# "HOUSE OF JASOER" FREE The Little FREE

Silver Design Studio

Brand New Silver and Gold Designs from Western Canadian Jewellery Show are now available at "House of Jasper"

Come select something UNIQUE for yourself or loved one.

QUANTITIES ARE LIMITED most items are one-of-a-kind.

## We are open: Fri. - Sat. - Sun. 11:00 till 3:00 141 Dominion St., McBride. EMPLOYMENT OPPORTUNITY

Hiring enthusiastic and energetic staff!

located in beautiful McBride, BC is looking for you! The GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB

We are currently hiring:

Bartenders Prep Cooks Servers (19 years of age and over) Line Cooks Kitchen Staff

round employment. These are full and part time positions with year

Must have Food Safe Certification

Please mail resumes to

Opening Soon - October 1st
DEB'S DOLLARS & SCENTS

Or e-mail bubba11@telus.net P.O. Box 385, McBride, BC VOJ 2E0

100 Holdway (Hotel) 569-8811
Candles, Candy, Cards, Etc.
Flowers - silk & fresh
Balloons - stuffed & helium
Gift Baskets made to order.
CARPENTRY+BOBCAT WITH BACKHOE SERVICES

GERALD MOORE
Home: (250) 569-2269 Cell: (250) 569-7147
UNDERGROUND TANK REMOVAL, \*SNOWPLOWING,
\*LANDSCAPING and more
\*FRAMING, \*RENOVATIONS, \*KITCHEN CABINETS,

\*CUSTOM FINISHING,
\*EXTERIOR & INTERIOR WOOD DOORS

## Kit's Heavy Hauling

the Robson Valley and Beyond For all your lowbedding needs in (250) 569-7260 (250) 569-0116

## BUBBA & ROLEY VENTURES LTD. \*general excavating\*landscaping\* \*road building\*land clearing\*grubbing\* Various attachments - Commercial & Residential Services

Joe & Rosanna Kolida
1301 Second Avenue P.O. Box 385
McBride, British Columbia V0J 2E0
250-569-2549 Phone/Fax
250-569-7206 Cell
email: bubba11@telus.net

\*Compact Track Loader\*Southland Dump Box Trailer\*
\*H&H Gooseneck Trailer\*Excavator\*



Rosemary L. Hruby, CAIB

250-569-2264

Your Local Advantage For ALL Your

Insurance Needs.



JOURNEYMAN-CARPENTER

• New Construction • Framing •
• Renovations • Additions • Siding •
• Basement Development • Windows • Doors •
• Concrete Work • Roofing • Kitchens • Baths •
• Decks • Stairs • Drywall • Painting • Finishing •
• Drafting & Design ••

ome Renairs •

•• Home Repairs ••
•• Free Estimates ••
•• Free Consultation

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

McBride



Serving BC's Friendliest Town and Area!!2

For the week of Wed., September 26th, 2007

### **DOA MNIFFIL**

Thank You - A very Special Thanks to Gail Shantz and Wade Franke for being here for me. Thanks to the ambulance crew, Dr. Jackson, Jackie Edwards and others on duty when I arrived. Thanks to all the nursing staff and other employees. Thank you for the prayers, phone calls, cards, flowers and all the visits and many others who have been here for me. A big Thanks to Laird & Phyllis Irvine for all the many things they have done for me and Marilyn Wheeler who helped me in so many ways. A large thank you to Cameron & Colin and their families. I appreciate all that you've done.

Thank You - The Staff of Scotiabank McBride would like to thank everyone who donated to our Terry Fox at Work Day Bake "Sale".

With your generosity we raised \$377.25 and Scotiabank matched funds for a grand total of \$754.50!

NOTIGE TO GREDITORS AND GLAIMANTS

Estate of Frederick Alexander Franklin Whitman who died Aug. 23, 2007. If you have any claim against this Estate you must file your claim by October 27th, 2007 and provide details of your claim with: M&W Whitman, 43 Cavanagh Cr., Stony Plain, AB, T7Z IG2. If you do not file by the date above the Estate Property can lawfully be distributed without regard to any claims you may have.

## ANGLIGAN UNITED GHURGH NEWS

Annual Harvest Supper - Wednesday, October 3/07 at the church hall. Three seatings at 5:00, 6:00 and 7:00p.m. Tickets \$12.00 adults, \$8.00 7-12 year students, .50¢ a year 6 years and under. Tickets will be on sale soon. Contact Fran Long 569-2658 or Eileen Lawrence 569-2582. Enjoy a great turkey and ham - home cooked supper.

## GOMMUNITY ANNOUNCEMENTS

Pierce and Lane Longuskie are happy to announce the arrival of their brother GARETH GAVRIEL Roy Schulz. Gareth was born August 17th at Prince George Regional Hospital weighing 6 pounds 7 oz. and 21 1/2 long. Proud Daddy is Darron Byford, Grandmothers Bonita Schulz of Hudson Bay Sask. & Kathy Gullison of Letbridge Alta. A Big thank you to all the wonderful staff at PGRH, as well as to Gramma Willinger, Auntie Cindy & Ed. Auntie Dorothy Byford, Uncle Milt, Karen & Amy, & Auntie Summer for all their love and support while Mana was in the hospital. (Exercises are led by instructors on TV) Monday, Wednesday and Friday - People with arthritis can exercise 4-4:30 pm. Tai Chi for Arthritis 4:30-5:15 pm. Aerobic variety-Line dance and other fun dancing 5:15 to 6 pm. These exercises will be offered for six weeks 3 times a week starting October 10th no matter the turnout. After six weeks will be evaluated. Videos/DVD's also available to borrow to use at home. No need to register, just drop in.

Economic Development McBride & District. The Ministry of Economic Development is looking for businesses that are looking for buyers in our Region. The objective is to match the sellers with potential buyers/investors overseas under the Provincial Nominee Program. There are eligibility criteria that apply to both parties. As your Regional Economic Development Officer I would suggest participation in this initiative. If you would like to be considered or need information about this program, please contact Margaret Graine @569-7556 or 1-877-569-7556.

YOU'RE INVITED! Join Dunster Community Association and Three Valleys Community Development Cooperative for a Harvest Dinner to remind us of the value of locally produced food. WHEN: Seach (14 and over) - Maximum \$10 per family. 5 p.m. - Potluck Supper (Local if possible). 6 p.m. - Door prize Draws. 6:30 p.m. - Film about food. Please bring a potluck dish and something home made or home grown for the door prize table. For information call:

### GARAGE SALE

SKATING CLUB GARAGE & BAKE SALE!!! THANK YOU FOR YOUR SUPPORT for a fun winter sport! Large range of items!! SAT., SEPT. 29, 10-4 p.m. at the E-Free Church. If you've items you'd like to donate you may bring them early Sat. or...preferably drop them off Friday btwn 10-7p.m. Also, Reminder that the Ice is In!! Skating has started and it's not too late to register. Would you like to sponsor a child for the year? \$100 gets a child started with excellent instruction from our very qualified locally grown coach (the kids love her). \$50 IGA gift cards will also be available - they are our other fundraiser. You buy a card, spend the \$50 at the store. The franchise gives the club 7% of that. Wonderful help for us at no expense to you. And there are many more stores to choose from, pick up an order form when you come. We welcome any suggestions and also direct your questions to 569-2561 or 569-0238.

## JACKPOT GYMKHANA

Sunday, September 30, 1:00p.m. Terry and Tammy Mazur are hosting a fun day for all age groups. Barrel Racing, Pole Bending, Stake Race, Keyhole, and Flag Picking. There will be a high point prize for each age group and we will have novelty races after the main event. Lots of fun for all. Spectators are free. Volunteers are welcome. 795 Barnes Rd. (Beside TRC). For more information call 569-0033. Concession available.

Greyhound Bus Schedule
Depart to East-12:15am Daily • Edmonton
Depart to West-6:10am Daily & 7:30pm Fri. Sat. Sun.•Prince George Depart to South-Daily 12:15am or 10 am Fri. Sat. Sun.• Kamloops Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sglines3@telus.net, 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 write about it!! -Scott & Susan Glines - Oscar & Broom

569-2441

Husky

### 眾 HATCHARD CONT.

3/4 Crushed Gravel 250-569-2493



Screened Pit Run Gravel McBride

Is now the McBride Authorized Dealer for

Welding & Industrial Supplies

CASE LOT SALE Now On

All NAPA Branded Stock 30% OFF

day 10:00am to 2:00pm Hours: Saturday 8:30am to 5pm

Mon - Friday 8am to 6pm

**ROYAL LEPAGE** 

Royal LePage Prince George

Prince George, B.C. V2L 3K2 Bus: (250) 564-4488 Fax: (250) 562-3986 Toll Free: 1-800-419-0709

"SERVING THE ROBSON VALLEY"

ROBSON VALLEY

McBride, BC 1158 McBride office ~ 250-5 KEVIN CHIUPKA McBride, BC VOJ 2E0

e & Building Maintenance & Ground Maintenance

Wednesday STREE

Wings - .35 ¢ each (all flavors) (in house only)

Friday Nite

Home Made Fish & Chips

**Chicken Stirfry** \$10.95

**Baked Chops** \$11.95

\$12.95

Pizzas -\$19.95 2 Topping / 2 for

OPEN 6am - 9pm Daily 569-0321 Off Highway Prices!

OPEN 24 HOURS

NOW ACCEPTING RESUMES for Full Time Afternoon Shift Position

TROPICANA JUICES
355 ml - 2 for \$3.00

CADBURY
FAMILY BARS

\$1.99

Employment Assistance Service Robson Valley Home Support Society

A JOB?

WORKER?

**Contact Bob Thompson 569-2266** 

Canada

## Health Heart & Home

Health Products, Gifts & Antiques

246 Main Street, McBride, B.C. Ph: 569-2559 TOLL FREE 1-888-669-2559

\*Antiques\*
\*Vitamins & Minerals\*
Bulk Spices\*
\*Bulk Herbs\*

### **NEW GIFTWARE** Arriving Daily

OPEN Daily till 5:30pm

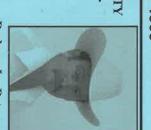
### Barbara Faust, IHP

Tuesdays at Health, Heart & Home Gems of Excellence - GeoTran™ Massage, CranioSacral,

For appointments, please call (250) 968-4509



McBRIDE REALTY
CENTER LID.



Br

PROPERTIES

## USED AUTO PARTS

1987 Chev Malibu \$600

Pontiac V6 Motor & Transmission \$200 Del - 569-7070

MARKETPLACE

McBride, B. 569-2712



Turkey Meatloaf - 100 g...\$1.29 New Orleans Turkey Breast - 100 g...\$1.49

Green Beans	Pork Back Ril	Family Pack	Pork Loin Ro	Coca Cola or	Campbells Mu 12 Pk	Elias Liquid F	Amazing Bulle	
	Pork Back Ribs	K	Pork Loin Roast - Center Cut Chicken Breast Back Attached -	Coca Cola or Diet Coke - 24 Pk Cans.	Campbells Mushroom or Tomato Soup - 12 Pk	Elias Liquid Honey - 3 kg	t Blender / Mixer	
\$2.69 / It		\$1.99 / lb	\$2.99 / lb	k Cans\$6.99	to Soup - \$5.98	\$21.99	Amazing Bullet Blender / Mixer \$35.99 each	





Checkout our "New Arrivals" We are still reducing lots of Fall & Winter Clothing. Giftware, Halloween,

Summer Clothing & Footwear.



**Delivering Fuel East to McBride** 

Greg Belshaw
990 Railway Road
Prince George, B.C.
Toll Free 1-866-309-2667
Home 250-963-9011

Vanderhoof Head Office Phone 250-564-3488 Fax 250-567-4490 Cell 250-565-8436

The McBride & District Public Library Presents: Basic Computer Training for Adults & Cyber Seniors: Are you interested in learning more about computers? Then this program is for you!!! Our goal is to help Adults feel comfortable using a personal computer. And best of all....Its FREE!!!! Start Date: October 9th, 2007 Where: McBride & District Public Library Annex Time: Tuesdays and Fridays 10:00a.m. - 11:00a.m. The McBride & District Public Library is offering a 10 week program designed to teach Adults how to use the computer. There will be 2 levels to choose from: \*Basic: The Basic Program will Explore: 1. Turning on the computer 2. Using the Mouse 3. Finding your way around the computer 4. Word Processing 5. E-Mail 6. Basic Internet Introduction \*Advanced: For the more advanced user we offer: 1. Organizing your computer files 2. Advanced word processing 3. Advanced E-Mail 4. Basic Website Design 5. Digital Camera Basics 6. Exploring popular websites such as "Facebook" \*\*\*Both levels will also explore Internet Safety and Personal Safety while on the Internet.\*\*\* Space is limited, so call today to reserve your spot in this FREE and FUN training!!! Call 569-2411.

McBride Roandhouse Society Presents:
Lowry Olafson - Folksinger/Songwriter Extraodinaire. Special guest appearance by song writing class of Dunster and McBride elementary schools. Thursday. October 4, 8:00p.m. Tickets \$15 @ Stedman's.....and coming up next, the Arrogant Worms...a must see!!!! Musical comedy trio making fun of Canada, among other things. Tuesday, October 16. To check them out go to www.arrogant-worms.com

## BIRTHDAY WISHES SEPT. 26 - OCT. 2

Eugene Runtz, Tanya Bend, Ryan Amerl, Jade Lawrence, Katrina Partridge, Sydney Philpott, Fran Long, Sherry Partington, Dennis McFarland, Robert Callaghan, Tonia Arnold, Don Gordon, Lloyd Vandermark, Connie Vizza, Claude Hill, Laurel Berg, Laird Irvine, Esther Martens, Joyce Mynio, Pat Elliott, Madiline Philpott, Margaret Corbett, Nadya Jeck, Phillip Godfrey, Kathy Shawara, Laine Turvey, Alithia McClair, Tim Forster, Dave Hruby, Gage Rich, Ruby Horinek, Mateo Antonelli, Adam Conway, Cheria Hunter, Faye Callas, and to anyone we missed - Happy Birthday.

McBride Carring Glaib News

urk your Calendar Thursday, October 4th for Barbecued Burgers the McBride Curling Club. Pot luck salad and desserts starting at m. with our A.G.M. to follow at 7:30p.m. We really need some ticipation or our club will fold. For more information call Pat at 3-3288. So come on out and bring a friend. Your name will be

## BUX, SELL, RENT & MISG.

For Sale-2 Grain Augers, Kvernland Plow, 105 John Deere Combine, McIroe Deep Tillage Cultivator, Grain Drying Blowers, 2290 Case Tractor, Vibrashank Cultivator, Haybuster Graindrill, Field Sprayer, Rod Weeder. Phone Len McCarty 569-3153, 569-2431••For Sale-87 Cadillac Fleetwood, 133,500 km. Excellent shape. Summer & winter tires on rims. Near new brakes and struts. Phone Linda McCarty 569-3153••For Sale-1988 Chevy S-10 4x4. New tires and newer paint. \$4000.00 obo. Phone 569-7511••For Sale-Blaze King Princess Catalytic Wood Stove. \$1500.00. RSF Opel 2000 Wood Hireplace. \$1000.00 obo. Phone Greg 569-2500••For Sale-Shortbox liner, like new/out of 2007 GM or Chev. Asking \$100.00 obo. Phone 569-0199••For Sale:1979 Cat 518 Line Skidder - 500gal. H20 Tank -Chains - Spare \$15,000.00 obo. Ph. 569-3410 or cell 569-7343 contact Marty Hickerty••For Sale: 2002 Chrysler Sebring 121,000 km - good condition Asking \$6500 o.b.o. Ph.:569-8866••For Rent-2 Bedroom Apartment across from Hospital. Fridge' Stove. No pets. References required. \$525/mth. Phone 569-0402••For Rent-Partially furnished 2 bedroom basement suite. No pets, no smoking. Available immediately. Call Rea & Don at 569-0402••For Sale-1966 Western Flyer Coach-diesel pusher, 8V71 DD, 5 speed manual, All electric except for stove and furnace, 2 TV's, 2 dr. freezer/fridge, shower, ceramic toilet, rear bedroom, sleeps 5/6, 7.5 Kw diesel generator, elec. baseboard heaters, 50 Amp. service. A real classic. \$35,000 OBO Ph:(250) 569-2638••To place an ad here call 569-3110, Fax 569-0220 or drop info at 455 King Street.

Anglican United Church - Downtown Thrift Store on Dominion Street. - Mens, ladies and children's clothing -Open: Tues. 1:00 to 3:00 - Sat. 10:00 to 12:00•Dorcas is Open Tues. 1-3. Phone 569-3186•Contact number for the Foodbank is 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph:569-3370•Mennonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445•Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-3350•Anglican United Church-441 Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343•Evangelical Free Church- Sunday school at 9:45a.m., Sunday Worship Service at 11:00 a.m. Ph:569-2378 or 569-8845 Pastor Dan Carlaw•Robson Valley Christian Centre-Meets in home Sundays 11am, Dunster Ph:968-4335•St. Patrick's Catholic Church-Meets Sundays at 11:00am Ph:569-2606. "Catholic Faith for Adults" inquiry class. Contact Sr. Olive.

Important Phone Numbers

EMERGENCY ......9-1-1 Forestry ..... Via-Rail Schedule

Phone 1-888-842-7245

Going West - Sunday, Wednesday & Friday...2:40pm

Going East - Monday, Thursday, Saturday...12:03pm

niors (60+) 2 for 1 is back. Must book 6+ days advance

## School | ## Sch 

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

Be sure to get your group or activity information in the monthly community calendar!

It is easy and <u>free</u> - just email the details to come2mcbride@telus.net or call 569-3366

and Village of McBride
FIREWOOD 6" x 6" Blocks
Well seasoned S,P,F (12"-16")
\$100/cord delivered locally
Adam Roth 569-2377
Power Saws • Lawn Mowers & Trimmers
Rototillers • Snow Blowers • etc.

SMALL ENGINE REPAIR Commercial Carpet Cleaner

•Steamcleaning Available Rental available •••

Call Don or leave a message

250-569-7888

VBM

years. Repair, Reuse, Recycle your next job, And save money.
Let me show you how.

Home Repairs, Upgrades, Renovations, Maintence, Holes dug or filled, Back Hoe.
Year round Yard Work.
Roofing, Tiling, Plumbing.
You Name it I will Finish it.
Perfectly, On Time, On Budget.
Ph:Fax.Mess. 250-0191, Al Morin

Cut to your specifics Your Place or Mine Wild or Domestic

Phone 569-0402 Cell 569-7467

-Sirens - Hair Cuts and Colors

OPEN \*October 3-16 \*October 24-31

Phone: 250-569-0131 1011 South Frontage Rd. Mcf

M-F 6-5 S&S 9-5 569-0133

ESPRESSO YOURSELF

See you at the B2

for Caffeine, Sweets & Daily Treats

## Custom Meat Cutting, Sausage Making,

Your Satisfaction Is Important To Us! Curing & Smoking.

### **S** JSE FOR

5 bedrooms and 4 full bathrooms. Rental suite with separate entrance. 2700 sq. ft. living space with full basement undeveloped. 332 Dominion Street, McBride Large executive Style home with

Large recently renovated kitcher Call for information 569-8866

Robson Valley Pet Hostel

Grooming & Boarding

WHISTLE STOP GALLERY

FINANCIAL

Whistle Stop Gallery winter hours
10-4 daily
Over 20 new artists – come see what the
Robson Valley is making now!

LORNE RICHMOND FINANCIAL

Life, Disability, Group Benefits

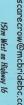
LORNE Lorne M. Richmond CSA

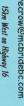
Investments

SCARE crow FARM 5 569 0351

(250) 828-2345







### DNG Developments Auto Sales

FOR SALE: , auto, air, 67000km

2004 Pontiac Sunfire, auto, air, 67000km Stock #9099...\$6500.00
2002 Pontiac Grand Am, auto, air, cruise, Includes set of Blizzak winter tires on 103,000km, Stock #0872.....\$6200.00
2003 Pontiac Vibe, 5 speed, air, cruise, power locks and windows, 77000km, Stock #8423...\$9200.00
See other models at reduced prices at

### 丟 LOGGER Z STOCK LADY

ASLO AVAILABLE: HI-TEC WATER LADIES WATERPROOF OUTBOUND RUNNERS HIKERS

OPEN TILL 6 RUNNERS & HIKERS
ILL 6:00P.M. MON.-THURS \* FRI 5:30P.M.
O77 AFTER HOURS CALL 569-2539 ER HOURS CALL



"Looking out for Your Best Interest!" CBNITUM

Pre-Approvals
Purchase and Refinance Mortgages
Consolidation Mortgages

CIMBL ICCPH

Email: debra\_parker@centu Cellular: 250-

820-1st Ave., McBride Website: http://www.wahooenterprises.ca Effective Oct. 1 Phone:569-0320

ALOO

Wahoo will no longer be open on Sundays Our hours are Mon. - Sat. 9:00 - 5:30.

officiated

The Elks Hall decorated in pinks and whites, and purples, sparkling min lights, were part of a beautifu wedding on Saturday, Sept. 8th, 2007. Tara Lamming daughter of Charlene Lamming, exchanged vow: ceremony. Tara walked into to hall to the song Danon D. by Pechebel, holding the arms of the Ro

and Puple Carnations. The adorable little flower girl was Emma Street daughter to maid of honor Trish. Emma wore a full length white dress with mauve wais band designed by the bride and carried a basket of rose petals, which she sprinkled as she walked down the isle. Peter was dashing in his black tuxedo, and his best men were there sons Pierson and Ryan. Music and DJ was done by Dave Mothus, from PG entertainment group, he did an awesome job of keeping the evening entertaining. The bride and groom left the hall with wedding party for a drive about with horns honking, and then Photos were taken by bride's cousin Kevin and Brad McCarty, many lovely shots of bride and groom & family were taken in Charlene's yard and other special spots in valley. A lovely buffet supper was catered to by Lilly Hill Town and Country, speeches were done by the maids of honor, Trish and Christa, to the bride and groom and also to the best men, Pierson and Ryan complemented the maids of honors. Other speeches were read by the groom's mother Carolyn Amerl, and Laura Quam, friend of bride and groom and Brad, some lovely shots of both of the couple growing up. The wedding cake was cut by bride and groom, each sharing a piece, the stunning 4 tiered round cake, had, gorgeous pink roses adorning each layer, it was made by Tanya Gainer. The cake topper was topic of much conversation. The dance began with the bride and groom dancing to Have I told you lately by Rod Stewart. The bride threw her bouquet which was caught by Bryden Basaran, then the DJ had them do a special walk to bring good luck to the bride and groom. Carolyn Amerl sang Only You for the bride and groom. A special gift for the bride and groom was a fireworks display given to them by Mike and Sandra Mills, it was enjoyed by everyone. A gift opening was held at Tara's mother's home on Sunday, Guests travelled for the wedding from many places, Kamloops, Vernon, opening was held at Tara's mother's home on Sunday travelled for the wedding from many places, Kamloops, Kelowna, Prince George, Dunster, numerous places in Alberta, also the groom's cousin drove out from Ontario. maids of nonor wave and carried a bower identical full length mauve gowns and carried a board Purple Carnations. The adorable little flower girl and Purple carnations of honor Trish. Emma wore a on and Ryan, both very handsome in there black tuxedos. se a sleeveless full length satin gown, with veil flowing of her hair. She carried a bouquet of Pink roses. Tara's honor were Trish Street and Christa Barnes; they both cousin drove out from Ontario.

Yan reside in Prince George. ouquet White I was Emma

Peter, and Pierson, and Ryan reside in Prince George. B.C. shoes and a t Take a Break in McBride...B.G.s Friendliest Town!! \$55 for all six

Western & OPEN AGAIN as 9

Mon.-fri. 11:30am-10:00pm Monday, October 1st

Sat.

& Sun. 4:00pm-10:00pm

JR's Recreation **Hot Tubs** 

• Sales
• Maintenance
• Chemicals

P.O. Box 586 1180 Cypress Road Valemount BC V0E 2Z0 Ph (250) 566-4686

Road

All your Hot Tub Needs!

Walking Instructor, erduck@valemount.com Physiotherapist and Nordic Christa Maxeiner, **Call Jack Hoy** 

German

starting October 6th starting on hospital lawn. Wear loose warm clothing and walking shoes. Cost: First session FREE. \$50 for all six sessions including use of poles. Nordic Walking classes Saturdays from 1-3

your daily life for a body that works better and feels better. (This is for men and women of any age) at the Anglican/United Church Hall Saturdays from flowing moves and postures and breathing and relaxation techniques that you can incorporate into Body Awareness Program (90 minute sessions о-и:30 starting October and demonstration of balanced muscle sequences a week for six w eeks). Includes instruction Bring mat,

### McBride ႙၀ District

McBride Recreation Centre - Open

### October 2007

### Community Calendar

TR			MUSEUM		Hallowe'en	C	77	07	CHORCHES
11.0					Нарру 2	20	20	S	C
				6:30 pm Srs Bingo @ BVLodge		7:30 pm McBride Village Council Meeting	7 - 9 pm VFD mtng @ Fire Hall		
	10am - noon - AUCW I hrift Shop	10am - nc	ę	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room	7 - 9 pm Valley Piecemakers @ HS	1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing			
			7:00 pm Card Night@Elks						
-	SDA CHURCH 27	SDA	26	25	24	23	22	21	CHURCHES
				o.30 piri ais biligo (#) by Louge		70.0	7 - 9 pm VFD mtng @ Fire Hall		
					5:00 pm WS Mtg @Station	6:30 pm TOPS @ HithUnit			
				2 - 4 pm OAPO Stitch & Knit 3:30-5:30m Dome Ck Reading Room	c	4:00 pm GED @ RVHSS			
_	10am - noon AUCW Thrift Shop	10am - no	7:00 pm Card Night@Elks						
	SDA CHURCH 20	SDA	19	<u>~</u>	17	16	<u>-5</u>	4	CHURCHES
					7:00 pm CoC AGM2 @C Chamb	7:30 pm McBride Village Council Meeting			
				6:30 pm Srs Bingo @ BVLodge	7 - 9 pm Valley Piecemakers @ HS				
			7:00 pm	3:30-5:30pm Dome Ck Reading Room		1 - 3 pm DORCAS Used Clothing	Ç		
				2 - 4 pm OAPO Stitch & Knit			Happy Thanksgiving		
	10am - noon AUCW Thrift Shop	10am - no	7:00 pm Card Night@Flks			4:00 pm GED @ RVHSS			
THE PART I	SDA CHURCH 3	SDA	12		10	9	<b>∞</b>	7	CHURCHES
			7:00 pm Gard Night@Elks	Larry Olafson  @ Roundhouse	6:30 pm Bingo @ Legion Hall	7:30 pm Elks - Royal Purple	7 - 9 pm VFD mtng @ Fire Hall	pm dnesday	Thurs 7 - 9 pm Volleyball: Wednesday 7 - 9 pm
	oon AUCW Thrift Shop	10am - noon		6:00pm @ Curling Club		4:00 pm GED @ RVHSS		on X	@ HS GYM Basketball: Mo
	CHURCH	SDA CHURCH	<sub>U</sub>	Curling Club AGM+RRO	Harvest Supper@ 3 Anglican Church	2		SITY	SPORTS
_					::				

Call 569-3360 for more information on programs or go to

5 - 7 pm

Library Trustees mtng @ B2

VFD mtng @ Fire Hall

4:00 pm 6:30 pm

GED @ RVHSS TOPS @ HlthUnit

6:30 pm

Bingo @ Legion Hall

Family Support Group@HU

Seniors
Pastoral Care
Service @ Hosp

Open during LIBRARY hours: 10am - 5pm & 7 - 9 pm Tue; 10am - 2pm Wed; 2 - 9pm Fri; 2 - 5pm Sat

SENIORS' PROGRAMS: anyone age 55+ is welcome.

SDA Food Bank: phone 569-3225

AUCW Thrift Shop DORCAS Used Clothin

2007

## October 2007

			OAPO Lunch/Meeting			
			3 I Chair Excercises@BV @9am	30  Bowling 10am@REC	29 Chair Excercises@BV @9am	28
	Bowling 10am@REC	Bingo @6:30/BV	NorthCountry		Movie Night 6:30@BV	
	Chair Excercises(@BV @9am	Stitch/Knit @ BV 2pm-4pm	Wyam	Bowling 10am@REC	Chair Excercises@BV @9am	
27	26	25	24Chair Excercises@BV	23	22	21
	Bowling 10am@REC	Bingo @6:30/BV	OAPO Birthday Tea 2:00 @ BVLodge			
	Chair Excercises(a)51 @9am	Stitch/Knit (0 BV 2pm-4pm	( <u>a</u> )Уат	Bowling 10am@REC	Chair Excercises@BV @9am	
20	19	18	17Chair Excercises@BV	16	15	14
	Bowling 10am@REC	Bingo @6:30/BV	LUNCH @ Beanery		Movie Night 6:30@BV	
	Chair Excercises@BV @9am	Stitch/Knit @ BV 2pm-4pm	@9am	Bowling 10am@REC	Chair Excercises@BV @9am	
13	12	II	10Chair Excercises@BV	9	8	7
	Bowling 10am@REC	Bingo @6:30/BV	LUNCH @ The Grill			
6	5 Chair Excercises@BV @9am	4 Stitch/Knit @ BV 2pm-4pm	3Chair Excercises@BV @9am	2  Bowling 10am@REC	I Chair Excercises@BV @9am	П
Sat	Fri	Thu	Wed	Tue	Mon	Sun

### MCBRIDE AUTO **PARTS**

### **BLOWOUT & CASE** LOT SALE!

PEAK UNIVERSAL ANTIFREEZE 3.78L \$13.43 /EA OR CASE LOT (6 PER CASE) @ \$10.99/EA

ISO 46 & ISO 32 HYDRAULIC OIL 5 US GAL

\$36.99 /EA

CASE LOT (4 OR MORE 5 GAL) @ 33.99/EA

15W40 SYNTHETIC BLEND MOTOR OIL 5 US GAL CASE LOT (4 OR MORE PAILS) @ \$43.99/EA \$46.99 /EA

RED GREASE / TUBE – COMP. TO LUCAS GREASE \$3.99/ TUBE OR CASE LOT (10 TUBES / CASE) @ \$3.49/EA

CASE LOT (10 TUBES / CASE) @ \$3.49/EA COOP MOLYGUARD GREASE / TUBE \$3.99/ TUBE OR

CHECK OUT OUR CLEARANCE SPECIALS!
WIPER BLADES UNDER \$5.00/EA!
WINTER FRONTS \$9.99
BUG SCREENS \$6.99 AND MUCH MORE!

### MCBRIDE AUTO PARTS

### **FALL BLOWOUT & CASE** LOT SALE!

### BRANDED STOCK 30% ALL NAPA OFF!

Sale runs from Sept 21 to MORE SPECIALS ON Sept 30, 2007! **REVERSE!** 



### **McBride Auto Parts**

289 Main Street McBride, B.C. McBride, B.C. (250) 569-2332

TOLL FREE: 1-888-766-4977 Open Monday through Friday: 8 A.M. to 6 P.M.

Saturday: 8:30 A.M. to 5 P.M. Sunday: 10 A M to 7 P M