

WHISTLE STOP GALLERY



Happy 2026 We wish you a year of creativity and fun!

If you are an artist, a maker, a potter, a woodworker or more and you live in the Robson/Canoe Valley, drop by the Gallery and see how easy it is to become a member and start sharing your work with thousands of visitors each year.

Our January hours are 10-4 daily.

For more information call: 250-569-7825

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

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ROBSON VALLEY

DRYWALL SERVICES

Adam Krajewski 778-201-7114
instagram @robsonvalleydrywallservices



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Gigglin' Grizzly Pub
The Griz is temporarily
in hibernation.
Grizzly RV Park - 250-569-0128
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(water, sewer, 30/50 amp)
Pub & RV Park for sale

McBride! BECOME A MEMBER TODAY!



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Integris McBride

210 Main Street, McBride

Wednesday - Thursday

10:00 AM - 4:00PM

Friday

10:00AM - 5:00PM

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RVCS NEWS

WED's: Family Place Drop-In is moving to Fridays starting in January, 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. Jan. 30 - Board games.

THUR., JAN. 29: Tech Day for Seniors. Need a hand with phones, tablets, or other devices? Drop in for friendly tech support in McBride at 942 3rd Avenue, from 1:00PM to 3:00PM. We'll be there to help with your tech questions and make things easier!

THUR., FEB. 5: Local seniors are invited to enjoy a warm and welcoming Soup & Bun Lunch this February. The McBride session will take place from 12:00 to 2:00PM. These meals offer an opportunity to connect with neighbours, share conversation, and enjoy a hearty home-made lunch. All seniors are welcome to attend. No registration required.

WED., FEB. 11: Looking to make healthy eating easier, more affordable, and a lot more fun? Join us for Food Sense: Healthy Cooking on a Budget, a free hands on cooking series hosted at McBride RVCS (942 3rd Ave.). Wednesdays: Feb. 11, 18, 25 & Mar. 4, 11, 2026, from 5:30PM-7:30PM. What you'll learn: How to cook simple, nutritious meals. How to read nutrition labels. Ways to connect with others in the kitchen. Tips to make healthy eating enjoyable and stress free. Space is limited! Register by February 4, 2026, email events@rvcsbc.org, or call 250-566-9107, or 1-844-324-2004 (toll free). Brought to you by the Family Support and Community Connector Program in partnership with provincial health partners.

THUR., FEB. 12: To celebrate the season, seniors in McBride are invited to take part in a relaxed Valentine's Heart Craft afternoon. The McBride session will run from 1:30 to 3:00PM. All supplies are provided, and no experience is necessary. Participants will create simple heart themed crafts while enjoying friendly company. Registration is required, email events@rvcsbc.org, or call 250-566-9107, or 1-844-324-2004 (toll free). Brought to you by the Seniors Program.

THUR., FEB. 19: A Heart Smart Kitchen program will be offered this month, focusing on simple, nutritious, and heart healthy food ideas. The McBride program takes place from 1:30PM to 3:00PM. Seniors will learn practical tips and prepare easy recipes suitable for everyday cooking. Everyone is welcome to join in this hands on, informative session. Join us in the kitchen to make a heart healthy meal from scratch!

THUR., FEB. 19: Women's Outreach Drop-In Session Our Outreach worker is here to assist with housing options, financial planning, navigating applications and connecting you to relevant programs in the agency and community and beyond! Join us for Women's Outreach drop in! from 10:00AM to 11:30AM, at the RVCS office in McBride, 942 3rd Avenue. Refreshments included. No registration needed, just come by and connect with us. We are here to support you.

TUE., FEB. 24: Café Connect. Looking for support and connection? Join our McBride Monthly Get Together for caregivers of children. Share successes, discuss challenges, and access valuable resources from 12:00PM to 1:30PM, RVCS Office McBride, 942 3rd Avenue. This month's topic: Emotional Regulation Learn practical strategies to help children recognize, understand, and manage their emotions. We'll explore tools for calming big feelings, building resilience, and creating a supportive environment at home. Initial registration is required. Please contact events@rvcsbc.org or call 250-569-2266 to sign up. Hosted by: CYSN & Family Support Program.

THUR., FEB. 26: Tech Day for Seniors. Need a hand with phones, tablets, or other devices? Drop in for friendly tech support for hands on tech help. No registration required.

In the Robson Valley, our pantries have already supported more than 900 visits in 2025. McBride RVCS (942 3rd Ave.) operates a FREE FOOD PANTRY open to everyone. From Monday to Friday, we offer emergency top up food for our clients and for anyone who walks through our doors - limited to one visit per household per week. We gratefully accept and share donated foods that are safe and fresh for use. This project is made possible through grant funding from the United Way of BC and the generous support of Robson Valley residents. To connect with RVCS, call 1-844-324-2004 or email info@rvcsbc.org. The local Food Bank is also available at 250 569 3186.

LIBRARY NEWS

Board Game Challenge - January 27-31. Play a board game in the library, or borrow one to take home and play. Enter the draw for a chance to win an awesome board game prize!

Joke of the Week. New adventure weekly - Stop into the library and use the call number clue to locate a hidden joke. Tell the joke to the librarian, and enter the monthly draw.

Dunster Poetry Workshop - Wednesday, February 4, 10:30-12:30. Unleash your inner poet and join Ingrid and Cathy at the Dunster School House for a creative and relaxed poetry workshop. Come connect, create, and let the words flow with some fun writing prompts and playful group activities.

Annual General Meeting. Wednesday, February 4, 5:30. Everyone is welcome to attend the McBride & District Library's Annual

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.G.s Friendliest Town!!



250-569-2666

1021 SE Frontage Road

LICENSED

AUTOMOTIVE

& DIESEL MECHANICS

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



JTR 2002-2021

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Friday & Saturday 12-4

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HORSESHOE LAKE VENTURES

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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

WE WILL BE CLOSING AT 2PM ON TUESDAY JAN. 27TH

AND TUESDAY FEB. 3RD

TRIVIA NIGHT THIS FRIDAY JAN. 30TH 6-8PM - DOOR OPENS 5:30
GIVE US A CALL AND LET US KNOW YOU'RE COMING!
TACO-IN-A-BOX FOR TRIVIA OR TAKE TO GO!

WATCH FOR OUR FULL PAGE AD IN NEXT WEEK'S PAPER!



Follow us on Facebook fb.me/youarewelcomehome
Mon. - Sat. 8:30am to 4:00pm
Call us - 250-569-0215

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

General Meeting. Learn about the past year's activities, review annual business, and take part in the election of the governing board. Light refreshments will be provided. In the library or online. Contact library@mcbridebc.org for a Zoom link. Refreshments will be provided.

Library Trustees Wanted! - Are you interested in becoming a year-round advocate for your library and its mission? Consider serving as a Library Trustee and help guide decisions and shape the future of your community library. Training and support provided. No prior experience is required.

BIRTHDAY WISHES JAN. 28-FEB. 3

Amber Milligan, Alyssa Peterson, Jessica Peterson, Cassidy Jackson, Joey Rich, Leo Jackson, Shea Krenzler, Terri Jensen, Junior Hutchison, Clint Moore, Bruin Keim, Gerry Smith, Tanner Molendyk, and to any we have missed, Happy Birthday.