

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 - 4:00 PM
 Friday
 10:00 AM - 5:00 PM

1-866-554-3456
 www.integriscu.ca

D & T INDUSTRIES
 250-569-7758 / 7050

We will be Closed
October 8th

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 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!!"

McBride AG Foods
 250-569-0140

Turkeys & Hams in Stock

Hours: Monday to Saturday 6:30am - 6:30pm
 Sunday 9:00am - 5:00pm

SENIOR'S DAY 65+
 Every Wednesday - 10% Off

FRESH FISH FRIDAYS

ROBSON VALLEY DRY WALL SERVICES

Adam Krajewski 778-201-7114
 instagram @robsonvalleydrywallservices

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

Gigglin' Grizzly Pub

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

FREE The little McBride Paper FREE

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.

Community Connector 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 - 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.

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!!

VALLEY MUSEUM & ARCHIVES

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

WHISTLE STOP GALLERY

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

JNR AUTO

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.

Cougar Den Cabins
 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)

McBRIDE & DISTRICT PUBLIC LIBRARY

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

CO-OP 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
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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



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

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

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.

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

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.

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

WELCOME HOME - OCTOBER NEWS

JOIN US SAT. OCTOBER 4TH - 1-3PM FOR MUSICAL GUEST

KARLI WRIGHT

**WE WILL BE CLOSED MONDAY OCT. 13TH
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. 21ST (RESERVE BY OCT. 11TH)
CABBAGE ROLLS, TOASTED BUN, GREEN SALAD**

**TUES. OCT. 28TH (RESERVE BY OCT. 18TH)
MEATY LASAGNA, GARLIC TOAST, CAESAR SALAD**

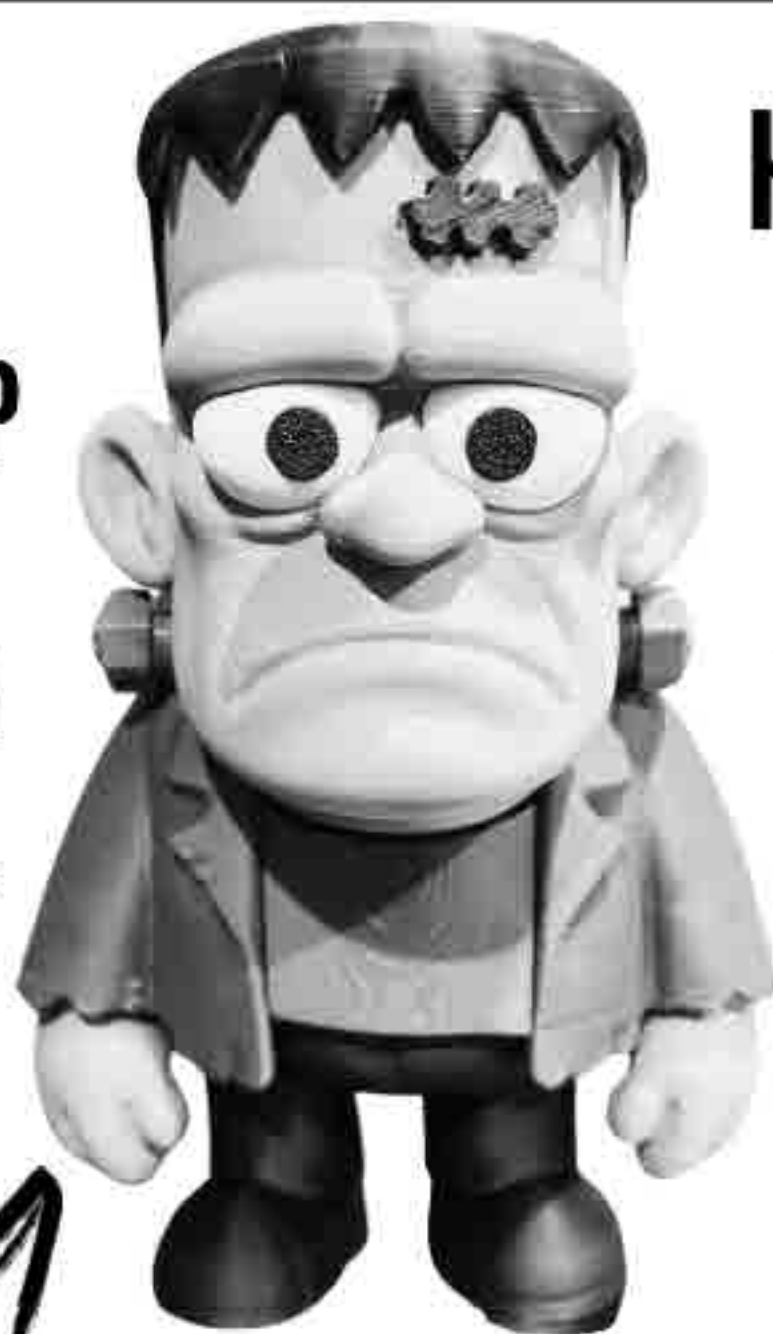
**TUES. NOV. 4TH (RESERVE BY OCT. 25TH)
PEROGIES, SAUSAGE & SAUERKRAUT**

LIMITED AVAILABILITY. RESERVING IS RECOMMENDED.

**FIND FRANK CONTEST!
STARTS OCT. 20TH**

**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 CLOSSES 8PM HALLOWEEN NIGHT!



**HALLOWEEN - LATE NIGHT - OCT. 31ST
WE'LL BE OPEN UNTIL 8PM FOR
TRICK OR TREATERS & GROWN UPS TOO
THE ALPINE PATIO WILL BE
TRANSFORMED INTO A FRIGHT DELIGHT
AND...**

**THE COGS ROCK THE NIGHT
FOLLOWING THE FIREWORKS!**



**Follow us on Facebook [fb.me/youarewelcomehome](https://www.facebook.com/youarewelcomehome)
Mon. - Sat. 8:30am to 4:00pm
Call us - 250-569-0215
289 MAIN STREET**