



## We will be Closed October 8th



Beanery 2

Mon.-Fri.6am-5pm Sat. & Sun. 9am-5pm Closed Stat Holidays PATIO IS OPEN

#### **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!!"





Adam Krajewski 778-201-7114 instagram @robsonvalleydrywallservices



### Robson Valley **Home Hardware**

250-569-2284

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



Taking our fall break starting October 15th, 2025. Re-open date TBA.

Grizzly RV Park - 250-569-0128 24 fully serviced sites (water, sewer, 30/50 amp)

Pub & RV Park for sale

# EFRE Sittle EFRE

## McBride



## Paper



Serving BC's Friendliest Town and Area since 1996!!! For the week of Wednesday, October 1st, 2025

#### GARAGE SALE

Garage Sale: 1155 3rd Ave. - Come to back alley. Friday, October 3rd from 12p.m. to 7p.m.

#### Field Tour

You're invited to Holmes River Ranch for a field tour featuring Covers and Co. blends. Joseph Gardiner and Keegan Miller will join us to present on topics including: use of cover crops to establish perennial hay, swath grazing practice, and soil health. Let us know if you can make it, or feel free to just show up! Everyone welcome. Date: October 3, 1:00 PM. Location: 4422 Holmes Road, McBride. Contact: Matt Vogel 250-569-7968.

#### **Gommunity Gonnector October Edition**

The Hidden Epidemic: Why Loneliness Is a Public Health Crisis. Dear Neighbors, This month, we're shining a light on something many feel but few talk about loneliness. It's often invisible, yet it affects people of all ages and backgrounds. Loneliness isn't just a personal struggle, it's a public health issue that impacts our minds, bodies, and communities. The good news? Connection is a powerful antidote, and it starts with awareness, empathy, and small acts of kindness. Let's explore what loneliness really is, how it affects us, and what we can do - together.

What Is Loneliness? Loneliness isn't just being alone, it's the feeling of being disconnected, even in a crowd. It's the gap between the relationships we have and the ones we wish we had. Social isolation is the lack of contact; loneliness is the emotional toll.

Why It Matters: Health Impacts of Loneliness. Loneliness has been linked to serious health risks: Health Effect, Impact, Heart Disease - Increased risk of cardiovascular issues and stroke. Mental Health - Higher rates of depression, anxiety, and suicidal thoughts. Chronic Illness - Greater risk of Type 2 diabetes and inflammation. Cognitive Decline - Accelerated memory loss and dementia in older adults. Premature Death - Comparable to smoking 15 cigarettes a day in terms of mortality risk. Sleep & Immunity - Disrupted sleep and weakened immune response due to elevated stress.

Who's Most at Risk? Seniors living alone or with limited mobility. Young adults navigating transitions and digital overload. People with disabilities, low income, or marginalized identities.

Local Voices: Breaking the Silence. "After my partner passed, I didn't realize how quiet my world had become. It wasn't until I joined some local volunteer groups that I felt like myself again." -Anonymous McBride Resident.

Have a story to share? We welcome reflections, poems, or even simple notes. You can submit anonymously or with your name. What We Can Do - Reach Out: Call a friend, knock on a neighbor's door, or send a message. Show Up: Join a local group, attend an event, or volunteer. Be Present: Listen without judgment. Sometimes, just being there is enough. Upcoming Events to Connect. Choose to Move info session Tuesday, September 23rd, 2025 - 1 pm. Come out to 942 3rd Avenue - McBride RVCS and celebrate International Seniors Day on Wednesday, October 1st from 1-3pm. Emergency food top up Food Bank.

#### **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

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.

<u>important</u> Pno	one Numbers
EMERGENCY 9-1-1	Gov't Serv. BC .250-569-3760
R.C.M.P 250-569-2255	Village250-569-2229
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 Bank250-569-3186
High School 250-569-2295	Fire Hall250-569-3117
The Little McBride l	Paper 250-569-3110
DG DIIG 044 564 5404 D	. E . E' 1 000 660 5555

Report Forest Fires - 1-800-663-5555 BC BUS...844-564-7494 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!!



Thank you to everyone who bid in the silent auction. Winners will be contacted.

A special thank you to Dale Stephens for sharing his talents with the valley!

NEXT EXHIBIT begins October 7. See you then! MUSEUM OPEN TUESDAY - FRIDAY 10am - 4pm



Immerse yourself in a world of creativity at the Whistle Stop, where every piece tells a story. Discover new perspectives and be inspired by local artists!

OPEN 9-5 DAILY IN THE TRAIN STATION



250-569-2666

1021 SE Frontage Road

## **LICENSED AUTOMOTIVE** & DIESEL MECHANICS

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

### 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

#### A LITTLE THINKER...

Everyone at John Lennon airport has been quarantined because of Coronavirus. Imagine all the people.

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

#### **Meraki Builders**

Construction and Renovations

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



#### NEW OPENING HOURS BEGINNING SEPTEMBER 30

TUESDAY 10:00-6:00 WEDNESDAY 10:00-6:00 THURSDAY 10:00-6:00 FRIDAY 12:00-4:00 SATURDAY 12:00-4:00

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

McBride Cardlock: 2130 Zeidler Road McBride BC TF: 866.309.2667 TF: 866.309.2667



250-569-0075 377 Main Street McBride, B.C.

#### **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



fletchermatthew14@gmail.com Call Fletch @ 250-569-7647



SKID STEER for hire

Fresh Cinnamon Buns & FREE Frog Coffee all day!! Friday, October 3rd

FREE SAMPLES 10 to 5pm!! Organic Rice - white, brown, short & long - basmati, white, sushi, jasmine & Naked & Saucy Soy Sauce Substitute

Wed 1st to Tues 7th 20% OFF 🙂 **Organic Soy Sauce** 10% OFF 🙂

All kinds of rice

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

#### ROBSON VALLEY LADIAN **TELE PHARMACY**

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

#103 - 411 Main Street, McBride

Closed Oct. 13th for Thanksgiving.

Halloween Items in Stock

New Serendipity Candle Fall Scents

Summer Sale on Windchimes, Spinners, and Sun Catchers - while supplies last

#### **GOMING EVENTS**

McBride Big Country Snowmobile Association is having our AGM meeting Oct. 1, 2025 at Welcome Home at 6:30 pm. Everyone is welcomed to hear first hand information of the upcoming snowmobile season. We are also looking for directors to be part of our organization.

McBride E-Free Church - CREATION EVENT Oct. 19, 6:00PM Amazing Evidence For a Young Universe with Q&A.

#### 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. Oct. 1 Fire safety week. Oct. 8 Indigenous corn beading craft. Oct. 15 World Food Day - Bring a donation for the food bank. Oct. 22 Bean bag activities. Oct. 29 Q-tip skeleton Halloween craft

WED's: Join us for the Circle of Security Parenting Program an 8-session, in-person journey designed to help caregivers better understand and respond to their child's emotional needs. This relationship-based approach promotes secure, healthy parent-child connections that last a lifetime. At the McBride RVCS office, 942 3rd Avenue, starting Wednesday, Sept. 10 through to Nov. 5th, 2025, from 12:00 PM - 2:30 PM. Spaces are limited! Contact the RVCS office to register and take the first step toward deeper connection and understanding.

TUE., OCT. 7: Do you care for youth ages 14-19 Thinking about their next steps after high school? Wondering about work, school, or gaining independence? Drop by our relaxed, welcoming session designed for youth and their caregivers, for Transitioning Youth to Adulthood. Learn about inclusive employment supports from WorkBC, explore resources, and connect with others navigating similar transitions. Tuesday, October 7, 2025, at the McBride Public Library, 521 Main Street, from 12:00 PM to 2:00 PM. No registration required! Connect with others, explore resources, and learn about inclusive employment supports from WorkBC. We're here to help you take the next step!

THUR., OCT. 16: Come join us on Thursday, October 16th, 2025 at McBride Community Hall for Baby Beginnings: Wellness & Connections Gathering, a free gathering designed for families with babies aged 0-18 months. Enjoy a welcoming space filled with play, discovery, and connection. Two sessions are available: 9:00 AM to 10:30 AM and 11:00 AM to 12:30 PM. Meet other parents and explore local resources to support your parenting journey. Door prizes will be awarded! Registration is required, please call 250-566-9107 or email events@rvcsbc.org to register.

TUE., OCT. 28: Join us for Café Connection, caring for children is a journey filled with both triumphs and trials. Join us for our monthly get-together where caregivers come together to share experiences, build community, and access valuable resources. This Month's Topic: Tips to Tackle Overwhelm Feeling overwhelmed is a common part of caregiving. This month, our facilitators will share practical strategies to help you: Manage stress and burnout, Create space for self-care, Build resilience and balance. What You'll Gain: A supportive space to share your story, Tools to navigate the emotional demands of caregiving, Access to resources and supports in areas like mental health, education, and advocacy. Tuesday, October 28, 2025 At the McBride RVCS office, 942 3rd Ave., from 12:00 PM to 1:30 PM. Initial registration required, please contact the office to sign up. Let's connect, support one another, and grow together.

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.

E S UA C The Goat Shed R N **ANNUAL** R Ι F N **AWARENESS BREAST** Ι **CAMPAIGN CANCER** AHEALTHQASLRB **CAUSE** CHARITIES J QRRSERE XT **CURE** T  $\mathbf{E}$ K S AEARR **DIAGNOSIS** DISEASE Y Η **FUNDS** S Ι E G S X N E **HEALTH INCREASE**  $\mathbf{E}$ Y G ΑK RBK R 0  $\mathbf{E}$  $\mathbf{E}$ INTERNATIONAL A  $\mathbf{E}$ A L A N**MAMMOGRAM OCTOBER**  $\mathbf{E}$ S S Μ R W Α E Ι RR**PINK** Т E X Α  $\mathbf{N}$ Μ **PREVENTION RAISE** YPR E V E T N Ι 0 NMSHRESEARCH **RIBBON BREAST** SHIRT

**CANCER AWARENESS** MONTH

**SURVIVORS** 

**TREATMENT** 

WALK

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!!

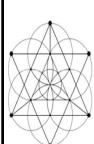


Hams & Turkeys and everything to go with it!! **GREAT PRICES** 

SHOPPING LOCAL

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OPEN 365 Days a Year 8am-8pm



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

#### BIRTHDAY WISHES OGT. 1-7

David Hruby, Gage Buhler, Tim Forster, Jody Mynio, Courtney Savarella, Doug Monroe, Keagan Molendyk, Kole Molendyk, Nicolas Wilson, Trisita Barnett, Tonya Perkins, Allen Littlechild, Azaylia Befound, Danielle Smith, and to any we have missed, Happy Birthday.

#### **LIBRARY NEWS**

Register for events or contact us by e-mailing library@mcbridebc.org or calling 250-569-2411.

Felting Workshop – Saturday, October 4, 1:30-3:30. Felt your own miniature teddy bear. Suitable for adults, seniors, and youth grade 6+. This is the second of four fall crafting workshops hosted by Laverne Remmelg. Advanced registration required, up to 8 people.

New Hours - Effective September 30. After reviewing how the community uses the library, the McBride & District Library is adjusting its opening hours to serve our patrons better. Friday nights have been quiet, so we'll be closing earlier. The library will now be open until 6 pm three nights a week, making it more convenient to stop by after work. Also, by shifting the hours on Friday and Saturday, we can be open over lunch breaks and encourage safer winter driving. Our new hours will be Tuesday, Wednesday, Thursday from 10-6, Friday & Saturday from 2-4. We appreciate your understanding and support. If you have any questions about our new hours, please reach out to the Library Director.

#### BUY, SELL, RENT & MISG.

Garlic for sale. One pound bags \$12 each. Thirteen bags only available. First come first serve. Call Pete Amyoony 250-968-4334. He will bring to town Friday •• For Sale: Headache rack for GMC pickup. Pictures available. Asking \$450 OBO. 2 bucklets, pastured & running with nannies. Calf, bottle fed & pastured. Will sell by whole, 1/2 / 1/4 2 kunekune pigs, pastured Phone: 250-968-4400/250-569-7376 •• For Sale-Dining Table with ceramic top and solid base. Expandible. Good condition. \$100.00. Phone 250-569-2349 •• 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.

# WELCOME HOME - OCTOBER NEWS

JOIN US SAT. OCTOBER  $4^{TH}$  - 1-3PM FOR MUSICAL GUEST



WE WILL BE CLOSED MONDAY OCT. 13<sup>TH</sup> FOR THANKSGIVING.

# "WELCOME HOME TO THE TABLE"

ON TUESDAY'S 5:30-7:30PM
(OR UNTIL SELL OUT)
REAL FOOD, HEARTY,
AND FULL OF FLAVOUR.
COME SHARE A TABLE, A STORY,
AND A SATISFYING BITE,
OR TAKE YOURS TO GO AND ENJOY
IN THE COMFORT OF YOUR OWN HOME.

UPCOMING DATES & MENUS

TUES. OCT. 21<sup>ST</sup> (RESERVE BY OCT. 11<sup>TH</sup>)
CABBAGE ROLLS, TOASTED BUN, GREEN SALAD

TUES. OCT. 28<sup>TH</sup> (RESERVE BY OCT. 18<sup>TH</sup> )
MEATY LASAGNA, GARLIC TOAST, CAESAR SALAD

TUES. NOV. 4<sup>TH</sup> (RESERVE BY OCT.25<sup>TH</sup> )
PEROGIES, SAUSAGE & SAUERKRAUT

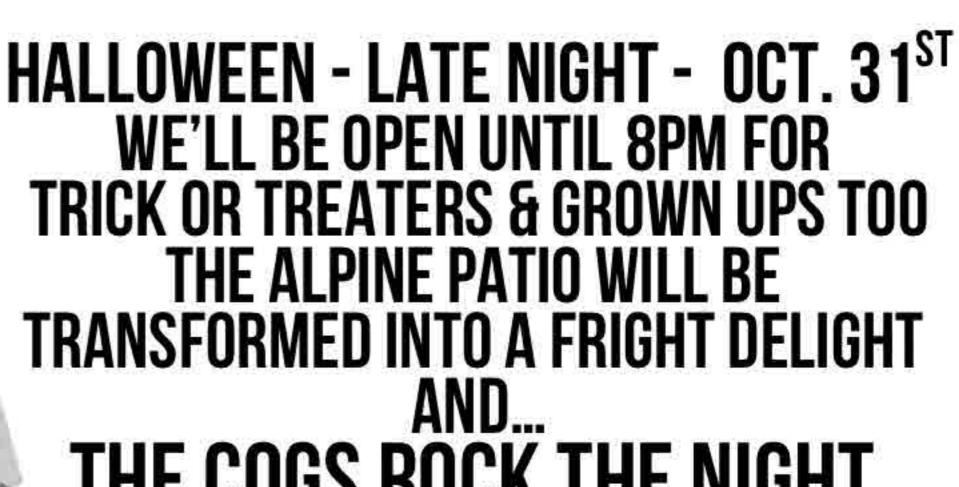
LIMITED AVAILABILITY. RESERVING IS RECOMMENDED.

FIND FRANK CONTEST!
STARTS OCT. 20<sup>TH</sup>
FRANK IS HIDING IN THE SHOP
IN A NEW SPOT EVERY DAY.
FIND FRANK AND ENTER OUR
DRAW FOR A \$75 GIFT CARD.
ENTER DAILY.

CONTEST CLOSES 8PM HALLOWEEN NIGHT!

WELCOME HOME

CAFE & GIFTS



THE COGS ROCK THE NIGHT FOLLOWING THE FIREWORKS!

Follow us on Facebook fb.me/youarewelcomehome Mon. - Sat. 8:30am to 4:00pm

> Call us - 250-569-0215 289 MAIN STREET