dogs, coffee and juice. We usually have veggies and plants, home baking, local crafts and art, and miscellaneous new and used items. For more information, call Pete Amyoony at 250-968-4334.

BUY, SELL, RENT & MISG.

For Sale-1993 VW Eurovan campervan. Call/text Tyler at 778-989-7649••For Sale-Truck Tires Patriot Rough Terrain mud and snow LT275/70R18 hardly used. Kona Mountain Bike full suspension Great Shape. Giant Road Bike ready to race like new. Kitchen Stove and Clothes Drier. Contact Mario 780-852-8216••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 250-569-7469.

FREE The bittle FREE

McBride



Paper



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

For the week of Wednesday, August 13th, 2025

IN LOVING MEMORY



Rebecca Dolores Frazier
December 16, 1954 - August 3, 2025

The love of a mother can't be compared to anything else. My mom was my best friend, teacher, confidant, and hero. We were always a team - she just happened to be the best part of it.

Courageous, stoic, stubborn, unconditional, sarcastic, and loving she was all of these and more. She enjoyed a quiet life and found complete joy in being a grandmother. My mom loved living in McBride. For over 35 years, this small town was her home, and the kindness of its people meant a lot. Thank you to all who reached out - your compassion will never be forgotten. She is survived by her son, Nolan; granddaughter, Masey; sister, Lenelle; brother, Derek; and many nieces and nephews. She was predeceased by her son, Mason; sisters, Geri, Patricia, Tammy, Roxanne, and Alanna; and brother, Patrick. I would like to extend my deepest gratitude to the incredible staff at the McBride and District Hospital for their exceptional care, especially Brian, Anya, Janelle, Dr. Burian, and Dr. Melek, for making her journey as comfortable as possible. Thank you also to Craig Arnold for helping me navigate life's details during this difficult time. Finally, a special thank you to Karen Desormeau. My mom's life was infinitely better with you in it. Your unwavering friendship, loyalty, and love have been a gift beyond measure. I will never be able to repay you, but please know you have my eternal gratitude. She will be deeply missed, but the love she gave, the lessons she taught, and the laughter she inspired will continue to guide me. Simply, thank you. You can rest with your son now, your duty is complete.

-From your loving son, Nolan and family.

OZALENKA ALPINE GLUB

The Ozalenka Alpine Club would like to offer hiking trips to the community this summer. Below is the tentative plan, subject to change depending on interest and weather conditions. The cost will be \$20/non-member and free for members (contact Elsie Stanley if you'd like to become a member). Max is 10 per trip, so please sign up early if you want a spot. Either Joy or Sean Prockter from Robson Backcountry Adventures will be the guide for the trip. We will meet at 08:00 in the Canada Post parking lot in McBride and everyone will need to sign a waiver in order to participate (see robsonbackcountryadventures.ca for your reference). August 9th: Boulder Mountain - Hike up from valley bottom to the alpine on this stunning trail. Elevation gain is significant at 1,200m over 7 kms. There is an opportunity to hike off-trail through some lovely meadows on the way back down from the summit if there's interest. Views of the Goat River Valley and beyond are stunning. September 6th: Lower Goat River Trail - Using a shuttle, we will hike, primarily downhill, from Hwy. 16 to the Fraser River using the Lower Goat River Trail. This is a moderately easy trail and wellmaintained over 11 kms. There is an opportunity to start higher and do an extra section of the trail (3.5 kms) for those that are keen. The trail goes through some beautiful old growth cedar forest, especially in the lower half.

GOMING EVENTS

To learn more about taking care of loved ones, Northern Health and McBride & District Public Library invite you to take part in a free educational series about CAREGIVER SUPPORT. Where: McBride & District Public Library, 521 Main St. When: Tuesdays 10am - 11 am on Aug. 19 (no class on Aug. 12). For more information and to register, please call Community Health Services at 250-569-2026.

ROBSON VALLEY MUSHROOM FESTIVAL

Hello Mushroom Enthusiasts!!!! The 2025 Robson Valley Mushroom Festival is happening. Where: The Dunster School (Dunster BC). When: September 26, 27 and 28th. What is happening? The weekend will be filled with activities. Walks and talks, short and long forays, 6 great instructors, 11 excellent workshops, a gala "mushroom themed dinner, evening presentations and vendors. This weekend is yours to fill with learning activities and workshops to enhance your fungi experience. Instructors and presenters for the festival come with a wide range of knowledge and experience gathered from years of collecting and identifying mushrooms of western North America.

Camping and lunches are available. If you are interested in learning more about the mushrooms of the Robson Valley check out the website Robsonvalleymushroomfestival.com

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.G.s Friendliest Town!!



AMY HOCK

ENERGY THERAPY

250-569-0198

Call for info or appointment



Heavy Duty/Commercial Transport Repairs
CVSE Inspection Facility Commercial Truck Parts
Monday-Friday 9-4 250-569-2470

Rich's Raw Honey available at the shop





Have a GREAT WEEK

OPEN 365 Days a Year 8am-8pm

House of Jasper Silver Studio

Studio Hours:
Sat. & Sun.

141 Dominion St. McBride

11:00-3:00

www.HouseOfJasper.com/contact

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



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

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





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!"



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 Hardwafe

250-569-2284

Your Local One Stop Shop for APPLIANCES •FURNITURE HOUSEWAREWINDOWSSIDING •PELLET STOVES WOOD STOVES •KITCHEN CRAFT And More

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



BIRTHDAY WISHES AUGUST 13-19

Freda Molendyk, Kris Arneson, Rylan Moore, Dave Kraby, Meagan Smith, Randy McFarland, Jean Marc Lacombe, Amy Quam, Jedin Klassen, Jordin Klassen, Annie Fode, Jessie Littlechild, Jodi Littlechild, Paige Molendyk, and to any we have missed, Happy Birthday.

LIBRARY NEWS

Celebration for Summer Reading Club - Wednesday, August 18 - 1:00 - 2:30. Join library staff to celebrate your reading achievements this summer with activities and medal presentations. Open to anyone who joined a posse this summer. Please call 250-569-2411 to

Hiring - Youth Library Clerk. This part-time position includes two regular weekly shifts, Fridays 4-8, Saturdays 1-5. Additional after school shifts may be available. Please submit your resume and a letter outlining your qualifications to library@mcbridebc.org by Monday, September 8th at 9 am. For more information stop in or call Ingrid at 250-569-2411.

Traveling this summer? With your library card, sign out a The Northern Routes Discovery Pass to gain Free Access for up to four people to the following attractions: Two Rivers Gallery, Exploration Place, Mackenzie & District Museum, Barkerville Historic Town & Park, Central BC Railway & Forestry Museum, Huble Homestead, Valemount Museum & archives, & Fort St. James National Historic

Summer Programming - Spaces are still available for the weekly Lego Robotics workshops (10+ challenges suitable for teens and even adults). Call 250-569-2411 to register. Also, there is drop in for board and card games hosted by library staff for any age, Saturdays 1:30-3:00.

RVGS NEWS

WED's: Family Place Drop-In is Wednesdays from 9:00 AM to 12:00 PM RVCS (942 3rd Ave, McBride), unless otherwise stated. Come connect with other families, access parenting resources, and enjoying fun activities for you and your 0-6 year old children. For more information, call 250-569-2266 or email events@rvcsbc.org. Aug. 13 - Cooking with Tots - English muffin Pizza's! Aug. 20 -Water Play Day. Aug. 27 - Play at Kolida Park

WED., AUG. 13: Join us for Coping with Extreme Heat an informative and supportive session on staying safe and healthy during extreme heat events. We'll watch a helpful webinar together, learn practical tips, share experiences, and connect with others in your community. Stay cool, stay safe, and stay connected! Let's beat the heat together - Wednesday, August 13, 2025, from 1:00 PM to 3:00 PM at the McBride RVCS office, 942 3rd Avenue, registration is not required. Brought to you by the Seniors Program.

TUES., AUG. 19: Join us for Café Connect, a monthly gathering designed to bring caregivers together in a warm, welcoming space. Share your experiences, gain inspiration, and build a stronger sense of compassion, connection, and community. Tuesday, August 19, 2025, from 12:00 PM to 1:30 PM at the RVCS office in McBride, 942 3rd Avenue. This month we'll explore the use and benefits of sensory play. Coffee, tea, and light snacks provided. Feel free to bring your lunch. Initial registration is required. Brought to you by the CYSN and Family Support Programs.

WED., AUG. 27: Curious about the services Community Living British Columbia (CLBC) offers? Drop by our open-house style info session to learn how individuals can access supports that are led by them, for them! What to Expect: How to get started with CLBC, the role of case managers and service providers. A spotlight on services like: Supported Living & Outreach, Skill Development & Community Inclusion, Wellness Supports. Wednesday, August 27, 2025, from 10:00 AM to 12:00 PM at the McBride RVCS office, 942 3rd Avenue. Whether you're a community member, caregiver, or just curious - come say hi, grab a snack, and get informed!

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.

GHURGH 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.

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 Village 250-569-2229 R.C.M.P. 250-569-2255 Reg'l Dist' 1-800-667-1959 Hospital 250-569-2251 Health Unit 250-569-2251 RV Comm. Srv. 250-569-2266 K to 7 School .. 250-569-2721 Food Bank 250-569-3186 Fire Hall250-569-3117 High School 250-569-2295 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.G.s Friendliest Town!!

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 Нарру 2025!

OPEN 10-5 DAILY AT THE TRAIN STATION



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

WHAT'S FOR LUNCH? Thurs. - Egg Salad Sandwich/Chips/Soda Fri. - Turkey/Cranberry & Brie Panini

What's happening Fri. Aug. 22nd?
We're trying something NEW...
WELCOME HOME FOR DINNER!
We'll be open from 5-8pm AND have a dinner special!

IT'S GREEK NIGHT! LEMON CHICKEN SKEWERS/RICE/GREEK SALAD/PITA & TZATZIKI Dine in - Take out

Call ahead - don't be disappointed. Follow us on Facebook fb.me/youarewelcomehome Mon. - Sat. 8:30am to 4:00pm CAFE GIFTS Call us - 250-569-0215

Meraki Builders

Construction and Renovations

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

Heartl<u>and</u> 250-569-0032 RESTAURAN

Looking for COOK Full Time/Part Time. Also looking for SERVERS Part Time. Please contact Josh at the Restaurant or drop off resume.



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!! ©

Delivering Fuel East to McBride & Valemount



Four Rivers Co-operative

Commercial, Farm & Personal

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

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



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



BEING HERE

Showcases local talent - Dale Stephens Come & see his Paintings, Carvings and Architectural Illustrations.

Summer Scavenger Hunt for the kids! OPEN TUESDAY - FRIDAY 10am - 4pm Free admission or by donation.



International Lefthanders Day

AUGUST
AWARENESS
CELEBRATE
CHALLENGES
CLUB
COMPILATIONS
DEVELOP
DIFFERENCES
EXPERIENCES
FACED
HANDED
INDIVIDUALS
ISSUES
LEFT
MEDIA
OUTLETS
PERCENT
POSTS
RAISE
RIGHT
SCHIZOPHRENIA
SEVEN
THIRTEENTH
UNIQUENESS
WORLD

	-		7 3 31	10001		100.5		2021	10022	30		~u,	v	
S	S	C	Н	Ī		Ο				Ε		Ì	G2.22	Χ
М	Ε	Κ	Τ	1	Ν	D	1	٧	1	D	U	Α	L	S
Р	V	D	Н	S	D	L	G	٧	R	C	Р	U	I	Ρ
Н	Е	K	I	L	Α	Р	Q	Q	Α	L	R	Ν	S	Ε
R	Ν	D	R	F	0	W	0	U	М	U	I	1	S	R
Z	G	0	T	L	F	D	Α	0	Z	В	G	Q	U	C
М	W	М	Ε	D	Ε	E	Р	R	U	F	Н	U	Ε	Ε
Χ	C	V	Ε	D	Ν	F	R	S	Ε	T	T	Ε	S	Ν
U	Ε	C	Ν	D	Р	Χ	Т	Ε	R	Ν	$\mathbf{L}_{\mathbf{r}}$	Ν	C	Т
D	Α	Α	T	J	I	S	М	l	Ν	Α	Ε	Ε	K	Н
F	Н	F	Н	V	0	Α	Р	T	D	C	1	S	T	K
М	Ε	Ε	Χ	Р	Е	R		Ε	Ν	C	Ε	S	S	S
L	C	Ο	Μ	Р	I	L	Α	T	1	0	Ν	S	Ε	٧
D	М	G	C	Н	Α	L	L	Ε	Ν	G	Ε	S	L	Р
L	Q	0	Т	Μ	Χ	C	E	L	Е	В	R	Α	Т	Ε

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