

-877-569-2735 69-2787



PROPERTIES,

1987 Chev Malibu \$600

USED AUTO

PARTS

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



McBride, B.C. 569-2712 233 Main Street

PEL

Your Neighbourhood Food Store MARKETPLACE

Lyoner Sausage - 100 g....¢.5 agdwurst Sausage - 100 g....¢.5

Skippy Peanut Butter Coca Cola Classic - 1 Island Farms Ice Cream - Assorted - 4L..... resh Roasting Chicken oger's Flour -Whole Wheat or Unbleached - 10 kg ack Rib Piecesanadian "AAAA" Prime Rib Roast. ca Cola Classic - 12 Pk Cans - 2 fo cific Evaporated Milk - Reg. - 12 pk n Turkeys - G hi Bok Choy. - Grade "A" \$8.00 \$16.98 .\$7.98 9 / lb. 9 / lb.



Sub Buns -Mini Danish Whole Wheat or White 9 Pk....\$2.49

Main St. McBride 569-2415

Monday, October We CLOSED Will be 8th



DRIVER SALES REPRESENTATIVE
For Commercial and Farm Personal Contact
where high level of customer service is Job One.

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

lealth Heart & Home

Health Products, Gifts & Antiques

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

Antiques *Cjifts*

Vitamins & Minerals

Bulk Spices *Bulk Herbs*



Barbara Faust, IHP OPEN Daily till 5:30pm

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

For appointments, please call

(250) 968-4509

FREE The Little

McBride Paper



Serving BC's Friendliest Town and Area!!2

For the week of Wed., October 3, 2007

Happy Thanksgiving!!! In boving Memory

of John Stewart who passed away October 17, 1968. Gone, but never forgotten.

-Loving Wife Dorothy & Girls Irene, Heather and Jacqueline.

African Ghildren's Ghoir

In McBride: The African Children's Choir will touch your spirit with their charming smiles, beautiful voices and lively African song and dances. The concert will also feature a mixture of well-loved children's song, traditional spirituals and contemporary tunes. Their music will bring you all the hope, dignity and beauty of Africal Wednesday, October 10, 2007 7:00p.m. at the McBride Evangelical Free Church 135 Lonsdale (250)968-4415 *There is no admission charge for this community concert. A free-will offering will be taken to support the African Children's Choir's ministries, providing education, care and emergency relief for over 7,000 children in Uganda, Rwanda, Nigeria, Ghana, Sudan, Kenya and South Africa. ABOUT THE CHOIR: The African Children's Choir has been working with the most vulnerable children in Africa for 23 years, raising awareness of the plight of Africa's orphaned and abandoned, but also showing the beauty, dignity and potential of each African child. They perform throughout the world bringing hope and joy to everyone they meet. They are a voice for the millions of children suffering in Africa's most vulnerable children today, so they can help Africa These are children who could have lost all hope, but have overcome their circumstance and now are making a positive impact on society.

GOMMUNITY ANNOUNCEMENTS

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. Lost/Gone Missing in McBride on Friday, Sept. 26, 2007: RBK 9K "O" Composite Hockey Stick, Green. Reward Offered Please Phone 569-3123 or 569-7205.

McBride Volunteer Fire Department is having their Annual Emergency Services Dinner November 24th. We are accepting bids to catter the dinner. Please submit menu and prices to Nicole Molendyk, Box 43, McBride. If you have any questions please call Nicole at 569-2310.

Mark your Calendar Thursday, October 4th for Barbecued Burgers at the McBride Curling Club. Pot luck salad and desserts starting at 6p.m. with our A.G.M. to follow at 7:30p.m. We really need some participation or our club will fold. For more information call Pat at 569-3288. So come on out and bring a friend. Your name will be entered in a draw for a years free curling.

Free exercise classes At the Public Health Building next to 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.

There are hard to understand injustices that seem to come to us all...but lately it seems there are pile-ups. There are too many funerals...too much pain of every kind. Even Christians who have committed their lives to Christ experience suffering. Why!! The Bible does in fact reveal profound answers for many of these questions. Starting, October 6 on Saturday mornings at 9:30 until the end of the year; millions of Adventists, and their friends, will be probing the Bible for assurances that address this topic. Come and join them...bring your questions and your objections too if you wish (it will be small group discussions) or just listen as struggling Christians ponder what the Bible has to say about our agonies. The title of the three month study is The Refiner's Fire. The topic for the first week is "The Shepherd's Severe Test". You may wish to read Psalm 23 through a few times, in advance. The Seventh-day Adventist Church is 5 kilometres west of McBride at the top of the

(00)	Seniors (60+) 2 for 1 is back. Must book 6+ days advance.	Going	Going	Via-Rail Schedule
	t N	Eag	We	Sch
L	÷	38	St	edi
13	3	-	1	le
ŀ	_	0	JII.	
1	7	nd	ıda	
1 3	2	Ÿ,	y,	
	<u></u>	⅓	X	
1	Must	Going East - Monday, Thursday, Saturday12:03pm	Going West - Sunday, Wednesday & Friday2:40pm	
3	3	Satu	80	Pho
Ľ	^	Id	H	1e
1	Ŧ	Ŋ.	day	1
100	dave	12:0	y2:4	388-8
	gybe	3pm	mq0	Phone 1-888-842-7245
	nce			5

Keport Forest Fires - 1-800-603-3555 Inquiry B.C1-800-663-7867 - For Toll Free Calling to Provincial Numbers	1-800-256-7857	Dunster School 968-4414 School District 57	High School 569-2295	K to 7 School 569-2721	Health Unit 569-2251	Hospital 569-2251	R.C.M.P 569-2255	EMERGENCY9-1-1	Important Phone Numbers
Free Calling to Provincial Numbers	569-3110	Greyhound569-2441 The Little McBride Paper	Fire Hall569-3117	Food Bank 569-3186	Home Support 569-2266	Reg'l Dist' 1-800-667-1959	Village 569-2229	Forestry 569-3760	one Numbers

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

FREE **DNG** Developments -FOR SALE:

Auto Sales

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 1 923 Airport Road, Di Phone 569-8830 for n t reduced prices at DL 11107 information.

VBM

ERVICE CORPORATION
HOME DIVISION

Making your renovations and maintenance affordable for 10 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

Sirens - Hair Cuts and Colors

Phone: 250-569-0131

Beanety 2

Butto

*October 3-16 *October 24-31
-0131 1011 South Frontage Rd. McBride

Daily Specials **BREAKFAST ALL DAY**

569-0133

HOURS

Saturday & Sunday 9am-5pm Monday to Friday 6am-5pm

HOUSE 332 Dominion Street, FOR McBride SAL

with full basement undeveloped.

5 bedrooms and 4 full bathrooms.

Rental suite with separate entrance. Large recently renovated kitchen. Large executive Style home with 2700 sq. ft. living space

CRECI Canoe Robson Valley **Community Futures**

Would you like to explore the your own business?

You may qualify for the SEB Program if you are presently on E.I. or have been in the last 3 years or you have been on maternity leave in the last 5 years.

For more information on the Self Employment Benefit Program (SEB), please contact: Allan Frederick Phone: (250) 569-2229 Fax: (250) 569-3276

e Government of Canada has Canada has ntributed funding to this initiative. SEB Co-ordinator E-mail: futures3@telus.net

THOUGHT OF THE WEEK

Why is advice so cheap? e supply always exceeds c

Robson Vinner Valley Pet Hostel oming & Boarding

Serving locally for 23 years

Z 569-3319 animal harti

Ann Schwartz 569-3319 animal health technician
LORNE RICHMOND FINANCIAL
Lorne M. Richmond CSA

Life, Disability, Group Benefits

Toll Free 1-888-828-2108 Bus: (250) 828-2345

email: Irichmond@shaw 569 0351

B&B, Camping & RVs, and Horse Hotel.

(C)

事

DEB'S DOLLARS & SCENTS
100 Holdway (Hotel) 569-8811

100 Holdway (Hotel) Candles, Candy, Cards, Etc. Flowers - silk & fresh Flowers ons - stuffed & helium

Gift Baskets made to order.

Open M-F 10-6p.m. - Sat. 11-7p.m.
FIREWOOD 6" x 6" Blocks
Well seasoned S,P,F (12"-16")
\$100/cord delivered locally
Adam Roth 569-2377

EMPLOYMENT OPPORTUNITY

Hiring enthusiastic and energetic staff!
The GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB located in beautiful McBride, BC is looking for you!

We are currently hiring:

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

Bartenders

Must have Food Safe Certification round employment These are full and part time positions with year

Please mail resumes to

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



RESTAURAN
Western & Chinese Cuisine Has Returned 5P.M. - 9P.M. FRIDAY SMORGASBORD HELP WANTED

Waitresses & Kitchen Helper



820-14 Ave., McBride Phone: 569-0320 Website: http://www.wahooenterprises.ca

Wahoo will no longer be open on Sundays. Our hours are Mon. - Sat. 9:00 - 5:30. Effective Oct. 1

Daily, Weekly & Monthly Planners are now in stock! Get them while quantities last! BUBBA & ROLEY VENTURES LTD.

*general excavating*tandscaping*

*road building*tand clearing*grubbing*

Various attachments - Commercial & Residential Service

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

*Compact Track Loader*Southland Dump Box Trailer*

*H&H Gooseneck Trailer*Excavator*



Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB 250-569-2264

HAPPY THANKSGIVING We will be CLOSED on Monday, October 8th.

HEARTLAND RESTAURANT THANKSGIVING DINNER

Soup or Salad to start, plus Dessert Roast Turkey with all the Trimmings, \$ 1 1.95 (Seniors \$9.95)

OPEN 6am - 9pm, 7 days a week



LOWRY OLAFSON

Song Writing Class of Dunster & McBride Elementry Schools

Thursday, Oct. 4, 8:00pm Tickets \$15

Tickets Are Available at Stedmans and at the door.

THANK YOU

A BIG THANK YOU from the Lowes: When I was serving my Country in World War II I can still remember the kindness of the Salvation Army serving a cup of tea and a cookie to warm our hearts. Now in 2007 when the Fraser River was flowing around our home it was the Mennonite Community who volunteered to place 3000 sand bags around our home. Wayne, the Lowes want to publicly Thank You and your church family for your Christian bindness wan have lived what Leggs said in Matthew 25.33.46 publicly Thank You and your church family for your Christian kindness, you have lived what Jesus said in Matthew 25:33-46.

JACKPOT GYMKHANA RESULTS

High Point Blankets. Open - Terry Mazur, sponsor The Farm Store; Junior - Stacey Duncan, sponsor TRC Cedar Ltd.; Pee Wees - Darion Griffith, sponsor BKB Cedar Ltd.

Novelty Events. Pee Wees - Darion Griffith, sponsor Happy Horse Saddlery; Junior - Craig Ryan, sponsor McBride Auto Parts; Open - Terry Mazur, sponsor Robson Valley Home Hardware. Thank you to all who volunteered and Donated in making this event possible.

MGBride & District Pablic 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.

BIRTHDAY WISHES OCT. 3 - 9

Aiden Quam, Scott Moyer, Bob Thompson, Carolina Franke, Jody Mynio, Blake Hooper, Barbara Jackson, Trisita Fast, Courtney Savarella, Doug Monroe, Scott Sansom, Jim Bartlett, Cheryl Lipke, Raymond Storie, Heather Warner, Jean Moseley, Eileen Lawrence, Doug Horinek, Tonya Perkins, Mercedez Overton, Deb Wiltsie, Danielle Smith, Allen Littlechild, Ian D Anderson-Kirk, Garth Goodkey, Keith Shawara, Lee Ann Marsh, Kondelia Karas, John Ward, Daniel Littlechild, Debra Chartier, Bronwyn Christison, Tyler Nelson, and to anyone we missed - Happy Birthday.

BUY, SELL, RENT & MISG.

For Sale-Whirlpool Propane Dryer, new, never used, \$350. Inglis 2 speed washer, used once, \$300. 24" RCA Flat Screen TV w/DVD Player, barely used \$130. Palomino Paint Gelding, 4 white socks, flashy, awesome mover, excellent show prospect, \$1200. Draft Brood Mare, offers. Phone 569-7241••Free Puppies-7 weeks old. Phone 569-8890 after 5pm••For Sale-1 York Universal Gym - \$150 obo, Refrigeration compressor (Copeland) & Blanchard-ness 2-fan condenser (value \$5000+), \$1500 obo, propane furnace - \$300 obo, 93 GMC suburban \$4000 obo. Call Debby or Dave 968-4429••For Sale-2 Grain Augers, Kvernland Plow, 105 John Deere Combine, Melroe 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 Fireplace. \$1000.00. Phone Greg 569-2500••For Rent-2 Bedroom Apartment across from Hospital. Fridge/Stove. No pets. References required. \$525/mth. Phone 569-0208••For Rent-3 Bedroom Apartment. Call days 569-259••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.

GHURGH NEWS N. THINGS

569-2441

Husky

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 Wership 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.

Greyhound Bus Schedule McB
Depart to East-12:15am Daily • Edmonton McBride Husky 569-2441

Depart to West-6:10am Daily & 7:30pm Fri. Sat. Sun. • Kamloops 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

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



Is now the McBride Authorized Dealer for

Welding & Industrial Supplies
TOLL FREE 1-888-766-4977
NAPA CLEAROUT & CASE LOT SALE
Extended until October 10th
We will be CLOSED October 7 & 8 Sunday 10:00am to 2:00pm



Royal LePage Prince George

ROYAL LEPAG

ROBSON Prince George, b.c. Bus: (250) 564-4488 Fax: (250) 562-3986 Toll Free: 1-800-419-0709 email:ireneb@royallepage.ca www.mountainviewrealty.ca "SERVING THE ROBSON VALLEY" VALLEY

REPAIR & MAINTENANCE

~Appliance Repair
~Home & Building Maintenance
~Yard & Ground Maintenance
~Handyman Services KEVIN CHIUPKA McBride, BC VOJ 2E0 1158 McBride Crescent office ~ 250-569-0160 cell ~ 250-569-7222

lednesday Nite 13111151

崇

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

(\$7.95/Dozen Take Out)

Friday Nite

includes Pie & Ice Cream Turkey Dinner w/all the Trimmings

Stuffed Chicken Breast \$14.95

Seafood Fettuccini \$16.95

Monday Thanksgiving Special
Turkey Dinner w/all the Trimmings Pizzas - 2 Topping / 2 for

includes Pie & Ice Cream

OPEN 6am - 9pm Daily \$13.95 569-0321

OPEN **24 HOURS**



NOW ACCEPTING
RESUMES for Full Time
Afternoon Shift Position

TROPICANA JUICES 355 ml - 2 for \$3.00

MONTCLAIR SPRING WATER 1 L - 2 for \$2.00

Employment Assistance Service Robson Valley Home Support Society

Contact Bob Thompson 569-2266
Funded by the Government of Canada WORKER?

Canada

HATCHARD CONT. 250-569-2493

3/4 Crushed Grave



Screened Pit Run Gravel



In Loving Memory of Herman Lohse, Born Oct. 4, 1920 Hohenaspe in Holstein, Germany. Passed away Sept. 1, 2007 in Oliver, BC. Herman is lovingly remembered by his wife Gerda, four children Maren (Richard), Hart, Dagmar (Fa r (Pat) Schrader, F elga Voelkel, all Hasso Lohse

and Helga Voelkel, all of Calgary,
Alberta; thirteen grandchildren and three
randchildren. Herman was a loving dad, husband and
He spent most of his life logging, and also ran a
ant with his wife. Herman loved to work around the
nd was a lifetime chartered member of the Elks.

Scotiabank

October 15-19th, 2007 Small Business Week

A great way to promote your business Drop off your business cards, for our in-branch display. from October 1-12th,

Current business owner, or interested in starting your own business?

Be sure to check out our information table during the week!

311 Main Street Scotiabank

E.J.'S CABINETRY/WOODWORK AND LANDSCAPING CUSTOM McBride WOODWORK

"SMALL BACKHOE/LOADER FOR LANDSCAPING/EXCAVATION

PHONE ERIC AT 569-3123 OR 569-7205

SCHOOL NEWS

fir. Free delivery in 5km radius of McBride. \$10.00 delivery fee outside area. For orders please contact Kim McNaughton 968-4467 outside area. For orders please contact Kim McNaughton 968-4467 or Dawn Hickerty 569-3410. Thanks for supporting the 2008 Grads! Graduation Dinner Caterer Needed-The McBride Secondary School 2008 Graduation Class are now taking bids for the dinner. Approximately 350-500 people for Friday, June 27th, 2008 at the Robson Valley Recreation Centre. Bids are due November 1st. For more info call the school at 569-2295.

Food Safe Course-The McBride Secondary School will be hosting a Food Safe Course (certification). Course will be one day (8 hours). Cost \$35.00/student or \$65.00/adult. Maximum class size 30. Call school at 569-2295 for more info and to register.

Community Calendars-The 2008 Grad class are now taking orders for the Community Calendar. Students will be coming around door to door to take orders and getting your birthday and/or anniversary dates. Cost will be \$9.00/calendar. Deadline to order will be November 1st. Call the school if a student doesn't contact you. Also if you have a business and would like to purchase a business ad for more details

November 1st. Ca if you have a bu on the calendar v for more details.

McBride Roundhouse Society Presents:

Lowry Olafson - Folksinger/Songwriter Extraordinaire. 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

Royal purple/elks news

Open House - The Royal Purple/Elks contribute to McBride and area by sponsoring events, fundraising and lending a helping hand however we can. As well, we apply for and receive grants from the gaming fund. In the past few years we have distributed about \$80,000 worth of grants to local organizations! The Royal Purple/Elks invite you to an open house, Sat., Oct. 13 from 2-4pm at the Elks Hall. Come and join us for refreshments and to find out who we are and what we do!! See you there!

ROBSON VALLEY MUSIC SOCIETY

Presents STEVE SLADE with guests Elise & Shane Bressette on Thurs., Oct. 11, 7:30 pm at Seth & Shara's Place (Robson Valley Festival Site). Coffeehouse!! Coffee, treats available, Intimate, Acoustic Performances. \$10 per person. To reserve a seat call 968-4411.

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 1G2. If you do not file by the date above the Estate Property can lawfully be distributed without regard to any claims you may have. youn AB, rerty carry have.

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

Walking Instructor, Christa Maxeiner, German Physiotherapist and Nordic

will be offering a six

of poles. Nordic Walking classes Saturdays from 1-3 pm 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

Body Awareness Program (90 minute sessions once a week for six weeks). Includes instruction and demonstration of balanced muscle sequences, flowing moves and postures and breathing and 10-11:30 starting October 6th. Bring mat, in shoes and a towel. Cost: First session FREE, \$55 for all six + written material. better. (This is for men and women of any age) at the Anglican/United Church Hall Saturdays from your daily life for a body that works better and feels relaxation techniques that you can incorporate indoor

AFRICAN CHILDREN'S IN CONCERT CHOIR

Wednesday, Oct. 10

7:00p.m.

McBride Evangelical Free 135 Lonsdale Church

0

This Choir has performed on American Idol

The Ellen Show

**Free will offering to help orphaned children Africa*

CALL ANTLER FOR AL CARVINGS SALE #569-2602