

Gigglin' Grizzly Pub
The Griz is temporarily
in hibernation.

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!

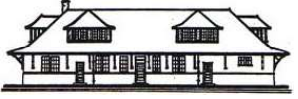
Integris McBride

210 Main Street, McBride

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

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

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&E!! 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

**GREAT GROCERY
GIVEAWAY 2026**
From January 4-February 14 2026
You could win FREE GROCERIES for a year

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

FRESH FISH FRIDAYS

**ROBSON VALLEY
DRYWALL
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

FREE The little FREE

**McBride
Paper**

Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, January 7th, 2026

BINGO NEWS

First legion bingo of new year is on Wednesday, January 7th.
Doors open at 6pm games start at 6:30.

THANK YOU

THANK-YOU TO ALL! From the Churches of McBride and
Community Members Christmas Dinner Committee: We would like
to send out a big "Thank-You" to all who helped make our Free
Christmas Dinner a huge success again in 2025! Thanks to McBride
Evangelical Church, the Arnold family, The Little McBride Paper,
Emil Anderson Maintenance Contractor, MolCap Enterprises, Kim
McNaughton, McBride A.G. Foods, Chris and Elaine Robson, Brian
Rolles, Debby Ladouceur, Nancy Taylor and Eleanor Johnson for
donations of meat, cranberry sauce and veggies. Thanks to all the
bakers who donated four large tables of amazing desserts. Our
thanks go out to all the volunteers who set up and decorated all the
tables, peeled over 100 pounds of vegetables, cooked and served the
dinner, and washed dishes and cleaned up the building before going
home. We served over 100 meals! And last, but not least, thanks
to all who came out to share a meal with their friends and
neighbours on Christmas Day! This was a true Community Christmas
Gift!

OPEN GATE

January 10, Saturday - Open Gate Garden meeting to plan
Seedy Saturday. 1:30pm in the McBride Library. Gardeners and
adherents encouraged to attend.

**Winners of the McBride & District Hospital Auxiliary Christmas
Raffle are:** 1st Prize-Handmade Quilt - Jane McClinton and 2nd
Prize-Food Hamper - Tina Bennett. The winners of the Children's
Raffle were: Penny Williamson and Zander Lamming. Congratulations
to these people and thank you everyone for your support with these
fundraisers.

BUY, SELL, RENT & MISC.

FOR SALE-Firewood, mixed, 16" long, very dry. Stored inside.
\$300 per split cord. Phone 780-903-9129•**For Sale**-Just in time
for Christmas and tax time: 1 "Fellowes" paper shredder and
lubricant \$50. 2 storage-cubes-brown "leather" (16"w x 18"h) \$35
each or both for \$50. Black metal utility stool \$10. White wicker
chair/table (see to appreciate) \$100. Dr. Jackson text 250-569-7892
for photos/to buy•**FREE**-Aloe Vera plants, various sizes in 4 to 8
inch pots. Transplanted Dec. 1. NO delivery. D Simpson 250-569-
3343. #4 Mountain View Mobile Home Park. •**For Sale**-Pellet
Stove, octagon shape, 1 year old. Comes with pipe and 3 or 4 bags
of pellets. \$1000 firm. Phone 1-778-983-2770•**For Sale**-1993 VW
Eurovan campervan. Call/text Tyler at 778-989-7649•**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.

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.

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!!

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

**COMMUNITY
ANNOUNCEMENTS**

Did you purchase the Elks & Royal Purple 2026 calendar?
If so you can now pick them up from Gina at Mountain
View Boutique.

BIRTHDAY WISHES JAN. 7-13

Al Birnie, Tracy MacMaster, Michael Callas, Evan Smith,
Lincoln McCann, Lorraine McRae, Rachel Ondang, Allison
Franke, Amber Doherty, Darci Serdiak, and to any we have
missed, Happy Birthday.

Housekeeper Needed - Afternoon & Graveyard Shifts
MOL-CAP Investments Ltd is currently seeking a
reliable Housekeeper to join our team.
Shifts available:
• Afternoon shifts •Graveyard (overnight) shifts
Duties include general housekeeping and cleaning.
Applicants must be dependable, detail-
oriented, hardworking, trustworthy, and take pride
in maintaining a clean and professional environment.
Able to work independently.
Experience is an asset but not required.
Please contact: MOL-CAP Investments Ltd.
Teresa Caputo 250-569-7600

JNR AUTO

250-569-2666

1021 SE Frontage Road

**LICENSED
AUTOMOTIVE
& DIESEL MECHANICS**

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

**RICH BOYZ
MECHANICAL LTD.**
JTR 2002-2021

Heavy Duty/Commercial Transport Repairs
CVSE Inspection Facility Commercial Truck Parts
Monday-Friday 9-4 250-569-2470
Local handmade beeswax candles at the shop

WANTED

An Older Couple is looking for a small
lot of land, approximatley 2-5 acres in
McBride and the surrounding area.
Phone: 250-617-6514.

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

DRIVER NEEDED – Evening & Graveyard Shifts.
MOL-CAP Investments Ltd is currently seeking a reliable and
responsible Driver to join our team.
Shifts available: Evening shifts. Graveyard (overnight) shifts.
Requirements: Valid Class 4, Class 2, or Class 1 Driver's
Licence. Clean driving record. Ability to work independently
and responsibly during evening and overnight hours.
Duties include: Safe and timely transportation of passengers.
Ensuring vehicle cleanliness and basic checks.
Providing professional and courteous service at all times.
Applicants must be dependable, punctual, trustworthy,
and safety-focused. Experience is an asset but not required.
Please contact: MOL-CAP Investments Ltd.
Teresa Caputo 250-569-7600

All In The Details Carpentry

Matthew Fletcher

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

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

SKID STEER for hire

Call Fletch: 250 569 7647

FUN FRIDAY

Friday, January 9th 10am to 5pm :)

Fresh Cinnamon Buns & FREE Frog Coffee all day!!
Friday, Jan 9th

FREE SAMPLES 10 to 5pm!!

Annie's Organic Kraft Dinner 🍲
& Organic Fire Cracker Hot Sauces

Wed 7th to 13th
20% OFF 😊
Organic Hot Sauces

10% OFF 😊
Annie's Organic Kraft Dinner

Open Mon to Friday 10 - 5

Check out... www.unclemarks.ca every week!!

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

ROBSON VALLEY IDA TELE PHARMACY

We are open Monday-Friday 9-5
Closed Saturday & Sunday
www.robsonvalleyidapharmacy.com
250-569-8811
#103 - 411 Main Street, McBride

Christmas Items

40% OFF

and

Christmas Confectionary

50% OFF

LIBRARY NEWS

Congratulations to the Elf on the Shelf draw winners: Bruin Keim & Andrea Arnold.

RVCS NEWS

WED's: Family Place Drop-In is moving to Fridays starting in January, from 9:00AM to 12:00PM 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. 9 Lets do some Science. Jan. 16 Free play Friday. Jan. 23 Finger painting. Jan. 30 Board games.

THUR. JAN. 8: Soup & Bun Socials – Seniors are invited to join us for a warm meal and friendly connection, from 12-2pm at 942 3rd Avenue, McBride. Come share food, laughter, and community!

TUES. JAN. 13: Join us for *Café Connect!* Are you caring for children and looking for a supportive space to share, learn, and connect? Come to our monthly gathering where we celebrate successes, talk through challenges, and build community. This Month's Topic: *Hopes for the New Year* Let's explore what we're looking forward to in 2026 and how we can make those hopes a reality. From 12:00PM to 1:30PM at the RVCS office in McBride, 942 3rd Avenue. Facilitators will provide resources and supports in various areas. Come for the conversation, stay for the community! Initial registration is required - please contact us to sign up. Brought to you by the CYSN and Family Support Program.

THUR. JAN. 15: Vision Board Workshop - Seniors are invited to spark creativity and set inspiring goals by making vision boards together! Join us at the RVCS office in McBride from 1:30-3pm. All supplies provided - just bring your imagination!

THUR. JAN. 22: You are invited to join us for: **From Trauma-Informed To Trauma-Responsive:** A Neurosequential Approach. Trauma changes the brain, but it doesn't define a person. Knowing this helps professionals and caregivers respond with empathy instead of judgment. Behaviors often reflect survival - not character flaws. **Reducing Shame:** When we shift from "What's wrong with you?" to "What happened to you?" we validate experiences and replace shame with compassion - for clients and caregivers alike. **Supporting Healing:** Families and caregivers can help by creating safety and practicing co-regulation - calm tone, predictable routines, and shared moments of connection. Healing starts in relationships. **Finding Hope:** The brain can heal through neuroplasticity. Every calm interaction rewires pathways toward trust and resilience. Progress may be slow, but every small step matters. **Key Message:** Healing is possible. Together, we restore dignity, safety, and hope. Who Should Attend? Caregivers, educators, medical staff, mental health clinicians, outreach workers, social workers, early years providers, and anyone passionate about supporting children and families. Don't miss this opportunity to strengthen your skills and make a lasting impact! Registration is required, please email events@rvcsbc.org or call 250-566-9107 by January 12, 2026.

TUESDAYS Starting Jan. 27, 2026: Join our EFFT Skills Group in McBride! Robson Valley Community Services is hosting a 4-session Emotion-Focused Family Therapy (EFFT) Skills Group for caregivers. Learn strategies to strengthen relationships, reduce challenging behaviors, and support your child's mental health. Dates: Jan. 27, Feb. 3, Feb. 10, Feb. 17, 2026, from 12:00PM to 2:30PM at the RVCS office in McBride, 942 3rd Avenue. Caregivers of children aged 0-19 are invited to register. Please contact the office by email at events@rvcsbc.org or call 250-566-9107. Brought to you by Child & Youth Mental Health and Family Support Programs.

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

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.

D & T INDUSTRIES
250-569-7758 / 7050

Meraki Builders

Construction and Renovations

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

McBride & District PUBLIC LIBRARY 250-569-2411

521 Main Street McBride, BC V0J 2E0

Regular Library Hours

Tues., Wed. and Thurs. 10-6

Fri. and Sat. 12-4

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

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

Jan. 8 - 14

DOLLAR SALE

~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Large quantity of DIAPERS
Sizes 4, 5 & 6
GREAT PRICE

OPEN 365 Days a Year 8am-8pm

CLOSED
January 10 & 11
Sorry for any inconvenience. 250-569-0133
Mon.-Fri.6am-5pm Sat. & Sun. 9am-5pm Closed Stat Holidays

A LITTLE THINKER...

An Englishman, a Frenchman, a Spaniard and a German are sitting in a room, then a man enters and asks, "Can you see me?" and they respond; "Yes." "Oui." "Sí." "Ja."

SAINT STEPHEN'S DAY

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

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

BOYS BUSH

CHRISTIAN CHURCHES

DONATIONS

EASTERN EXCHANGE

FAMILY FEAST

FESTIVAL HUNT

JANUARY MARTYR

MEMBERS MUMMERS

MUSIC NINTH

ORTHODOX PANTOMIME

PLAY SING SONGS

THEATRE VISIT

WREN

The Goat Shed

* * * * *

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.

WELCOME HOME - JANUARY 2026

FOR NEARLY EIGHT YEARS YOU HAVE LIFTED OUR DAYS,
WITH KINDNESS, SUPPORT, AND YOUR WONDERFUL WAYS.
THE YEAR AHEAD HOLDS SURPRISES WE'RE EXCITED TO SHARE,
LITTLE MOMENTS AND GATHERINGS MADE WITH LOVE AND SOME CARE.
WE HOPE THAT YOU'LL JOIN US AND MAKE NEW MEMORIES APPEAR,
AND KEEP WALKING BESIDE US THROUGH ANOTHER GREAT YEAR!



"WELCOME HOME TO THE TABLE"

STARTING AT 5:30PM

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 & MENU

TUES. JAN. 27TH - PINEAPPLE GINGER CHICKEN BREAST WITH RICE & MIXED VEGETABLES -
RESERVE BY JAN. 17TH

TUES. FEB. 3RD - SALISBURY STEAK WITH MUSHROOM GRAVY, MASHED POTATOES & VEG. -
RESERVE BY JAN. 24TH

TUES. FEB. 10TH - MOUNTAIN MAPLE BBQ RIBS, SCALLOPED POTATOES & GREEN SALAD -
RESERVE BY JAN. 31ST

LIMITED AVAILABILITY. RESERVING IS RECOMMENDED.



MARK YOUR CALENDARS FOR OUR
TRIVIA NIGHT- FRI. JAN. 30TH 6-8PM

DOORS OPEN AT 5:30PM - TRIVIA CATEGORY IS '26'

TEAMS OF 2-5* CALL TO REGISTER

COFFEE - PRIZES- FUN

*DONT HAVE A TEAM? IT'S OK! COME ON DOWN AND JOIN IN THE FUN



Follow us on Facebook fb.me/youarewelcomehome

Mon. - Sat. 8:30am to 4:00pm

Call us - 250-569-0215

289 MAIN STREET